

OMAIMA ALAM

Clinical Psychologist



Contact

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Pakistan.
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Languages

- English
- Urdu



Hobbies & Interests

- Teaching
- Creative Journaling
- Reading psychological thrillers
- Arts and crafts



Skills

- Research
- Active listening
- Leadership
- Problem solving



Objectives

To explore opportunities that inspire learning, encourage innovation and allow me to apply my abilities to make a real difference.



Education

- **MS Clinical Psychology** **(2024 - 2026)**
National University of Medical Sciences (NUMS), Rawalpindi.
- **BS Psychology** **(2019 - 2023)**
National University of Modern Languages (NUML), Islamabad.
CGPA: 3.96/4.00.
- **H.S.S.C (Pre Medical)** **(2017 - 2019)**
Punjab College for Women, Satellite town Rawalpindi. Grade: 88%
- **S. S.C / Matric** **(2015 - 2017)**
Islamabad Model College for Girls I-9/1 Islamabad. Grade: 92%



Experience

- 6 weeks Clinical Internship from Islamabad Psychological Center (2021).
- 3 months CM Punjab Climate Leadership Development Internship (2025).
- 6 months Internship at Umeed e Shifa Rehabilitation Center, Banigala (2025).



Certifications

- Certificate in Art and Therapy, EdLab, 2025.
- Certificate of Participation: Panel Discussion on Gender Equality at Workplace – Lincoln Corners Pakistan



Research Publications

Alam, O. (2026). Effectiveness of Art Therapy on Readiness to Change and Resilience in Substance Users. Kashf Journal of Psychology, 3(3).