

Ramish Khalil

Psychologist

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PROFESSIONAL SUMMARY

A dedicated and passionate educator in the fields of psychology and social sciences, committed to fostering a dynamic and engaging learning environment for university students. Skilled in delivering complex psychological and social science concepts in an accessible and thought-provoking manner, inspiring students to explore critical perspectives and apply knowledge to real-world contexts. Demonstrates a strong commitment to student success through mentorship, collaborative learning, and innovative teaching strategies. Driven by a passion for cultivating intellectual curiosity, interdisciplinary understanding, and a lifelong love for learning among students.

PERSONAL INFORMATION

Nationality: Pakistani

Marital status: Unmarried

Born: 28.06.1997

EDUCATION

Quaid-e-Azam University, Islamabad MPhil Psychology	Pakistan 2023-2025
Foundation University, Islamabad BS in Clinical Psychology (GPA 3.72)	Pakistan 2018-2022

AREAS OF PROFICIENCY

- Industrial and Organizational Psychology
- Occupational Health Psychology
- Guidance and Counselling
- Positive Psychology
- Educational Psychology
- Cognitive Psychology
- Clinical Psychology
- Theories of Personality
- Seminar in Theories
- Advance Social Psychology
- Sociology
- Gender Psychology
- Psychosocial Interventions in Disaster Management
- Research Methodology
- History and Schools of Psychology
- Experimental Psychology
- Mental Health and Psychopathology
- Developmental Psychology
- DSM-5

- Quantitative Research

FEATURED RESEARCH WORK

- MPhil Thesis: Connectedness to Nature and Psychological Well-Being among Pet Owners and Non Owners: Role of Emotion Regulation, Attitudes towards Animals and Pet Attachment (Thesis submitted)
- BS Thesis: Impact of Ageism Anxiety on Psychological Well-Being: Mediating Role of Cognitive Failure and Moderating Role of Relationship Quality in Adults
- Fear of Missing Out (Scale Development)
- Importance of Sleep and its Impact on Beauty Perception and Self-Esteem

MANUSCRIPTS UNDER REVIEW OR IN PREPARATION

- Salman, S., **Khalil, R.**, & Awaisi, I. (Under Review, Journal of Child Sexual Abuse). Khulasa: Unveiling the Disclosure Experiences of Male Survivors of Childhood Sexual Abuse in Pakistan.
- Khalil, R. (Under Review, International Journal of Psychology). Impact of Connectedness to Nature on Psychological Well-being of Individuals: The Moderating Role of Attitudes.

KEY EXPERTIES

- **Psychological Assessment & Intervention:**
 - Skills in administering and interpreting psychological assessments.
 - Expert in using psychometric tools for better understanding of mental health.
 - Gaining experience in formulating intervention strategies tailored to individual and group needs.
- **Counseling & Therapeutic Skills:**
 - Strong foundation in counseling techniques, fostering a safe and supportive environment for clients.
 - Empathetic listener with the ability to guide individuals through emotional and psychological challenges.
 - One on one therapy sessions (completed level 1 of Dialectal Behavior Therapy).
 - Maintenance of data and files.
- **Event Management:**
 - Skilled in planning, organizing, and leading workshops and events with minimal supervision.
 - Proficient in handling complex logistical tasks while maintaining professionalism.
- **Communication Skills:**
 - Fluency in English and Urdu, enabling effective communication with diverse audiences.
 - Adept at delivering impactful presentations that engage participants and encourage dialogue.

- **Leadership and Teamwork:**

- Strong leadership abilities demonstrated through independently leading workshops.
- Excellent collaborative skills, contributing positively to team efforts in various initiatives.

- **Facilitation and Emotional Intelligence:**

- Naturally approachable and warm, fostering trust and inclusivity in group settings.
- Strong emotional intelligence, enabling effective engagement with participants from varied backgrounds.

- **Academic Rigor and Teaching Potential:**

- Analytical rigor and dedication evident in coursework and academic work.
- Passionate about teaching, with the ability to synthesize and present complex information in an accessible manner.

- **Professionalism and Multitasking:**

- Demonstrates meticulous planning, time management, and the ability to handle responsibilities simultaneously.

WORK EXPERIENCE

- **Been Trained From**

Logics Psychological Services, Care Plus Medical Center, Islamabad

2025

- Conducted comprehensive **history-taking** to gather bio-psychosocial information essential for assessment and intervention planning.
- Obtained **real client access**, both online and onsite, ensuring exposure to diverse clinical populations and settings.
- Gained practical experience in administering and interpreting various **diagnostic tests** for psychological evaluation.
- Competently administered and interpreted the **16 PF Personality Test** to assess personality traits across different domains.
- Utilized the **House-Tree-Person (HTP) Projective Test** to explore clients' unconscious dynamics and emotional conflicts.
- Applied the **Thematic Apperception Test (TAT)** to evaluate underlying motives, concerns, and interpersonal dynamics.
- Used the **Rotter Incomplete Sentence Blank (RISB)** to assess personality dynamics and emotional functioning.

- Developed structured **personality assessment reports** based on clinical interviews, test data, and behavioral observations.
- Prepared detailed **case reports**, including diagnostic impressions, test findings, and recommendations for intervention.
- Acquired foundational knowledge in **therapeutic techniques**, including rapport-building, empathy, and active listening.
- Applied principles of **Dialectical Behavior Therapy (DBT)** in managing clients with emotional dysregulation and interpersonal difficulties.
- Implemented **Cognitive Behavioral Therapy (CBT)** techniques to help clients challenge maladaptive thoughts and behaviors.
- Studied **psychotropic medications**, including antipsychotics, antidepressants, anxiolytics, and sleep aids, along with their types and side effects.
- Utilized the **DSM (Diagnostic and Statistical Manual of Mental Disorders)** for accurate diagnostic classification and treatment planning.
- Demonstrated proficiency in **case formulation**, integrating psychological theory, diagnostic criteria, and client history to guide intervention.

Pakistan Air Force Hospital (PAF), Islamabad

2025

- Independently conducted sessions with clients.
- Gained hands-on experience in administering and interpreting psychometric assessments.
- Developed tailored intervention strategies for individuals facing stress, anxiety, and trauma-related issues.
- Strengthened clinical decision-making skills by managing cases under professional supervision.
- Engaged in multidisciplinary collaboration, working alongside psychologists, psychiatrists and medical professionals.

Shifa International Hospital, Islamabad

2024

- Conducted psychological assessments and provided counseling to patients under supervision.
- Assisted in managing cases related to stress, anxiety, and depression in a clinical setting.
- Observed and participated in therapy sessions for patients with diverse mental health issues.
- Worked closely with psychologists and psychiatrists, gaining exposure to multidisciplinary teamwork.

- **Internship**

Fauji Foundation Hospital, Rawalpindi

2021

- Provided counseling services to patients from military families and civilians.
- Assisted in developing intervention plans for individuals with PTSD, grief, and adjustment disorders.
- Provided support for mental health awareness campaigns within the hospital.

- **Other Experiences**

- **Counselor and Teacher – Slum Schools, Rawalpindi**

- Provided counseling services to underprivileged children, addressing issues such as trauma, emotional distress, and behavioral challenges.
- Conducted interactive teaching sessions to enhance literacy and life skills among students.
- Designed and implemented activities aimed at boosting self-esteem and fostering resilience in students.
- Collaborated with school staff to create a safe and supportive learning environment for children.
- Played a key role in promoting mental health awareness and well-being within the school community.

- **Workshops and Event Organization:**

- Organized workshops and events on mental health and psychosocial interventions. Focused on topics such as uplifting mental health among women, addressing gender-based violence, and empowering women.
- Independently managed and led a workshop on first aid for marginalized groups, demonstrating leadership and organizational skills.

- **Collaboration and Report Preparation:**

- Collaborated in planning and executing workshops and events, contributing to the preparation of workshop materials, reports, and presentations.
- Ensured that objectives of initiatives were met with precision and impact.

- **Presentation and Communication:**

- Salman, S., & **Khalil, R.** (2024, June 28). The Experiences and Challenges of Family Caregivers of Individuals with Dementia in Pakistan: [Poster presentation]. International Organization for Migration and the National Institute of Psychology Conference, Islamabad, Pakistan.

- Salman, S., **Khalil, R.**, & Awaisi, I. (2024, June 28). Khulasa: Unveiling the Disclosure Experiences of Male Survivors of Childhood Sexual Abuse in Pakistan [Poster presentation]. International Organization for Migration and the National Institute of Psychology Conference, Islamabad, Pakistan.
- Prepared and delivered impactful presentations on various topics and theories, fostering meaningful discussions among participants during the time of research.

➤ **Facilitation and Guidance:**

- Created inclusive and engaging environments to encourage active participation in workshops, events and presentations.
- Built rapport with participants and facilitated trust and open communication during initiatives.

➤ **Academic and Research Supervision:**

- Worked under Dr. Naqvi's supervision in academic and professional capacities, gaining experience in organizing programs and interventions.

WORKSHOPS AND ACHIEVEMENTS

- First prize for poster competition, International Organization for Migration and the National Institute of Psychology Conference, 2024
- Third prize for poster competition, Shifa International Conference, 2024
- Annual Psychiatry Symposium: Stress at Workplace, 2024
- Uplifting Mental Health of Women (IOM), 2024
- Gender Based Violence against Women (IOM), 2024
- Women Empowerment (IOM), 2024
- Elements of Counseling Islamabad, Pakistan, 2017
- Speech Therapy Islamabad, Pakistan, 2017

TECHNICAL AND RESEARCH SKILLS

- Office Tools: Proficient in Microsoft Office
- SPSS Analysis
- Quantitative Research: Quantitative data collection and analysis

PERSONAL ATTRIBUTES:

- Team player
- Adaptable
- Hard worker
- Orator
- Writer
- Reader
- Badminton Player

REFERENCES:

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