

HUSNA NAZ | CLINICAL PSYCHOLOGIST | PSYCHOTHERAPIST | EDUCATIONAL COUNSELOR

OBJECTIVE

Clinical Psychologist & Counselor with using divergent approaches, techniques & advisements seeking an opportunity to help people. Having 12 years experienced of psychologist, would like to use skills of being stable minded and level-headed for solving the psychological problems of the patient's suffering from anxiety disorders, bipolar disorder, depression, stress, as well special children with learning disabilities, deal student's affairs, career counseling, educational matters, communication issues and also experience with Montessori child etc.

SKILLS & ABILITIES

PROFOUND COUNSELING

Student Counseling, Child Counseling, Individual Counseling, Group Counseling, Career Counseling, Relationship Counseling & Couples Counseling, Rehab Counseling with Rehab cure & built comfort among addicts

Counseling and therapies session conduct with special children like Autism, ADHD, Down syndrome etc.

Taking brief history from patient and its family as well, then provide counseling

PSYCHOLOGICAL ASSESSMENT, PSYCHOTHERAPY & PSYCHO- EDUCATION

Administer Psychometrics Tests, provide psycho-education, mental health awareness and conduct psychotherapies Deals Conflicts Resolution, Motivational Interviewing, Suicidal Thoughts, Excessive fears, worries and anxieties (Phobias), Strong feelings of Anger/Anger Management, Stress Management, and Relaxation exercises, organized trainings, seminars and workshops on capacity building.

SEASONAL ANALYTICS

Special Education, Student-life concerns, Montessori Children handling, Deals Educational matters and First Generation Students Religious and Spiritual Concerns/Practices Trauma Support Problem-solving Orientation Emotional stable, patience, open mind & empathic towards Patient's and students attitude. Dramatic changes in eating or sleeping habits. Growing inability to cope with daily problems and activities. Social withdrawal (Isolation and reserved) Behavioral Modification for students and all.

IT SKILLS

MS Office Suit
Social Media Usage | Internet Browsing
Templates and banners Design Skills in Urdu and English
CV make Resumes
Make Reports and Assignments
Art n Craft for Montessori Children
Make Educational projects for Students

LEADERSHIP SKILLS

CR throughout my Educational career (organize seminars), Capacity Building and Brain Storming of students, Profound Counselor, Deals Students Affairs, Art n Craft Skills, Creative, Keen Observation (Goal settings, Team Building) Flexible, Motivated, Conflict Resolution, Coordination, Courage Supporting, Good planner, Decision making, Cooperative, Optimistic Documentation Management, Tasks and Meetings Management Analytical and Problem-Solving Abilities, Negotiation Skills Interpersonal and Communication Skills, Team-Management Skills Organizational Skills, Managing Processes, Reporting Skills, Change Management, Coaching Skills, Client Relationships Supports, Innovation, Developing Standards, Recruiting Skills, Administration, Business mind Skills, Writing & Good Listening Skills.

EXPERIENCES

SUBH-E-NAZ PSYCHOTHERAPY AND COUNSELLING (Head of Psy Department)

Executive Director | PRINCIPAL PWD, ISLAMABAD (SEP 2018- PRESENT)

UMEED THERAPIES HUB (SPECIAL CHILDREN)

Umeed Rehab Centre deals special programs for Montessori children to Grade 5 Students. Also deals for those children who are physical and mental disable, have physical issues, Speech issues, learning issues, Down syndrome, behavioral issues and psychological issues.

RELIANCE HOSPITAL, BAHRIA TOWN, PHASE 4, CIVIC CENTER, ISLAMABAD (SEP 2019- PRESENT) CONSULTANT (Online Sessions with Mental health Issues and Students Matters Deals Nationwide)

To diagnose, assess and manage the conditions of clients and students concerns.
Assessments, interviews, observation and psychometric tests with scoring.
Provide a treatment plan that may include counseling or proper psychotherapy.
Work with individuals, including children, adolescents, adults, as well as families.
Also liaise with other professionals such as Psychiatrists, Medical professionals, social workers and counseling psychologists to deal with clients' complex issues.
Communication with patients within optimistic manners.

CLINICAL PSYCHOLOGIST | PSYCHOTHERAPIST | COORDINATOR

DR. IQBAL SPECIALTIES G-8 MARKAZ ISLAMABAD (NOV 2018- AUG 2019)

Profound Counseling, Psychological Assessment, Psychotherapeutic Sessions
Rehab cure psychologically & emotionally
Positive interactions with customers and flexibility in working hours and conditions
excellent organization skills
Actively engaged in recruitment and training
History of monitoring inventory and ordering supplies within a specific timeframe
Perform other relevant duties as required like arrange venues for an event
Establish contact lists of clients and their families as well
Develops administrative staff by providing information, educational opportunities, and coaching instructions.
Resolves administrative problems by analyzing information
Organizing meetings, providing support to executives, generating reports for
Managing and operating all office equipment.
Expertise in maintaining documentation for special projects.

CLINICAL PSYCHOLOGIST | PSYCHOTHERAPIST | COUNSELOR NOOR-E-ZEEST

REHAB CENTRE RAWALPINDI (AUG 2015-SEP 2018)

Dedication for work and passion to succeed
Helping people especially in dealing with their personal issues regarding drugs intake
Perform spiritual practices to drug abused
Create proper counselling sessions with patients in which aware them about stopping drugs and again moved towards society.
Created treatment and recovery programs for substance abuse patients
Expertise in collecting patient information through interviews, observations & tests

IDEAS INSTITUTE OF DYSLEXIA EDUCATION & ATTITUDINAL STUDIES

CLINICAL PSYCHOLOGIST (DEC 2013 – FEB 2015)

Provide a range of services to help children with learning difficulties and guide their parents for Identification and diagnosis of learning disabilities and trained them.

POF HOSPITAL WAH CANTT

INTERN CLINICAL PSYCHOLOGIST (FEB 2015- MAY 2015)

Taking History included patient's information with presenting complaints, then case Formulation with diagnose identifying problem
Psychotherapies conduct with tests administration & assessment Counseling,
Psycho-education and performed various exercises. Termination process calibration with psychiatrist approval.

EDUCATION

PMDCP (Post Magisterial Diploma in Clinical Psychology) 2014-2015 University of Haripur, CGPA 3.79
PGD-IT 2010-2011 Skill Development Council Lahore
BS (HONS) Psychology (2007-2011) University of Wah, CGPA 3.2
INTERMEDIATE (Psychology) (2005-2007) FBISE, Islamabad
MATRIC (FBISE) 2005

PARTICIPATION CERTIFICATES

1 Week Online Training for Psychologists organized at Avani Palm View Dubai Hotel on 8th March to 15th March 2022, organized by Apparel Group, Jebel Ali South, Dubai, UAE.
One day seminar on Pandemic and after Psychological Challenges and stress Management. 2nd Conference held on Young Children Development Foundation
2-Days Training "SOCIAL MOBILIZATION" on November 6-7, 2020. Organized by Pak Enterprise for Sustainable Development (Pvt.) Ltd and Pak Mission Society at Kaghan Valley.
"Basics of Online Business Workshop, 7 July, 2018 at Women's Digital League at Islamabad.
One Day Capacity Building Workshop on "Scientific Assessment of Behavior & Behavior Modification at Wah Palace Hotel 22nd April, 2018.
7th National Symposium on Depression 2015 by Rawal College of Medicine (RCM) Islamabad at Pearl Continental, Rawalpindi, 22nd August, 2015.
2 Days Conference, 1st International Conference on mental health by Islamic university, Islamabad at IIUI 29th & 30th March 2012.
2 Days Conference, 13th National Psychology Conference by Islamic university Islamabad at IIUI 10th & 11th February, 2012.

REFERENCE

Available upon request