



Contact

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Address
Islamabad
, Pakistan

Education

- Advance Diploma in Clinical Psychology –
NUML, Islamabad (2025)
- MSc in Psychology – Riphah International
University, Islamabad (2022)
- BSc – University of the Punjab, Lahore (2020)
- Intermediate – Punjab Group of Colleges,
Chakwal (2018)
- Matriculation – Janjua Ideal Academy, Tatal,
Chakwal (2016)

Expertise

SKILLS

- Psychological Assessment & DSM-5 Diagnosis
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Addiction Counseling & Relapse Prevention
- Anxiety, Depression & Stress Management
- Trauma-Informed Care
- Case Formulation & Treatment Planning
- Online Therapy & Tele-Counseling
- Crisis Intervention & Emotional Regulation
- Ethical Practice & Client Confidentiality

Language

- English
- Urdu
- Punjabi

REFERENCE

Available upon request

AMBER MEHREEN

Clinical Psychologist

PROFESSIONAL SUMMARY

Compassionate and results-driven Clinical Psychologist with hands-on experience in addiction rehabilitation, clinical counseling, and online therapy. Skilled in DSM-5 based assessment, CBT, and Motivational Interviewing for treating substance use disorders, anxiety, depression, trauma, and stress-related conditions. Recognized for ethical practice, empathy, strong communication, and strict confidentiality. Committed to empowering individuals toward emotional stability, recovery, and improved quality of life.

Experience

WORK EXPERIENCE

- Currently working At kohsar University muree as a lecturer
Clinical Psychologist
Rubab Rehab & Caring Center, Islamabad (06-2025 to 04-2026)
Conduct individual and group psychotherapy for substance use and co-occurring
mental health disorders
Develop personalized treatment plans using clinical assessments and evidence-based
approaches
Monitor client progress, maintain clinical records, and collaborate with
multidisciplinary teams

Online Session Counselor (2024 – PRESENT)

- Provide confidential online counseling for anxiety, depression, stress,
relationships, and addiction
- Conduct structured intake assessments and goal-oriented therapy sessions
- Ensure ethical tele-therapy practices, follow-ups, and emotional regulation
support

Clinical Psychologist

- Drug Addiction Center, Islamabad (08/2023 – 04/2024)
Delivered substance abuse counseling using CBT and Motivational
Interviewing techniques
Assisted clients in developing coping skills and relapse prevention
strategies
Conducted psychological assessments and supported recovery
planning

Student Counselor

- NUML, Islamabad (08/2023 – 04/2024)
Provided counseling for academic stress, emotional difficulties, and adjustment
issues
Supported students in stress management, self-esteem building, and personal growth
Maintained counseling records with confidentiality and ethical practice

Intern Psychologist

- Gulf Addiction Center, Islamabad (02/2023 – 07/2023)
Assisted senior psychologists in individual and group therapy sessions
Participated in psychological assessments and case discussions
Gained practical exposure to addiction treatment and rehabilitation protocols

CERTIFICATIONS

- Certificate in Psychological Testing & Assessment
- Mental Health Awareness Seminars & Workshops
- Talent Expo Certificate (2022)