



SYEDA MAHNOOR BATOOL

Psychologist

+92 3165310844

syedamahnoorbatool617@gmail.com

House # 07, Lane # 05, Street # 01,
Lalazar Estate, Rawalpindi

EDUCATION

PhD Psychology
Fatima Jinnah Women University
2024 - In Progress

MPhil Psychology
Fatima Jinnah Women University
2022 - 2024

BS Behavioral Sciences
Fatima Jinnah Women University
2017 - 2021

SKILLS

SPSS
AMOS
Microsoft Office

LANGUAGE

English
Urdu
Punjabi

About Me

Dedicated psychology professional with strong academic background and research experience. Committed to academic excellence, supporting student development, and research innovation. Focused on contributing knowledge that helps offer the best possible services to society.

Research Work

Breaking the Cycle: The Effectiveness of Acceptance and Commitment Therapy for Self Harm, Suicidal Ideation and Relapse Prevention in Substance use Disorder

- Assessed the effectiveness of ACT in managing self-harm, suicidal thoughts, and relapse in substance use disorder.
- Explored psychosocial factors influencing these outcomes, including personality, trauma, relationships and distress.
- Emphasized ACT's role in improving psychological flexibility and long-term recovery.

Workshops and Training

Multidisciplinary Innovation in Psychology & Neuroscience – FUI (2025)
Strengthening Teaching and Research Capacity – FJWU (2022)
Quantitative Research Methods using SPSS and AMOS – FJWU (2023)
Mental Health Mind Technologies – National Institute of Psychology (2018)
Clinical Hypnosis Techniques – Institute of Psychology (2019)
Emotional Freedom Technique – FJWU (2022)
Acceptance and Commitment Therapy – FJWU (2022)
Addiction Counsellor Training – Pak Young Psychologists Academy (2020)
Gender, Masculinities & Campaign Designing – Rozan (2019)

Work Experience

Psychology Intern

Fauji Foundation Hospital

Conducted psychological assessments, diagnoses, delivered counselling sessions and assisted in clinical case documentation

Volunteer – Community Educator

Rahma Model School

Convinced and counselled parents to support children's educational continuity and screened for psychological and behavioral issues