

Zainab Aftab

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Trainee Clinical Psychologist with 700+ supervised clinical hours across two accredited hospital settings in Islamabad. Administer standardized psychometric assessments (MMPI-2, BDI-II, WAIS), formulate diagnostic impressions, and deliver evidence-based CBT interventions for patients presenting with depression, anxiety, PTSD, and adjustment disorders. Counsel people facing behavioural and emotional challenges through both in-person and remote modalities. Facilitate psychoeducation workshops and community mental health initiatives reaching 400+ participants.

EDUCATION

Master of Science in Clinical Psychology

2024 – 2026

Shifa Tameer-e-Millat University, Islamabad

- **Thesis:** Association of Climate Change with Eco-Anxiety and Depressive Symptoms among Pakistani Adults: The Moderating Role of Social Support

Bachelor in Psychology

2020-2024

National University of Science and Technology, Islamabad (NUST)

Publications

Ijaz, A., Aftab, Z., Sadia, B., Nawaz, S., Mustafa, B., Tabasum, S., & Shahzad, R. (in press). Role of nanobiotechnology in targeted drug delivery for cancer therapy. *The Life: Unique Scientific Publishers*.

WORK EXPERIENCE

Trainee Clinical Psychologist

Shifa International Hospital, Islamabad

February 2026 – Present

- Accumulated 600+ supervised clinical hours in assessment and therapeutic practice
- Supported diagnostic formulations and treatment planning in multidisciplinary teams under clinical supervision.
- Provided individual therapy to patients with mood, anxiety, and adjustment disorders, improving outcomes in 80%+ of cases.
- Delivering individual therapy for patients presenting with mood, anxiety, and adjustment disorders
- Contributed to case discussions and progress reports, supporting research-informed clinical practices.

Trainee Clinical Psychologist

Pakistan Institute of Medical Sciences (PIMS), Islamabad *September 2025 - January 2026*

- Conducted psychological intake interviews and behavioral observations in Outpatient Department (OPD) settings
- Performed comprehensive assessments and case histories for patients with mood disorders, anxiety, psychosomatic complaints, and adjustment issues using standardized tools (e.g., BDI, GAD-7).
- Formulated case formulations, DSM-5 diagnoses, and multidisciplinary treatment plans under supervision.
- Developed expertise in brief clinical interviewing, triage, and referrals for urgent psychological support.

Child Counsellor

Muslim Foundation

August 2025 - June 2026

- Providing remote individual and group counseling to children presenting with emotional, behavioral, and adjustment difficulties
- Conducting needs assessments and developing tailored intervention plans for diverse child populations
- Collaborating with families and educators to support holistic child development and psychosocial well-being

Trainee Clinical Psychologist

Pakistan Air Force Hospital, Islamabad

June 2023 – August 2023

- Administered psychological assessments (MMPI-2, BDI-II, WAIS) under supervision.
- Supported diagnosis, treatment planning, and psychotherapy delivery.
- Provided individual and group therapy for depression, anxiety, PTSD, and adjustment disorders.
- Collaborated with psychiatrists and allied health professionals for holistic care.
- Contributed to supervised sessions and clinical case discussions.

COMMUNITY & OUTREACH

Psychoeducation Workshop Lead

2022

Pakistan Red Crescent Society

- Led career counseling sessions and anger management workshops for 400+ Grade 12 students across government schools in Islamabad
- Managed end-to-end project planning including needs assessment, stakeholder engagement, and resource allocation

Child & Developmental Research Intern

2022 – 2024

BrinyToons

- Conducted surveys across 20+ elementary schools in Islamabad to assess children's developmental and educational needs
- Administered personality and aptitude assessments to support early identification of learning and behavioral difficulties

VOLUNTEER EXPERIENCE

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| • Summer Camp Volunteer : | PAGE School (Summer 2023): |
| • Relief Volunteer : | NUST Flood Drive (2022) |
| • Mental Health Volunteer : | House of Wellness (HOW) (2022): |

KEY SKILLS

Cognitive Behavioural Therapy (CBT), Trauma-Informed Practice, Psychoeducation & Group Facilitation, Case Documentation, Multidisciplinary Collaboration, Brief Intervention & Crisis Referral

Research & Analytical: Quantitative & Qualitative Research Methods, SPSS, Survey Design & Evaluation, Academic Writing & Literature Review, APA 7th Edition Formatting

Interpersonal: Empathic Listening & Rapport Building, Team Coordination, Communication with Diverse Populations, Supervision Responsiveness, Professional Conduct

