

SUMMARY

A clinical psychology graduate skilled in research, effective communication, and project management. Experienced in conducting client assessments and managing events, demonstrating strong leadership and organizational abilities.

WORK EXPERIENCE

Clinical Psychology Intern

Sep 2023 – June 2024

Institute of Psychiatry, Child and Adolescent Mental Health Unit

- Contributed to research on the "Prevalence of Problematic Internet Use among Children and Adolescents Presenting in Child OPD of a Tertiary Care Hospital."
- Facilitated data collection through surveys and interviews with children and their guardians.
- Collaborated with mental health professionals to analyze data and identify trends.
- Assisted in preparing reports on findings for clinical, academic and case presentations and publications.
- Engaged with families to provide support and resources related to internet use.

Clinical Psychology Intern

March 2023 – April 2023

Rehabilitation Center for Children with Development Disorders (RCCDD)

- Observed and documented children's behavioral patterns to support individualized intervention plans.
- Conducted assessments to evaluate cognitive, emotional, and social development.
- Engaged parents in therapy sessions to enhance their understanding of child behavior and development.
- Participated in multidisciplinary team discussions to evaluate therapy outcomes and refine intervention strategies.

Clinical Psychology Intern

June 2022 – August 2022

The New Life Rehab & Psychiatric Center - Islamabad, Pakistan

- Conducted intake interviews with clients and completed required clinical documentation.
- Collaborated with psychologists to initiate, facilitate, and moderate counseling group discussions.
- Assisted in the development of individualized treatment plans for clients.
- Observed client progress and provided feedback to supervising psychologists.
- Participated in weekly case review meetings with multidisciplinary teams.

Counsellor

Feb 2022 – May 2022

Governement Girls Highschool, Gilyat

- Provided individual and group counseling sessions to address psychological and emotional challenges faced by students.
- Assisted students in developing coping mechanisms and problem-solving skills for academic and personal growth.
- Collaborated with teachers and parents to create a supportive environment for student well-being.
- Conducted awareness sessions on mental health and stress management to promote a positive school atmosphere.

Event Manager

Young Leaders Summit/Positive Pakistan - Islamabad, Pakistan

- Acted as part of the organizing team for the 16th Young Leaders Summit.
- Marketed and publicized the event through social media campaigns, reaching a broad audience.
- Prepared, monitored, and maintained event budgets, ensuring financial goals were met.
- Coordinated logistics including venue setup, catering, and speaker schedules.
- Led a volunteer team, ensuring smooth operations during the event.

Graduate Researcher

Comsats University - Islamabad, Pakistan

- Conducted qualitative research on the "understanding of determinants and psychological implications of body shaming among university students."
- Analyzed data using various qualitative research methods, including thematic analysis.
- Presented findings at university research forums.
- Assisted in drafting the final research report for academic publication.
- Collaborated with peers and faculty on research design and methodology development.

EDUCATION	Masters in Clinical Psychology	Sep 2022-Sep 2024
	Szabist Islamabad CGPA, 3.68	
	Bachelors in Psychology	Feb 2018-Mar 2022
	Comsats University - Islamabad CGPA, 3.47	

KEY SKILLS	- Blog writing - Research skills - Project coordination - Counseling support - Report writing	- Client relationship management - Team collaboration - Psychological assessments - Effective communication - Event planning and management
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ACCOMPLISHMENTS	- Awarded an appreciation certificate for being part of the organizing team of the 16th Young Leaders Summit in association with Positive Pakistan. - Received an appreciation certificate for completing research during the freshman year. - Won first prize for being the best debater in an inter-school declamation contest. - Delivered a guest lecture at Szabist on the "Conners Scale for ADHD," focusing on assessment methodologies and best practices for evaluating ADHD in children and adolescents. - Member of Australian and New Zealand Mental Health Association.	
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