

Aiza Waheeda Khan

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PROFESSIONAL EXPERIENCE

Associate Clinical Psychologist

07/2025 – Present
Remote

Attune Somatics

- Currently undergoing intensive training in trauma-informed approaches, including **IFS**, **Polyvagal Theory**, and **somatic therapy**
- Participating in supervision, case discussions, and reflective practice
- Supporting development of trauma-sensitive workshops and psychoeducation
- Integrating nervous system awareness and relational safety into clinical work

ABA Therapy Trainee (300-Hour Practicum)

02/2025 – 05/2025

Maroof International Hospital

- Supported children with neurodevelopmental disorders through individualized care.
- Collaborated in speech therapy sessions to strengthen interdisciplinary practice.
- Attended ABA-focused lectures and professional development sessions.
- Maintained session records using the Health Information System (HIS).
- Assisted in drafting therapy reports under supervision.

Trainee Behavior Therapist

09/2024 – 01/2025

CAMHS Armed Forces Institute of Mental Health (AFIMH)

- Conducted intake/psycho-therapeutic sessions of children and adolescents.
- Conducted psychological assessments involving different screening tools.
- Authored detailed psychological reports, including diagnosis, prognosis, and treatment recommendations.

Trainee Clinical Psychologist

09/2023 – 12/2023

Armed Forces Institute of Mental Health (AFIMH)

- Conducted intake/psycho-therapeutic sessions of adults and children.
- Conducted psychological assessment involving different tests.
- Delivered lectures related to psychological testing, disorders, and therapy.

Trainee Clinical Psychologist

07/2023 – 09/2023

The Health Professionals

- Took psycho-therapeutic sessions of children.
- Observed sessions involving Applied Behaviour Analysis (ABA) Therapy.
 - Learned how to make SOAPs and use ABLLS for sessions.
- Took intake/psycho-therapeutic sessions of adults.
- Attended lectures related to psycho-therapy.

Trainee ABA Therapist

08/2023 – 08/2023

Kreative Kinder Haus

- Observed sessions involving Applied Behaviour Analysis (ABA) Therapy.
- Observed and dealt with children having different neuro-developmental disorders.

Observership

06/2023 – 07/2023

Armed Forces Institute of Mental Health (AFIMH)

- Attended lectures on the basics of clinical psychology, ethics & non-pharmacological interventions.
- Observed of psychometric testing & psycho-therapeutic sessions.

Content Writer

07/2023 – 07/2023

Coffee Aim

- Performed Content Ranking Analysis.
- Proof-reading and Editing.

EDUCATION

Master of Science (MS), Clinical Psychology

09/2022 – 09/2024

Air University

CGPA: 3.67

- Finished with course work and thesis.
- Helped organise a **symposium** on Mental Health.

- Created a short project named "**Unapologetically Trans**" to support the transgender community amidst the COVID-19 pandemic.

CERTIFICATES

40 Hours IBT (International Behavior Therapist) Training
International Behavior Analysis Organization (IBAO)

Responding to Child Physical Abuse in the Cultural Context of the Family

National Child Traumatic Stress Network (NCTSN)

Autism - Diagnosis & Management in Young People

The British Pakistani Psychiatrists Association

Impasse in Psychotherapy

Austen Riggs Center

Psychological First Aid
Johns Hopkins University

How to provide initial support to survivors of gender-based violence (GBV)
UNICEF

Understanding and Treating Contamination OCD
NOCD

Working with Patients Presenting with Suicidal Behaviors

Trusted Provider Network

Managing Emotions in Times of Uncertainty & Stress

Yale Center for Emotional Intelligence

Evidence-Based Treatments: Elements or Adaptations for Military Family-Informed Care

National Child Traumatic Stress Network (NCTSN)

Alcohol and Drug Use Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Maryland Department of Health

SKILLS

Psychometric Testing

Applied Behavior Analysis (ABA) Therapy

Working with Minority Groups

Report Writing

Microsoft Office Suite (Word, Excel, PowerPoint)

SEO Content Analysis

Psychotherapy

Acceptance and Commitment Therapy (ACT)

HR Collaboration for Well-being Programs

Computer Literacy

Canva

Graphic Designing

INTERESTS

Psychology | True Crime | World History | International Politics | Languages | Reading | Drawing | Manga/Webtoons | TV Series | Documentaries | Podcasts | Reddit

ORGANIZATIONS

American Psychological Association (APA)

Member

08/2024 – present

World Youth Alliance (WYA)

Certified Member

08/2024 – present

Pakistan Red Crescent (PRCS)

Registered Volunteer

09/2024 – present

7 Cups

Active Listener

02/2025 – present

YOUNGO

Full Member

09/2024 – present