

Contact

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Address

New Lalazar, Rawalpindi

Education

2021-2023

MS Clinical Psychology

Foundation University School of
Science and Technology,
Rawalpindi

Expertise

□ Learning Management System:
Google® Classroom

□ Learning Management System:
Microsoft Teams

□ Remote Collaboration: Google®
Meet,® Hangout, Microsoft®
Teams, Zoom®

□ Documentation: Microsoft®
Word, Excel, Open Office

□ Remote Learning and
Collaboration: Bandicam®, Open
Broadcaster software®, Open
Board

Sana Munawar

Teacher/Clinical Psychologist

Dedicated clinical psychologist and passionate teacher, empowering individuals for mental wellness and academic success. I provide therapeutic interventions while fostering critical thinking and growth in students, bridging psychological health and education.

Experience

Visiting Faculty

February 2025 - Present

Fatima Jinnah Women University

- Preparing and delivering weekly lectures for the Behavioral Sciences department course "Civics and Community Engagement," integrating civic theory with real-world examples.
- Designing and administering formative assessments—quizzes, short assignments, course projects and group presentations—to gauge ongoing student understanding.
- Guiding students in research-based community projects that connect course concepts to practical civic involvement.
- Set, invigilate, and grade mid-term and final examinations, ensuring fair and rigorous evaluation of learning outcomes.
- Providing timely, constructive feedback on all assessments to support continuous academic improvement.

Clinical Psychologist

December 2024 - Present

Mental Health Aymen Foundation

- Conducting online counselling sessions for individuals with anxiety, depression, stress, and relationship issues.
- Delivering mental health awareness webinars and workshops for students, parents, and professionals.
- Use psychological assessments and clinical interviews to create personalised treatment plans.
- Collaborating with the team to design mental health campaigns and educational content.
- Providing crisis intervention and support through the foundation's helpline.
- Maintain client records and ensure ethical confidentiality.

Teacher

The City School

August 2024 -Present

Major Responsibilities

- Creating lesson plans aligned with state standards while addressing the unique needs of each student.
- Utilizing diverse teaching methods, including hands-on activities, group projects, independent work, and technology-driven instruction.
- Incorporate technology into classroom practices to enrich the learning experience.
- Tracking student progress and offer constructive feedback on strengths and areas for improvement.
- Offering counseling and support to students facing learning challenges or mental health concerns.

Teacher

January 2020 - July 2024

Beaconhouse School System

Major Responsibilities

- Developed lesson plans that meet state standards while incorporating individual student needs.
- Implementing a variety of teaching strategies such as hands-on activities, group work, independent study, and technology-based instruction
- Integrating the use of technology into the classroom to enhance student learning.
- Monitored student progress and provide feedback on areas of strength and improvement.
- Provided counseling and intervention support to students who are dealing with learning disabilities or other mental health issues.

□ Presentation: MS Powerpoint, Google ® Slides Google ® sites

□ Creative Visualization: Canva ® Pro (intermediate), Adobe ® Illustrator (novice)

□ Research: Statistical Package for Social Science, MATLAB.

□ Creative Work: Landscape/Wedding Photography, Adobe Lightroom. Video editing Inshot and Filmora.

Awards & Honours

□ Aug 2013
Top 25 Business Models Award
Startup Cup, US Embassy

□ Jun 2012
First Class Degree, CGPA 3.79
IIUI, Islamabad

□ March 2012:
Merit Laptop Recipient
Punjab Youth Initiative, Lahore

□ June 2006:
SSC Merit Scholarship
FBISE, Islamabad

Languages

□ Urdu
□ English

Counselor

March 2019- March 2023

Umang Pakistan

Major Responsibilities

- Provided services as a phone and chat counselor.
- Treated patients with anxiety disorder, obsessive compulsive disorder, postpartum depression, major depression, relationship conflicts, sleep disorders.
- Created detailed case studies by conducting in-depth clinical sessions with the patients.
- Perform diagnostic assessments, conduct therapeutic interventions, and provide appropriate treatment plans.
- Provided mentoring and instructional videos for new counselors and psychologists at Umang's YouTube channel.

Trained Active Listener

January 2014 - February 2019

7cups.com

Major Responsibilities

- Engaged in attentive and non-judgmental listening to understand the user's thoughts, feelings, and concerns without interruption.
- Provided a supportive space for users to vent and explored their feelings, and guided them towards positive coping strategies and resources for further help if required.

Degree Completion Internship

Armed Forces Institute of Mental Health

January-June 2012

Major Responsibilities

- Collected case profiles relevant to substance addiction, mental retardation, neurotic and psychotic disorders.
- Conducted formal field visits to rehabilitation centers, special learning schools, relevant mental health hospitals.
- Created detailed case studies by conducting exhaustive interview sessions with the patients.
- Formulated diagnosis, recommended therapy and treatment.
- Curated in-depth internship report and took a thorough oral examination.

Courses, Certifications and Workshops

- June 2025: Post Graduate Certificate Course, The City School
- April 2025: Certificate course in Cognitive Behavioral Therapy, Medic Pro International Academy
- Jan 2025: INSET (In-Service Education and Training) program, The City School
- Mar 2020: Google ® Fundamental teacher training Online Course
- Jan 2020: Security and Emergency Response, PRISM
- Feb 2021: Teacher Reach Out and Induction, PRISM
- Feb 2021: Teaching with Technology Integration, PRISM
- Dec 2021: Communication Skills for management and leadership, PRISM
- Feb 2021: My English Training Course, British Council ® UK
- Apr 2019: Understanding Anxiety, Depression and Cognitive Behavioral Therapy, University of Reading, UK via Future learn ®
- Mar 2019: Young People and their Mental Health, University of Groningen, Netherlands via Future learn ®
- Feb 2019: Quantitative Methods, University of Amsterdam, Netherlands via Coursera ® Methods
- April 2015: Preschool Montessori Teacher Training 20 days workshop, Pakistan Montessori Council
- Aug 2013: Business Model Development Workshop, Startup Cup US Embassy.