

MISHAAL SALEEM

CLINICAL PSYCHOLOGIST

About Me

Dedicated Clinical Psychologist with a strong academic background in research, applied, and clinical psychology. Passionate about both conducting and teaching research, with hands-on experience in designing studies, statistical analysis using SPSS, and scholarly writing. Proficient in psychological assessment and career counseling, with a commitment to integrating research into practice to support academic growth and mental health awareness.

Contact

 0333-5520554
 mixhaal2897@gmail.com
 Rawalpindi, Pakistan

Skills

- Curriculum development and academic planning .
- Research Supervision & Guidance.
- Interactive Teaching.
- Career Counseling & Student Support.
- Public Speaking & Presentation.
- Academic Writing & Publication.
- Professional Ethics & Empathy
- Fundamental computer skills

References

Ms. Sumaira Manzoor

Psychologist

Email : sumaira_mazoor@hotmail.com

Prof.Dr.Muhmmad Rizwan

Clinical Psychologist

Section Head NUMS PWS

Email : muhammad.rizwan@numspak.edu.pk

Education

- **Master of Science- Clinical psychology**
National University of Medical Sciences(NUMS) 2019 - 2023
 - CGPA: 3.49 (Current, thesis grade pending).
 - Thesis: **Suicidal Ideation/ Behavior among Late Adolescents in Chitral: An Epidemiological Study.**
 - Made 20 case reports and performed 200 therapy sessions for patients from NUMS clinic.
- **Bachelor of Science- Psychology**
Capital University of Sceince and Technology (CUST) 2020 - 2023
 - GPA: 3.21.
 - Thesis: **Association between Spiritual Intelligence coping strategies and acceptance among patients with amputations.**
 - Deans Roll and letter of honor.
 - Internship appreciation certificate.
 - certificate of appreciation – Volunteer in service
 - certificate of appreciation – participating in fundraising campaign.

Experience

- **Armed Forces Institute of Mental Health (AFIMH)**
Trainee Clinical Psychologist Feb,2023 – Feb,2025
 - Conducted required assessments on inpatients and developed and implemented their treatment plans according to the diagnosis.
 - Attended ward rounds, Participated in course work for psychopathology, basic psychology, and psychological assessment.
- **NUMS Clinic**
Trainee Clinical Psychologist Feb,2023 – Feb,2025
 - Intake duties, evening duties, online and face to face sessions.
 - Detailed assessments and therapies.
 - Mental health camps.
 - Psychological assessment of new admissions.
- **Fauji Foundation hospital, Department of psychiatry**
Psychology Internee April ,2022 – May, 2022
 - Conducted psychological assessments, made and implemented therapy plans.
 - Career counselling sessions.
 - Daily activities chart for inpatients.
 - Case discussions.
- **Armed Forces Institute of Rehabilitation and Medicine(AFIRM)**
Psychology Observer Feb, 2022 – April, 2022
 - Observed psychological and cognitive interventions, and ward rounds. Observed child therapy sessions.
 - Observed activities for treating traumatic brain injury patients and counselling sessions of disabled patients (SCI and amputates).
 - Participated and conducted group therapies for disabled patients.

Research

- **Conference Presentation**
 - Beyond the beauty of North: Suicidality among adolescents in Chitral- International Conference on Mental Health, Adolescents, and Integrated Islamic Values in Psychology (MHAIVP) at NUR International University, Lahore, 14th June,2024.

Hobbies

- Exploring research topics and academic writing.
- Writing editorials.

Clinical Skills

- .Psychological Assessment.
- Diagnostic Understanding.
- Clinical Interviewing.
- Case Formulation & Report Writing.
- Client Psychoeducation.
- School-Based Assessment.
- Clinical Observation.
- Confidentiality & Ethics

Research Skills

- Survey & Questionnaire Administration.
- Data Collection & Cleaning .
- Academic Writing.
- Proposal & Ethics Writing.
- Proficient in SPSS.
- Use of Research Tools.
- Systematic Review.
- Multi-phase study.
- Proficient in quantitative research.

Computer Skills

- SPSS
- Data Visualization.
- Typing & Formatting
- Microsoft office
- Learning Management Systems (LMS)

- *Published*
 - Unveiling suicidality among adolescents in Chitral: Identifying the most affected age group.
- *Under Publication Research articles*
 - Beyond the beauty of North: Suicidality among adolescents in Chitral (In process).
 - (In process).
 - Patterns of Sadness, Stress, and Fear: The Pervasive Emotional State behind Suicidality among Adolescents in Chitral (In process)

Memberships

- Ex Member of American psychological Association 28th July 2023-12th Dec, 2024
- American Psychological Association Campus Ambassador. Fall 2024- spring 2025

Certificates

- Certificate of Participation - For Successful Attending the online 1 day webinar on “AI Tools for Research Writing and Literature Review” held on August 11th, 2024.
- Certificate of Participation - Award for attending the hybrid symposium on PSYCHOPRENEURSHIP careers in psychology.

Extra courses

- *History of Mental Illness* March,2024
An online non-credit course authorized by Wesleyan University and offered through Coursera
- *Measuring Disease in Epidemiology* July,2024
An online non-credit course authorized by Imperial College London and offered through Coursera.
- *Schizophrenia* June,2024
An online non-credit course authorized by Wesleyan University and offered through Coursera
- *Suicide Prevention* March,2024
An online non-credit course authorized by Wesleyan University and offered through Coursera
- *Understanding Research Methods* April,2024
An online non-credit course authorized by University of London and SOAS University of London and offered through Coursera.
- *Stopping Suicide in the Military* July,2024
Independent study program sponsored by the American Psychological Association's (APA) Continuing Education in Psychology (CEP).
CE Credits: 1.00
- *Sex Therapy for the 21st Century: Five Emerging Directions* July,2024
Independent study program sponsored by the American Psychological Association's (APA) Continuing Education in Psychology (CEP).
CE Credits: 1.00