



Sameena Sarfraz

Nationality: Pakistani **Date of birth:** 29/10/1995 **Gender:** Female

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ABOUT ME

A clinical psychologist with experience in working with people suffering from a broad spectrum of mental health disorders, such as schizophrenia, addiction, and adjustment disorder. Adept at using techniques, including CBT and the Family system and lifespan integration psychotherapy to treat and enhance individuals' level of functioning and quality of life. Proficient in building strong rapport with diverse clients to address anxiety, depression, and trauma-related challenges. Committed to continuous professional growth and adhering to ethical standards. Seeking to leverage expertise to foster mental health and wellbeing in individuals' lives.

EDUCATION AND TRAINING

MASTER IN PSYCHOLOGY

UNIVERSITY OF SARGODHA [2020 – 2022]

MASTER IN SOCIOLOGY

ALLAMA IQBAL OPEN UNIVERSITY [2020– 2023]

BACHLORE (PSYCHOLOGY)

UNIVERSITY OF SARGODHA [2017– 2019]

WORK EXPERIENCE Social counsellor Association for social development

[03/03/2023 – 02/05/2025] City: khushab, Jauharabad | Country: Pakistan

- Help people with emotional, psychological and behavioral issues
- Family counseling and gives support
- Patient support, manage their chronic illnesses
- Help people learn to cope with stressful situations

Secondary school teaching assistant

Noor public school [02/03/2020 – 04/06/2021]

City: Khushab | Country: Pakistan

- Create and distribute educational content (notes, summaries, assignments etc.)
- Observe and understand students' behavior and psyche
- help educate, support and coach students during their formative years and beyond

Assessment Supervisor WHO - Polio Campaign [21/05/2020 – 12/10/2022] City: Sargodha | Country: Pakistan

There was a research project that involved going to small villages to survey

them and see if any children missed the polio campaign.

Clinical psychologist

DHQ sargodha hospital [06/09/2022 – 09/12/2023]

City: sargodha | Country: Pakistan

- Study behavior and brain function by observing, interviewing, and surveying individuals.
- Identify psychological, emotional, behavioral, or organizational issues and diagnose disorders.
- Research and identify behavioral or emotional issues, such as anxiety and depression.
- Developing tailored treatment plans
- Diagnose psychological, emotional or behavioral disorders
- Examine and assess behaviors •Counseling patients and their families •Evaluates patients
- Neurological disorders •Observing and interviewing individuals • Research •Serious and enduring mental illness • Supervision

LANGUAGE SKILLS

Mother tongue(s): Urdu | Panjabi; Punjabi **Other language(s):** English

LISTENING B1 **READING** B1 **WRITING** A1 **SPOKEN PRODUCTION** A2 **SPOKEN**

INTERACTION A2 *Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user*

DIGITAL SKILLS

Graphic design and layout / Graphics designing Adobe & Corel / power point / Ms excel / canva designing

COMMUNICATION AND INTERPERSONAL SKILLS

Active listener observational ability Self motivated Firm Believer Problem-Solving

NETWORKS AND MEMBERSHIPS

ISSUP International Society of Substance Use Professionals Chacter Building Society

CERTIFICATES

- MS OFFICE
 - Online Content Writing & Advertising Freelancer
 - PYPA Psychological First Aid & Trauma
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- Counselling Course REBT & PLAY THERAPY & CBT Therapy
 - Hypnotherapy & NLP Neurolinguistic Programing
 - Psychopharmacology

CORE OF COMPETENCIES

Organizational Skills

- Set clear boundaries and expectations
 - Seek support and supervision
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- Build rapport and engagement
 - Organize your files and records
 - Reduce stress levels
 - Manage time effectively
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- Negotiation and Persuasion
 - Data Analysis
 - Writing and Reading Comprehension
 - Business Acumen
 - Social Skills
 - Teaching and Learning

DRIVING LICENCE

Driving Licence:B

HOBBIES AND INTERESTS

- **Badminton ,Charity work**
- **Travelling ,Cooking**