

Aqsa Mumtaz

Mental Health Professional | Clinical Psychologist | Life Coach

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EXPERIENCE

Clinical Psychologist | The Meeting Matters Clinic *Islamabad, Pakistan | 2024 – Present*

- Lead therapy services using CBT and trauma-informed approaches for clients experiencing crisis, grief, and chronic stress.
- Manage a portfolio of over 300+ individual, couple, and family therapy cases with consistent positive outcomes.
- Coordinate and train clinical interns and support administrative functions, enhancing operational efficiency.
- Developed tailored intervention strategies for marginalized communities, aligning with NGO mission-based care.
- Created mental health awareness content for digital platforms, including blogs and social media posts, to engage and educate a wider audience.

Co-Facilitator, Psychological First Aid Training | GIZ Pakistan *Islamabad, Pakistan | 2024*

- Delivered Psychological First Aid (PFA) training to staff of an international development NGO.
- Integrated the RAPID model into the training program, enhancing staff preparedness for crisis response.
- Oversaw agenda planning and stakeholder coordination, ensuring successful knowledge transfer.

Psychologist | Capital Development Authority Hospital *Islamabad, Pakistan | 2023*

- Delivered CBT, play therapy, and crisis counseling in a high-volume hospital setting.
- Treated patients with trauma, psychosis, and developmental challenges, ensuring ethical practice and clinical documentation.
- Led group therapy programs and supervised assessments under strict confidentiality policies.

Clinical Observer | Al-Nafees Hospital *Islamabad, Pakistan | 2020 – 2021*

- Observed licensed professionals and participated in care of patients with complex psychological and neurodevelopmental conditions.
- Produced detailed patient observation reports and maintained high confidentiality standards.

EDUCATION

Masters in Clinical Psychology
Bachelors in Psychology

SZABIST University Islamabad – 2024 | CGPA: 3.59
COMSATS University Islamabad – 2022 | CGPA: 3.36

CORE COMPETENCIES

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| ✓ Strategic Leadership & Governance | ✓ Mental Health Crisis Intervention | ✓ Stakeholder Engagement & Public Speaking |
| ✓ NGO Program Development & Expansion | ✓ Fundraising & Proposal Writing | ✓ Policy Implementation & Evaluation |
| ✓ Team Leadership & HR Management | ✓ Volunteer Mobilization & Coordination | ✓ Monitoring & Reporting to Boards |
| ✓ Government & Grant Funding Applications | | |

LEADERSHIP & VOLUNTEER EXPERIENCE

Mental Health Counselor | Islamabad Traffic Police

Islamabad, Pakistan | 2023

- Conducted mental health coaching and burnout reduction sessions for 70+ officers.
- Administered DASS assessments, provided group workshops, and developed wellness plans for law enforcement.

Volunteer | Neurodevelopmental Disorder Clinic

Islamabad, Pakistan | 2022

- Assisted with therapeutic interventions for children with autism, ADHD, and intellectual disabilities.

CERTIFICATIONS

- Happiness Coach & Emotional Intelligence Trainer – 2025
- Public Speaking & Workshop Facilitator – 2025
- CBT Practitioner Certification – 2024
- Applied Behavior Analysis Workshop – 2023
- Early Interventions for Down Syndrome – 2022

RESEARCH PROJECTS

- *Theory of Mind in Children with Autism, Down Syndrome, and Typical Developing* (2024)
- *Impact of Geographic Distance on Marital Satisfaction* (2022)

LANGUAGES

English (Fluent) | Urdu (Native) | Pahari (Native)

REFERENCE

Sana Mukhtar
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