



KHIRMAN KHADIJA

Clinical Psychologist | Research Scholar

ABOUT ME

I am an experienced Clinical Psychologist and Research Scholar deeply engaged in understanding and addressing complex psychological issues through evidence-based practice and research. My professional journey includes conducting psychometric assessments, delivering therapy across diverse clinical settings, and publishing peer-reviewed research on topics such as social self-esteem, cognitive distortions, and maladaptive schemas. I am passionate about bridging the gap between clinical practice and academic research to inform interventions and improve mental health outcomes. Through my contributions to scientific publications and presentations at national and international conferences, I aim to advance the field by exploring how cognitive flexibility, family support, and social factors impact psychological well-being.

WORK EXPERIENCE

Riphah International University, Islamabad

Designation: Program Coordinator

Period: March 2025 - Present

Responsibilities:

- Coordinating and overseeing academic programs within the Psychology Department, ensuring that coursework aligns with current psychological research and clinical practice standards.
- Facilitating communication and collaboration between students, faculty, and external partners to enhance learning and research opportunities in psychology.
- Organizing departmental workshops, seminars, and conferences to promote professional development and interdisciplinary knowledge-sharing.

Islamic Medical Center/Caring House

Designation: Clinical Psychologist

Period: June 2023 - April 2024 (11 months)

Responsibilities:

- Provided psychotherapy to patients and Managed family dealings and conducted family counseling sessions, Handled patients during the detox period
- Led group therapy sessions, facilitating discussions and activities to promote recovery.
- Conducted basic life skills training to help patients develop essential daily living skills

CONTACT

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TOP SKILLS

- Rapport building skills
- Psychological Testing
- Psychological Research
- Critical thinking
- Complex problem-solving skills
- Spiritual healing
- Motivational Interviewing
- Clinical Supervision
- Report writing

LANGUAGES

- English (Professional Working)
- Urdu (Native or Bilingual)
- Punjabi (Limited Working)
- French (Elementary)

Step to Learning Rehabilitation Center

Designation: Child Therapist Trainee

Period: March 2023 - June 2023 (4 months)

Responsibilities:

- Conducted individual and group therapy sessions to support children's emotional and psychological development. Assisted in creating and implementing personalized treatment plans for children with diverse needs. Collaborated with multidisciplinary teams to monitor progress and adjust interventions as needed.

Benazir Bhutto Hospital, Rwp

Designation: Clinical Psychologist Intern

Period: June, 2022 - November, 2022 (6 months)

Responsibilities:

- Conducted psychological assessments and therapy sessions for a diverse range of patients.
- Developed and implemented treatment plans tailored to individual patient needs.
- Provided support and counseling to patients dealing with various psychological issues.

Islamabad Psychological Center(IPC)

Designation: Psychology Intern

Period: June 2021 - August 2021 (3 months)

Responsibilities:

- Assisted in conducting psychological assessments and providing therapeutic support to clients.
- Gained hands-on experience in administering and interpreting psychometric tests under supervision.

EDUCATION

Masters of Clinical Psychology

Riphah International University, Islamabad

September 2022- Present (2 years)_ Course work completed

Bachelor of Psychology

National University of Modern Languages(NUML)

February 2019- February 2022 (4 years)

VOLUNTEER EXPERIENCE

Choti Si Koshish(CSK)

Social Worker

March 2020 - Present

PUBLICATION

Impact of Negative Perfectionism on Procrastination and Job Burnout among Public Sector Employees: Role of Stress as Mediator

Author(s): Khirman Khadija¹, Sidra Azim²

Citation: Khadija, K., & Azim, S. (2023). Impact of Negative Perfectionism on Procrastination and Job Burnout among Public Sector Employees: Role of Stress as Mediator. *Academy of Education and Social Sciences Review*, 3(2), 190–202. <https://doi.org/10.48112/aessr.v3i2.498>

Exploring the Relationship between Social-Self-Esteem, Psychological Distress, and Disordered Eating Patterns among University Students

Author(s): Khirman Khadija¹, Sidra Azim², Dr Aftab Hussein³

Citation: Khadija, K., Azim, S., & Hussain, A. (2023). Exploring the Relationship between Social-Self-Esteem, Psychological Distress, and Disordered Eating Patterns among University Students. *Academy of Education and Social Sciences Review*, 3(3), 235-243

Impact of Early Maladaptive Schemas on Behavioral Problems of Young Adults. Mediating Role of Cognitive Flexibility

Author(s): Jawairia Zafar, Sarosh Tariq, Samreen Umar, Anam Saleemi, Samia Nawaz Satti, Khirman Khadija

Citation: Jawaria Zafar, Sarosh Tariq, Samreen Umar, Anam Saleemi, Samia Nawaz Satti, & Khirman Khadija. (2024). IMPACT OF EARLY MALADAPTIVE SCHEMAS ON BEHAVIORAL PROBLEMS OF YOUNG ADULTS. MEDIATING ROLE OF COGNITIVE FLEXIBILITY. *Journal of Population Therapeutics and Clinical Pharmacology*, 31(3), 200–213. <https://doi.org/10.53555/jptcp.v31i3.4660>

Exploring the Relationship between Psychiatric Morbidity and Quality of Life among Lady Health Workers: Family Support as Moderator

Author(s): Abrar Ahmad ¹, Khirman Khadija ², Samia Nawaz Satti ³

Citation: Ahmad, A., Khadija, K., & Satti, S. N. (2024). Exploring the Relationship between Psychiatric Morbidity and Quality of Life among Lady Health Workers: Family Support as Moderator. *Human Nature Journal of Social Sciences*, 5(1), 64-82.

An Exploratory Study of Disgust Sensitivity among Medical Practitioners

Author(s): Khirman Khadija¹, Emaan Binte Younas², Nimra Asad³

Citation: Khadija, K., Younas, E. B., & Asad, N. (2024). An Exploratory Study of Disgust Sensitivity among Medical Practitioners. *International Journal of Trends and Innovations in Business & Social Sciences*, 2(1), 64-76.

An Exploratory Study of Cognitive Distortions and Psychosis among Meth-Amphetamine Users

Author(s): Khirman Khadija 1, Dr Shakir Iqbal 2, Emaan Binte Younas 3

Citation: Khadija, K., Iqbal, S., & Younas, E. B. (2024). An Exploratory Study of Cognitive Distortions and Psychosis among Meth-Amphetamine Users. *Academy of Education and Social Sciences Review*, 4(3), 397–413.
<https://doi.org/10.48112/aessr.v4i3.846>

Psychological Capital and Emotional Intelligence among Neurotic Patients

Author(s): Emaan Binte Younas 1, Dr. Shakir Iqbal 2, Khirman Khadija 3

Citation: Younas, E. B., Iqbal, S., & Khadija, K. (2024). Psychological Capital and Emotional Intelligence among Neurotic Patients. *Academy of Education and Social Sciences Review*, 4(3), 427–438. <https://doi.org/10.48112/aessr.v4i3.847>

CONFERENCES

7th Multi-Disciplinary Student Research International Conference (MDSRIC-2022), University of Wah

Contribution(s): Research Paper Presentation

2nd International Conference on Applied Psychology (ICAP-2023), Riphah International University

Contribution(s): Poster Paper Presentation