

Ayesha Nida

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PROFESSIONAL EXPERIENCE

Govt. Associate College for Women Jand, Attock

Lecturer

January 2023 - May 2023

- Conduct classes on various topics within psychology, such as developmental psychology, clinical psychology, social psychology, etc., as per the curriculum
- Assist BA/Bsc students in selecting and completing research projects

Govt. Associate College for Women Jand, Attock

Lecturer

January 2022 - May 2022

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Govt. Associate College for Women Jand, Attock

Lecturer

February 2021 – May 2021

- Delivered lectures on core and advanced psychology topics, designed interactive lesson plans, and supervised student research projects to foster academic excellence

Shifa International Hospital Islamabad

Intern Psychologist

December 2019 - June 2020

- Health psychologist in urology department, Psychological Assessment and Clinical History taking, Therapies, Brief Cognitive Behaviour therapy sessions, Counselling
- Rehabilitation, Psychological Assessment and history taking Behaviour therapy, Applied Behaviour Analysis Family counselling
- Psychological Assessments and History taking
- Diagnosis and treatment plan for Mood Disorders, Personality Disorders, and Anxiety

Sunny Drug Rehabilitation centre Barakhao Islamabad

Intern Psychologist

October 2019 - December 2019

- Psychological assessment and History taking Behavior management
- Dialectical behavior therapy 12 Step Alcohol Program

EDUCATION

Quaid-e-Azam University- PhD Psychology

March 2024 - Present

Pursuing a PhD in Psychology at Quaid-e-Azam University (March 2024 – Present), focusing on advanced research and contributing to the understanding of Eco-anxiety and media exposure. Engaged in rigorous coursework and research activities to deepen expertise in theoretical and applied psychology while collaborating on innovative projects and academic publications.

Shifa Tameer-e-Millat University- MS Clinical Psychology

October 2018- April 2021

Completed advanced graduate studies in clinical psychology, focusing on occasional drug craving in adolescence. Developed expertise in psychological assessment, diagnosis, and therapeutic interventions.

PUBLICATION

- Psychosocial Factors and Psychological Adjustment among Adolescents and Young Adults: A Comparative

Analysis of Occasional Drug Craving and Non-Craving <https://doi.org/10.30773/pi.2024.0124>

- Phubbing Positively Predicts Psychological Distress and Poor Quality of Life in Community Adults <https://doi.org/10.34218/IJM.11.11.2020.207>
- Relationship between Health Consciousness, Self-compassion and Social Connectedness among Adolescents and Young Adults during Covid-19 Lockdown

VOLUNTEER WORK

- Pakistan Innovation Summit for Education
- Each one teach one foundation
- The Humanity Project

Technical Skills: IBM SPSS, Microsoft Office

Other Soft Skills: Effective Communication, Active Listener, Fast Learner, Team Work, Adaptability, Problem Solving, Critical Thinking, Work Ethic, Empathy, Self-Motivation, Time Management, Decision Making

Languages: Pashto (Native), English (Conversational), Urdu (Highly Proficient)