

MOMINA INAM

CLINICAL PSYCHOLOGIST

CONTACT

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ACADEMIC HISTORY

Capital university of Science and Technology | Feb 2023-march 2025

Master of Science in Clinical psychology

- CGPA: 3.6
- Grade A
- Best Thesis Awardee
- Deans roll of honor in all semesters

Capital university of Science and Technology | 2019-2022

Bachelor of Science in Psychology

- Grade A
- VIS(volunteer in service) throughout 8 semesters
- member of students affairs office
- President in university Society

Dr Aq khan college of Science and Technology | 2016-2018

FSC in Pre-Medical

- Biology
- Physics
- Chemistry

New Siddeeq Public School Rawalpindi | July 2016

Matric in Sciences subjects

- Grade : A

AWARDS AND CERTIFICATION

Best Clinical Internship

Deans roll of Honor in Masters

CBRIC (CUST business research international conference) Thesis presentation

Ripha university (Research paper presentation)

Co-curricular activities

(1 year)Presidentship certificate for organizing activities and hosting seminars
Sports week organizer,
Convocation Organizer

- Volunteer work in strive Trust NGO completion 65 credit hours
- worked as volunteer in COVID vaccine campaign
- Hosting on seminar on logic and Reasoning
- volunteer in Society membership registration

PROFESSIONAL SUMMARY

I am a dedicated and compassionate Clinical Psychologist and good researcher with over 5 years of professional experience in assessing, diagnosing, and treating a wide range of psychological and emotional issues. I specialize in evidence-based therapeutic approaches, including CBT and mindfulness-based interventions, and am committed to creating a supportive and non-judgmental space where clients feel heard and empowered to heal. My goal is to promote mental well-being and help individuals build resilience, self-awareness, and lasting change.

WORK EXPERIENCE

Behavior Therapist | 2024-2025

Special education center pwd Islamabad

- Help clients to improve their daily functioning
- Implementing evidence based interventions (ABA)
- Work on clients social skills, speech, vocabulary, and overall behavioral problems
- implement effective management plan for clients
- worked on history taking report writing

Worked as School Counsellor| 2023-2024

Future leaders school pwd Islamabad

- Help students to improve their psychological problems'
- Help students to better focus on their studies
- planned individual plan to improve emotional, social, and behavioral issues
- conducted individual , group , family session
- Academic counselling, career counselling
- psychological assessment, one to one sessions

Worked as Clinical psychologist Benazir Bhutto Hospital RWP| 2022-2024

- Checked diverse clients in OPD
- worked with Adult population
- conducted sessions, psychological assessment and diagnosis
- Management plan and Therapy
- Clinical report writing of cases
- case presentations
- teamwork with psychiatrist's
- case discussion's

SKILLS

- Clinical Skills: interviewing, psychological testing, behavioral assessment, active listening, Ethical practice, research skills, IT skills, cultural competence
- Soft Skills: Effective Communicator, Determined , Smooth Collaborator

RESEARCH AND CONFRENCES PAPER PRESENTATIONS

- **CIBRC** :A Cross-sectional analysis of psychological patterns among university students (2022)
- **CIBRC**: Relationship Between Social Anxiety, Self-Esteem and Quality of Life Among University Students (2023)
- **RIU** :Mediating role of Self-esteem between social anxiety and Quality of life among university students (2024)
- **RESEARCH**
- Relationship between Social Anxiety, Self-esteem, and Quality of life Among university students (2022)
- Gaslighting among married individuals and the Mental health consequences; A qualitative Enquiry (2025)