

Fatima Bint E Tariq

University Lecturer & Psychologist

Dedicated Psychologist having multiple years of experience in mentoring, psychological testing, therapy sessions & managing OPD. Completed MPhil in Anthropology & previously graduated in (BSc Hons) Behavioural Sciences. The MPhil thesis was 'Capacity Building & Institutional Strengthening for Enhancing Social Resilience to address Climate Change'. Received appreciation in helping students achieve top results, managing curriculum deadlines & treating clients. Hence earning high reputation for each associated department. Currently works as a Visiting Lecturer in the department of Anthropology at Arid Agriculture University.

PERSONAL DETAILS

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LinkedIn

<https://www.linkedin.com/in/bint-e-tariq-347289174/>

LANGUAGES

English



Urdu / Hindi / Punjabi



Arabic



CORE SKILLS

Software

- MS Office
- Record keeping software

Professional

- Training management
- Strategic planning
- Supportive listening
- Psychological testing
- Individual & group therapy
- Persuasive counselling
- Client issue diagnosis
- Team leadership
- Research & data analysis
- Ethical & confidentiality compliance

Interactive

- Concise communication
- Presentation preparing & delivery
- Customer & client relationship

WORK EXPERIENCE

PMAS Arid Agriculture University (Rawalpindi, Pakistan) 02/2025 – Present

Visiting Lecturer of BSc Anthropology

- Human and Cultural Geography.
- Social Advocacy and Mobilization.

Sapient Hall School (Rawalpindi, Pakistan) 03/2021 – 03/2023

High School English & Social Science Tutor

- Developed engaging lesson plans to explain complex concepts & improve students' critical as well as analytical skills.
- Collaborated with colleagues to conduct examinations, develop curriculums & assessment strategies
- Provided individualized student support, tracking their progress & conveying updates to their respective guardians. This improved their academic performance.
- Organized extracurricular activities & workshops to enhance students' holistic development.

WHO Collaborating research centre, Benazir Bhutto Hospital (Rawalpindi, Pakistan) 01/2020 – 03/2021

Team Leader of Young Psychologists

- Managed OPD operations, providing immediate health interventions to a daily capacity of 200 patients. Also developed mental health awareness programs & workshops for clients & their families.
- Administered tests such as WAIS, WISC, MMPI-2, NEO-PI-R, DSM-5 criteria & interpreted the results for accurate diagnoses & treatment plans for the clients.
- Implemented evidence-based therapeutic interventions, including Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) & Mindfulness-based approaches.
- Supervised a team of junior psychologists, conducting performance evaluations & feedback sessions to provide guidance, enhance their clinical skills, optimize team's efficiency & promote a positive work environment.
- Collaborated with a multidisciplinary team of psychiatrists to conduct assessments & individual therapy sessions. Then evaluated the patients' cognitive abilities & concerns such as anxiety, depression, trauma, schizophrenia & personality disorders.
- Facilitated case discussions & peer consultations to encourage knowledge-sharing, collaborative problem-solving & increase service effectiveness. This ensured a high-quality patient care.
- Conducted in-depth analysis of patient's cholesterol & glucose level reports, to understand correlation between physical & mental health markers.

ACHIEVEMENT

Thesis abstract of ‘Capacity Building and Institutional Strengthening for Enhancing Social Resilience to address Climate Change’ was chosen & published by 5th International Academic Studies Congress titled ‘Everchanging World: Challenges & Opportunities’

SEMINARS/WORKSHOPS

- Child Abuse
- World Mental Day
- Promoting Tolerance & Wellbeing
- ABA Autism & Hypnosis
- University Colloquiums
- Pakistan Sweet Home.

INTERESTS

- Studying different cultures & traditions
- Clinical psychology
- Researching into current psychological trends
- Poetry

Safe Care Trust International (Rawalpindi, Pakistan) 07/2019 – 01/2020

Intern Psychologist

- Assisted licensed psychologists in individual & group therapies of a diverse base of clients.
- Participated in interdisciplinary research projects using data from patient reports, always adhering to ethical guidelines & ensuring utmost confidentiality of the patients.
- Acquired knowledge of psychiatry medicines & which groups can treat specific disorders.
- Attended conferences/workshops to enhance knowledge & support skills.

Armed Forces Institute of Mental Health, Military Hospital (Rawalpindi, Pakistan) 06/2018 – 08/2018

Intern Psychologist

Assisted senior psychologists in assessments, patient history taking & interpreting test results to support diagnosis & treatment.

EDUCATION

PMAS Arid Agriculture University (Rawalpindi, Pakistan) 10/2022 – 08/2024

MPhil in Anthropology

Modules: Research, Statistics, Development Practices, Theoretical Debates, Rural Development Policies, Seminars, Special Problems.

Fatima Jinnah Women University (Rawalpindi, Pakistan) 10/2015 – 05/2019

BSc (Hons) in Behavioural Sciences

Modules: Civic Education, Neuroscience, Anthropology & Sociology, Community Development & Public Health, Advanced Psychology, Gender & Environment Studies, Women Rights in Pakistan, Medical Assessment, Enhancing Presentation & Public Skills.

Punjab College For Women (Rawalpindi, Pakistan) 2012 – 2014

High School: FSC (Pre-medical)

Distinctive grades in Biology, Chemistry & Physics.

VOLUNTEERING

Aghosh Al Khidmat Trust Orphanage (Rawalpindi, Pakistan) 09/2018 – 11/2019

Preached children on various academic & general life subjects. Also encouraged them to participate in activities important for their personal growth.

SOS Village Ideas Foundation (Islamabad, Pakistan) 03/2018 – 07/2018

Participated in fund raising & spreading mental health awareness for children.

EXTRA CERTIFICATIONS

- Addiction Treatment: Clinical Skills for Healthcare Providers.
- Everyday Parenting: The ABCs of Child Rearing.
- Moralities of Everyday Life.
- Philosophy, Science & Religion: Philosophy & Religion.
- Know Thyself - The Value & Limits of Self-Knowledge: The Unconscious.
- Understanding Memory: Explaining the Psychology of Memory through Movies.
- Mindfulness & Well-being: Foundations.
- Effective altruism.

References available at the end of this document.