

Zinia Ali

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Professional Summary

A dedicated and compassionate Clinical Psychology graduate with robust academic credentials and hands-on experience in diverse mental health settings. Adept at conducting psychological assessments, providing therapeutic interventions, and collaborating within multidisciplinary teams. Demonstrates a strong passion for mental health advocacy, research, and community outreach. Eager to contribute clinical expertise and empathetic care to support individuals in need and enhance mental health services.

Education

- MS Clinical Psychology
National University of Medical Sciences (NUMS), Rawalpindi
CGPA: 3.83 | Graduated: 2025
- BS Applied Psychology
Riphah International University, Islamabad
CGPA: 3.6 | Graduated: 2022

Clinical Experience

Trainee Clinical Psychologist | NUMS Clinics | Feb 2023 – March 2025

- Conducted clinical interviews and psychological assessments under supervision
- Facilitated individual counseling and developed personalized treatment plans
- Maintained accurate and confidential client records
- Collaborated with supervisors on ongoing research projects

Trainee Clinical Psychologist | MH Hospital | Feb 2023 – January 2025

- Assisted in psychiatric evaluations, history taking, and MMSE administration.
- Developed behavior modification plans and provided patient psychoeducation
- Participated in training and supervision to enhance clinical skills

Trainee Psychologist | Fouji Foundation Hospital | Nov 2022 – Dec 2022

- Administered and interpreted psychological tests (MMPI, BDI, WAIS).
- Monitored patient progress and adjusted therapeutic strategies
- Assisted senior psychologists in therapy and community awareness programs

Trainee Psychologist | Quaid-e-Azam International Hospital | July 2021 – Aug 2021

- Took case histories and wrote detailed reports

- Learned about neurotic and psychotic disorders and addiction recovery
- Gained experience with test batteries and psychological screenings

Core Competencies

- Psychological Assessment & Diagnosis
- Individual Counseling & Psychotherapy
- Behavioral Intervention Planning
- Mental Health Education & Advocacy
- Strong Communication & Listening Skills
- Confidential Documentation & Ethical Practice
- Research and Report Writing
- Proficient in SPSS, Jamovi, and Microsoft Office

Certifications & Training

- Borderline Personality Disorder: Epidemiology, Prevention and Management
- Psychological First Aid (Coursera)
- Mindfulness and Wellbeing
- Positive Psychiatry and Mental Health
- Managing ADHD, Autism, Learning Disabilities and Concussion in School

Research Experience

- MS Thesis : The Impact of Illness Uncertainty and Demoralization on Quality of Life in Breast Cancer Patients: Mediating Role of Social Support
National University of Medical Sciences, 2024–2025
- BS Thesis: Impact of Perception of Parents on Goal Instability and Career Decision Making Self-Efficacy among Undergraduate University Students
Riphah International University, 2022

Publication

Ali, Z. (2025). Impact of illness uncertainty on quality of life in Pakistani breast cancer patients: Mediating role of social support. *Journal of Health, Wellness, and Community Research*, 4(1). Doi : <https://jhwcr.com/index.php/jhwcr/article/view/286>

Areas of Interest

Deeply interested in childhood trauma and its long-term effects, therapeutic interventions for mentally challenged children, and improving outpatient care services. I am also eager

to work with patients experiencing comorbid physical and psychological conditions. I am learning about Compassion-Focused Therapy (CFT) and aim to apply it in the Pakistani context, particularly for individuals dealing with self-criticism and self-blame, including breast cancer patients. I am passionate about lifelong learning and also enjoy painting, reading psychology literature, and exploring sign language.