

PROFILE

Dedicated and compassionate Psychologist with 9+ months of experience in counseling and mental health assessments. Seeking to leverage my expertise in clinical psychology and patient care to contribute to Company's mission of promoting mental well-being and providing exceptional psychological services.

CONTACT

PHONE:
+92-348-7134095

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LANGUAGE

English (Proficient)
Urdu (Fluent)
Saraiki (Fluent)

AQSA ALI

EDUCATION

Preston UNIVERSITY
M.Phil Psychology (Continue)

GOMAL UNIVERSITY
Advanced Diploma in Clinical Psychology (2024/2025)

GOMAL UNIVERSITY
BS Applied Psychology (5-8 semester)

GOMAL UNIVERSITY
Associate Degree in Psychology (1-4 semester)

KP, BT & CE, PESHAWAR
Diploma in Information Technology (D.I.T)

BISE D.I.KHAN
F.Sc (Pre-Medical)

BISE D.I.KHAN
SSC

WORK EXPERIENCE

Psychologist & Counselor
Ehsas-e-Zindagi Nafseyat/ Manshiyat Hospital (Aug 06, 2024– Feb 10, 2026)

- Provided counseling and therapy to 50+ patients, improving mental health outcomes by 30% through personalized treatment plans.
- Conducted psychological assessments and developed individualized care plans for patients with anxiety, depression and other mental health disorders.
- Collaborated with a multi-disciplinary team to ensure comprehensive patient care.

Intern Psychologist
Mufti Mehmood Memorial Hospital, D.I.Khan (6Months)

- Completed a six-month internship, conducting mental health assessments for 100+ patients.
- Assisted senior psychologists in developing and implementing treatment plans.
- Gained hands-on experience in diagnosing and treating various psychological disorders.

Monitoring Officer
Apex Consulting Pakistan (Post-Polio Monitoring Project) (4Years)

- Monitored and reported on polio vaccination campaigns, ensuring accurate data collection and analysis.
- Demonstrated strong organizational and communication skills while working with diverse teams.

SKILLS

Clinical Skills:

- Psychological Assessments
- Counseling and Therapy
- Treatment Plan Development
- Mental Health Diagnosis

Technical Skills:

- MS Office (Word, Excel, PowerPoint)
- Data Entry and Management

WORKSHOPS AND CERTIFICATIONS

- **Workshop on Panic Disorder**—MR TH Lahore
- **Workshop on Imposter Syndrome**—MR TH Lahore
- **Personality Assessment Course**—Pak Young Psychologist Academy, Islamabad
- **Six-Month Internship as a Psychologist**—Mufti Mehmood Memorial Hospital, D.I Khan
- **Introduction to Ethics in Evidence Generation**—UNICEF(Online)
- **Exploring Gender Equality in Education**—British Council (Online)

PROFESSIONAL GOALS

- To provide high-quality psychological services and improve mental health outcomes for patients.
- To contribute to the advancement of mental health awareness and treatment in the community.
- To continue developing my expertise in clinical psychology through ongoing education and training.

KEY ACHIEVEMENTS

- Successfully counseled 50+ patients, leading to a 30% improvement in mental health outcomes.
- Conducted 100+ mental health assessments during a six-month internship, gaining valuable hands-on experience.
- Played a key role in monitoring polio vaccination campaigns, ensuring accurate data collection and reporting.