

CONTACT INFORMATION

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- 0326-8591997
- Rawalpindi, Pakistan

EDUCATION

2021 - 2023

MS CLINICAL PSYCHOLOGY

Graduated in clinical psychology.
University of central punjab

2017 - 2021

BACHELOR OF PSYCHOLOGY

Graduated in Psychology.
Riphah International University

2014 - 2016

FSC PRE ENGINEERING

Mathematics, physics, chemistry
APSACS fort road, rwp.

2012-2014

MATRIC

Physics, Chemistry, Biology
F.G Girls High School Ch Iqbal rd rwp.

SHORT COURSES

- Certificate of **5-weeks course in Psychological First Aid** (NUML University Islamabad).
- Certificate of **1 month Psychological Testing** Course held by PakYoungPsychologist Academy
- Certificate of **1 month Psychopharmacology** Course held by Pak Young Psychologist Academy
- Certificate of **3 months Certified Hypnotherapy course** held by Islamabad psychological Centre

Ayesha

CLINICAL PSYCHOLOGIST

Passionate psychologist combining practical experierities with academic teaching dedicated to enhance both individual and societal mental health and fostering emotional well being. Excited to contribute my expertise to the field and make a meaningful impact in the lives of those I serve.

EXPERIENCE

OCTOBER 2024-ONGOING

LECTURER PSYCHOLOGY

MUHI-UD-DIN ISLAMIC MEDICAL COLLEGE MIRPUR, AJ&K.

- Deliver lectures and conduct interactive sessions for undergraduate psychology students
- Develop course content, prepare lesson plans, design assessments, and evaluate student performance in line with university standards.
- provide academic mentorship to support professional growth and critical thinking.
- Coordinate classroom activities, manage departmental responsibilities, and contribute to curriculum development.
- Offer on-campus psychological support services to students
- Facilitate group discussions and well-being workshops addressing issues such as stress management, self-esteem, and academic pressure.

APRIL 2024-JUNE 2024

CLINICAL PSYCHOLOGIST

WILLING WAYS, KARACHI

- Conducted **individual, group, and family therapy sessions** for clients in addiction recovery
- Delivered **psychoeducation** to enhance clients' understanding of addiction, relapse, and mental health.
- Applied **motivational interviewing techniques** to encourage positive behavioral change and treatment adherence.
- Designed and implemented **relapse prevention strategies** tailored to each client's needs.
- Maintained detailed client records and collaborated with the multidisciplinary team to ensure **integrated treatment planning**.

SKILLS

Clinical & Counseling Skills:

- Psychological Assessment & Diagnosis
- Individual & Group Psychotherapy
- Addiction Counseling & Relapse Prevention
- Case History Taking & Treatment Planning
- Psychological First Aid
- Psychoeducation & Awareness Sessions
- Hypnotherapy Techniques
- Trauma-Informed Care
- Counseling for Children & Adolescents
- Family Counseling & Conflict Resolution

Teaching & Academic Skills

- University-level Teaching & Student Mentorship
- Curriculum Development & Lesson Planning
- Classroom Management
- Educational Psychology Application
- Effective Communication & Public Speaking
- Creating Engaging, Concept-Based Lectures
- Empathetic Listening & Rapport Building
- Leadership & Team Collaboration
- Problem Solving & Decision Making
- Adaptability & Cultural Sensitivity
- Initiative & Self-Motivation

LANGUAGES

- English
- urdu
- Punjabi

NOVEMBER 2023-FEBURARY 2024

CLINICAL PSYCHOLOGIST

Umeed-e-shifa Rehabilitation center

- Conducted thorough psychological evaluations
- Delivered individual and group therapy sessions,
- Helped clients identify and manage triggers and cravings through personalized coping strategies
- Implemented relapse prevention plans and taught mindfulness and stress-reduction techniques for anxiety management
- Educated families about addiction and their supportive role in the treatment and recovery process
- Collaborated with medical staff to develop and implement comprehensive, multidisciplinary treatment.

MARCH 2023-JUNE 2023

CLINICAL INTERNSHIP

Shaff Rehabilitation center

- Conducted psychological assessments and evaluations
- Facilitated individual sessions
- Applied active listening, empathy, and motivational interviewing techniques
- Strengthened skills in client engagement and rapport building
- Gained deeper insight into addiction recovery and relapse prevention

NOVEMBER 2022-FEBURARY2023

CLINICAL INTERNSHIP

SERVICES HOSPITAL LAHORE

- Worked with children and adolescents
- Conducted comprehensive psychological assessments
- Designed and implemented age-appropriate, individualized interventions
- Provided psychoeducation and guidance to families on child mental health
- Strengthened ability to connect with young clients
- Emphasized a holistic, family-centered approach to mental health care

MARCH 2022- JUNE 2022

CLINICAL INTERNSHIP

Fountain house Lahore

- Conducted individual therapy sessions with male and female clients
- Administered psychological assessments and diagnostic tools
- Provided counseling and support to families of patients
- Gained insight into a wide range of mental health conditions
- Enhanced skills in providing empathetic, client-focused care

NOVEMBER 2023-FEBURARY 2024

CLINICAL PSYCHOLOGIST

Umeed-e-shifa Rehabilitation center

- At the Islamabad Psychological Center, I developed my skills in administering various psychological tests and taking detailed patient histories. I learned to effectively match patient histories with test results to confirm assessments, enhancing my ability to provide comprehensive evaluations and tailored client care.

MARCH 2023-JUNE 2023

CLINICAL INTERNSHIP

Shaff Rehabilitation center

- During my time as a trainee psychologist at Shifa Caring and Medical Center, I gained hands-on experience administering psychological tests and conducting in-depth individual sessions to gather comprehensive patient histories, primarily with drug-addicted patients. This role allowed me to develop a thorough understanding of client cases, enhancing my ability to approach each individual with care and precision

Additional experience

- Organized **International Youth Day** (Transforming Education 2019) arranged by Federal Region Rahnuma, FPAP
- Arranged **1 Day workshop on Drug Addiction and Generalized Anxiety Disorder** in Pakistan Red Crescent

PROJECT

- Certification of **3 weeks project "Education for Change"** at Pakistan Red Crescent Society (PRCS)