

TEHSEEN ARIF

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Summary

Motivated and detail-oriented professional with a solid foundation in psychology and a master's degree in project management. Equipped with strong skills in project coordination, data analysis, and strategic planning, along with excellent communication and problem-solving abilities. Seeking an opportunity to contribute to dynamic projects, streamline operations, and drive organizational growth through innovative, results-driven strategies.

Experience

Step to Learning (STL) Rehabilitative Centre

Instructor/Counsellor/Behaviorist

08/2024- 03/2025

- Providing behavioral and educational support to children with ASD and Slow Learners.
- Creating and implementing individualized education plans (IEPs).
- Guiding families with resources to support child development.
- Staying current with research and practices in ASD therapy.

Freelance Content Writer

Remote

10/2019 - Present

- Create engaging and SEO-optimized content for various clients, including blog posts, articles, product descriptions etc.
- Deliver well-researched content on diverse topics such as psychology, microbiology, and healthcare.
- Collaborate with clients to ensure adherence to brand guidelines and tone of voice.
- Successfully meet deadlines and maintain high-quality standards across all projects.

Pehchaan Clinic (Private Limited)

Internship

08/2023 - 09/2023

- Strong therapeutic alliance building and rapport.
- Effective communication and interpersonal skills.
- Adherence to ethical and professional standards.
- Team collaboration and interdisciplinary work.

Umeed-e-Noor (Hashoo Foundation)

Internship

09/2022

- Strong rapport building with children and families.
- Effective collaboration with teachers and support staff.
- Advocacy for the rights and needs of individuals with disabilities.
- Crisis intervention and de-escalation techniques.

Skills

- Proficient in Microsoft Office Suite (Word, Excel, PowerPoint)
- Data Evaluation
- Knowledge of Computer Operating Systems (Windows, MacOS, etc.)
- Organizational Aptitude
- Conflict Resolution
- Multitasking
- Statistical Analysis
- Organizational Proficiency
- Written Comprehension
- Data Interpretation
- Creative Thinking
- Public Speaking Mastery
- Leadership Development
- Resilience and Stress Tolerance
- Effective Communication
- Project Coordination
- Strategic Planning
- Critical Evaluation
- Familiar with Internet Browsing and Email Communication
- Customer Relationship Management
- Negotiation Proficiency
- Time Management
- Administrative Tasks
- Initiative Taking
- Deadline Adherence
- Interpersonal Communication

Education

Bahria University Islamabad Campus

Master's in project management

02/2025 - 07/2026

Bahria University Islamabad Campus

Bachelor of Science in Psychology

09/2020 - 07/2024

Islamabad Model College for Girls F-7/2 (post-graduate)

Intermediate

08/2018 - 08/2020

PBF International College, H-9, Islamabad

Matriculation

07/2016 - 07/2018

Training / Courses

Harvard Medical School- Adult Autism Health Resources: “*Clinical Care for Autistic Adults*”.

School of Professional Psychology- “*Violence Against Women*”.

World Wildlife Fund (WWF)- Laudes Foundation: “*Regenerative Production Landscape Collaborative Pakistan*”.

A & M Mental Health Services- Assessment and Rehabilitation of Slow Learners.

Down Syndrome Club- Learned about Down Syndrome, its characteristics, support needs and strategies to create inclusive environments.

Mental Health Professional’s Training- “*Creative Voice for Child Abuse and its Survivors and Therapeutic Techniques for Self-Control*”.

Global Youth Association- Riphah International University, National Conference: “*Peace, Unity, and Interfaith Harmony*”.

Psychology Club- Bahria School of Professional Psychology in Affiliation with NIP, Centre of Excellence, Quaid-e-Azam University: “*Harassment: Nature, Reasons, Consequences, and Management*”.

Psychology Club- Bahria School of Professional Psychology: “*Our Mind, Our Right*”.

Psychology Club- Bahria School of Professional Psychology: “*Certificate of Achievement and Excellence*”.

Projects

Research Project

“*Gender Role Beliefs, Filial Piety, and Attitudes Towards Homosexuality Among University Students.*” 2024
Robust skills in data analysis, survey design, and literature review.

Case Study

2022
Conducted a comprehensive analysis of the HR department at Islamic University of Islamabad.
Identifying key areas for improvement and delivering actionable insights to enhance organizational efficiency.

Symposium

Pakistan Psychological Association (PPA)

15th International Conference

Navigating Applied Fields of Psychology: Research Practices, and Current Developments in Pakistan

Paper Title: “*Filial Piety and Attitudes Towards Homosexuality Among University*”

Role: Presenter

ICMHR-24 Centre for Clinical Practices

7th International Conference

Mental Health and Rehabilitation: Contemporary Trends in Clinical Practice

Paper Title: “*Gender Role Beliefs and Attitudes Towards Homosexuality Among University Students*”

Role: Presenter

National Institute of Maritime NIMA

Geo-Economic Dimensions of IOR Opportunities for Region and Beyond

International Maritime Symposium

Community Services

Fazaia Education School System

Volunteered for a sexual harassment awareness campaign for school children.

Zakaat Foundation of America

Hadiya-e-Aftaar

In collaboration with PTV Academy, Islamabad, distributed aftaar meals amongst underprivileged during the month of Ramadan.

Tawheed International School System

Amassed funds for the underprivileged students.

Next-Gen Impact: Youth Engaged in Service (YES) Program

Volunteered for activities in the domains of education, advocacy, health, entrepreneurship, and environment

Helping Hands

Million Smiles Foundation, Pakistan

In collaboration with Daar-e-Insaniyat, set up “aftaar dastarkhwan” for deprived during the month of Ramadan.

Reference

Dr. Shazia Yusuf

Head of the Department

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