

SARAH KHAN

CONTACT

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ACHIEVEMENTS/ AWARDS

Guest Speaker at Salamati ka Safar

Delivered an online webinar on the psychological consequences of domestic violence, emphasizing the importance of mental health support and intervention.

Award Certificate from Alzheimer's Pakistan Rawalpindi

Participated in a skit aimed at raising awareness of Alzheimer's disease among the audience during the Seminar and Inter-university Skit Competition

EDUCATION

Master of Science (MS) in Clinical Psychology | 2024

Foundation University School of Science & Technology, Rawalpindi

Bachelor of Science (BS) in Behavioral Sciences | 2021

Fatima Jinnah Women University, Rawalpindi

PROFESSIONAL EXPERIENCE

Intern Clinical Psychologist

Benazir Bhutto Hospital, Rawalpindi | Sept 2023- Dec 2023

Conducted comprehensive psychological and forensic assessments in collaboration with psychiatrists and law enforcement personnel

Engaged in multidisciplinary case discussions to develop and implement tailored therapeutic plans aimed at promoting meaningful clinical outcomes

Psychological Screening Specialist

Rawalpindi Medical University | 2023

Conducted psychological evaluations and assessments of 300 incoming students to determine mental health fitness for academic admission, using standardized testing and interviews

Subject Teacher

The Educators School, Rawalpindi | 2022

Provided academic lessons in core science subjects, specifically Biology and Chemistry. Designed engaging lessons, conducted student assessments, maintained classroom discipline, and supported individual learning needs to enhance academic performance.

Intern Psychologist

District Headquarters Hospital, Mianwali | 2020

Assisted in counselling clients with various mental health concerns, conducted psychological assessments, and collaborated with senior clinicians in developing individualized treatment plans during observership

RESEARCH PROJECT

Presented the paper titled "Spiritual Well-being and Mental Health among COVID-19 Survivors: A Cross-sectional Study" at the Association for Applied and Clinical Sociology - AACCS.

Delivered a paper presentation at the International Virtual Summit on Medical Sociology and Public Health.

Master's Thesis on "Effect of Gaslighting on the Psychological Wellbeing among Working Mothers: Role of Grit

Provided freelance research support across diverse psychology projects, including literature reviews, statistical analysis, and APA-format reporting.

SKILLS

Leadership and Work Ethics

Conducted psychological assessments and prepared case reports on patients; communicating findings to supervisors and team members to facilitate comprehensive treatment plans.

Communication and Team Building

Ability to work collaboratively with colleagues, creating a harmonious and conducive environment that promotes productivity and achievement.

Language Proficiency in English, Urdu, and Pashto

Computer Literacy

Utilized SPSS-20 software to analyze data for research thesis.

Created visually engaging presentations and reports using Microsoft Word, Excel, and PowerPoint to present semester projects.

Designed and created pamphlets, flyers, and advertising materials for various purposes and institutions, including Soul Healing Foundation and WWF, Pakistan.

PROFESSIONAL EXPERIENCE

Community Mental Health Volunteer

Aghosh Khidmat Orphanage Foundation, Rawalpindi | 2019

Offered psychological support and counseling to children, fostering a nurturing environment for their emotional well-being

WWF ECO Campaign Volunteer

World Wildlife Foundation (WWF), Pakistan | 2019

Developed and delivered educational materials to promote environmental awareness and sustainable behavior change

Organizing Committee Member

National Conference on Promoting Tolerance and Wellbeing; held by Higher Education Commission, Pakistan | 2018

Demonstrated strong organizational and teamwork skills, contributing to the successful coordination of the conference.

PARTICIPATED & ATTENDED PROFESSIONAL WORKSHOP / CONFERENCES / WEBINARS

Successfully completed a 3-day workshop on Psychosocial interventions of mhGAP, Psychological First Aid, and PM-plus

Successfully completed a 2-day training workshop on Cognitive Behavioral Therapy for Unipolar depression and Panic disorder

Participated in the workshop on Evidence-Based Psychological Intervention for Survivors of Trauma and Abuse.

Attended a seminar on Therapeutic Techniques for Self-Control and Empowerment of Child Abuse Survivors.

Completed the NIP Pre-conference on Mental Health Mind Technologies