

RIJA MUNIR

rijamunir28@gmail.com • +92 342 5714631 • Rawalpindi, Pakistan

LinkedIn <https://www.linkedin.com/in/rija-munir-43a180248>

SUMMARY

Psychologist with experience across clinical practice, teaching, research, and mental health advocacy. Skilled in psychological assessment, evidence-based interventions, psychoeducation, and community mental health initiatives. Experienced in academic instruction, online counseling, and mental health awareness programs. Seeking opportunities to contribute across diverse psychological and behavioral science settings.

EDUCATION

Master of Philosophy in Psychology

Fatima Jinnah Women University-Rawalpindi

Bachelors in Behavioral Sciences

Fatima Jinnah Women University-Rawalpindi

SKILLS

- Emotional Freedom Techniques (EFT)
- Psychological First Aid
- Psychological Assessment
- SPSS (Statistical Package for the Social Sciences)
- Microsoft Word and PowerPoint
- Teamwork and Collaboration
- Empathy

PROFESSIONAL EXPERIENCE

Curator- The Healing Space by Rija

- Established and managed a psychoeducational platform on Instagram, creating engaging content to promote mental health awareness and education.

Psychologist (Online Practice)-Marham | TherapyRoute | Mentalzon

- Conducted online counseling sessions and applied EFT to support clients' mental health.
- Managed assessments, monitored progress, and delivered tailored support.
- Maintained scheduling, confidential records, and adhered to ethical standards.

Visiting Faculty- Department of Behavioral Sciences, Fatima Jinnah Women University The Mall Rawalpindi

- Delivered lectures, facilitated interactive learning sessions, and supported students in understanding behavioral and social science concepts.

Intern-Cantonment General Hospital (CGH)

- Conducted case histories, administered psychological tests, applied CBT/DBT/REBT, and provided supervised emergency first aid.

Coordinator- Dementia Awareness Campaign

- Department of Psychiatry, Cantonment General Hospital, Rawalpindi

Volunteer- Serve Nation Foundation

- Completed volunteer work and served as Social Media Moderator at Serve Nation Foundation.

Intern- Islamabad Psychological Center (IPC)

- Conducted client histories, administered psychological tests, observed CBT techniques, and learned DSM-5 assessment criteria while maintaining ethical case documentation.

Community Worker- Al-Mustafa Trust

- Gained hands-on exposure to hospital operations by rotating across multiple departments, including Reception, Pharmacy, X-Ray/Laboratory, and Eye Clinic. Monitored staff performance and patient interactions, conducted patient satisfaction interviews, evaluated staff behavior towards low-income patients, and ensured overall quality and cleanliness standards were maintained

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

Member, Pakistan Psychological Association (PPA)

Member, American Psychological Association (APA)

Member, Australian & New Zealand Mental Health Association (ANZMHA)

Member, International Society of Substance Use Professionals (ISSUP)

CERTIFICATIONS

Clinical and Therapeutic Interventions

- EFT & TFT Tapping Practitioner Certification (ACCREDITED)
- EFT Tapping for Depression and Anxiety
- One-day Workshop on EFT (Emotional Freedom Therapy)
- Psychological First Aid – Multiple Certified Trainings
- CBT and Psychology: Emotional Control via CBT Techniques
- Mindfulness: An Approach to Stress Reduction
- Stress Management – Overcome Obstacles & Build Resilience

Psychological Assessment, Diagnosis & Specialized Areas

- Identifying Early Signs of Psychosis in Adolescents & Young Adults
- Child Psychology, Sports Psychology & Energy Psychology
- Mental Disorders, DSM-5
- Forensic Psychology (2 certificates)

Research & Professional Development

- Literature Review Made Easy using NVivo & EndNote
- Quantitative Research
- Work Smarter with Microsoft Excel

Teaching, Learning & Educational Technology

- Innovative Teaching with ChatGPT

Community and Clinical Work

- Coordination – Dementia Awareness Campaign, Department of Psychiatry, Cantonment General Hospital
- Internship – Cantonment General Hospital and Islamabad Psychological Center
- Volunteer Work – Serve Nation Foundation
- Community Work – Al Mustafa Trust

Academic and Global Learning

- Certificate of Global Understanding

SEMINARS

Mental Health

- Drug Addiction
- Stress & Anger Management
- Suicide Prevention
- Dementia
- Mental Disorders
- Anger & Stress Management in Children and Adults
- Effectiveness of Behavioral Intervention on Pakistani University Athletes' Concussion

Reporting Behavior

Research & Education

- Quantitative Research
- Social Media & Psychological Well-Being
- CUGH Virtual Global Health Week: Mental Health – A Universal Human Right Confirmation
- Fostering Climate & Quality Education
- Advancing Environmental Protection, and Ensuring Sustainable Development.

LANGUAGES

- English
- Urdu
- Punjabi

REFERENCES

References are available upon request.