

HAFSA MARIA

CLINICAL PSYCHOLOGIST | HYPNOTHERAPIST | TBT PRACTITIONER | CLINICAL DIAGNOSIS

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PROFESSIONAL SUMMARY

Dedicated Clinical Psychologist and academic trainer with an MS in Clinical Psychology and over eight years of combined clinical, educational, and instructional experience. Proven record delivering DSM-5 diagnostic training and hands-on case-formulation instruction to professional trainees, alongside direct clinical work in anxiety, depression, trauma, and family/relationship therapy. Experienced in experimental research design, having led an MS thesis study on sex education and adolescent sexual behavior. Skilled in psychological assessment, test administration, and evidence-based intervention (clinical hypnotherapy, trauma-focused techniques). Skilled in academic writing, classroom facilitation, and mentoring, seeking a Lecturer position to contribute clinical expertise and instructional skill to a higher-education psychology program.

CORE COMPETENCIES / AREAS OF EXPERTISE

- DSM-5 Instruction & Clinical Diagnosis Training
- Psychological Assessment & Testing
- Clinical Hypnotherapy
- Student & Trainee Mentoring
- Classroom & Training Facilitation
- Report Writing & Academic Documentation
- Sex Education & Curriculum Development
- Curriculum-Based Professional Training
- Case Formulation & Clinical Documentation
- Trauma-Focused Intervention
- Academic Presentation & Research Dissemination
- Client/Patient Relationship Management
- Experimental Research Design

ACADEMIC QUALIFICATIONS

MS, Clinical Psychology 2017 – 2019

Foundation University, Rawalpindi

BS, Psychology 2012 – 2016

Foundation University, Rawalpindi

TEACHING EXPERIENCE

Lecturer / Trainer — DSM-5 & Clinical Diagnosis

Boards Consultancy Organization (Boats Private Consultancy Company), Trendsetters School, New Lalazaar

- Designed and delivered a 72-credit-hour DSM-5 training course (endorsed by the Advance Educational Institute and Research Centre), translating complex diagnostic frameworks into practical, applied learning for trainees.
- Guided trainees through hands-on clinical diagnosis practice, strengthening their ability to apply diagnostic reasoning to real case scenarios.

Educational Trainer

Boats Psychology Consultancy — Trendsetters School, Mubarak Lane, Adyala

- Delivered an Educational Psychology workshop to teaching staff, building their practical understanding of student psychological needs and classroom application.

PROFESSIONAL EXPERIENCE

Founder & Clinical Psychologist

TruHeal — Online Clinic

- Founded and operate an online clinical practice delivering therapy for anxiety, depression, trauma, and relationship concerns to a remote client base.
- Apply advanced hypnotherapy and trauma-relief techniques to facilitate accelerated emotional recovery in clients.

Educational Psychologist

The Momentous School

- Advised parents on evidence-based strategies for supporting children with behavioral challenges.
- Conducted psychological assessments to identify learning and emotional difficulties in students, informing individualized support plans.

Consultant Clinical Psychologist (Children & Adults)

SOCH Psychological Clinic

- Provided consultant-level clinical psychology services to a mixed caseload of child and adult clients.

Assistant Clinical Psychologist

Yashfee Diagnostic Center

- Conducted psychological assessments under clinical supervision (Tahira Javed), contributing to diagnostic and treatment planning.

Volunteer Clinical Psychologist

Sweet Homes

- Delivered pro bono clinical psychology services supporting the psychological welfare of children in residential care.

Clinical Internships

- Armed Forces Institute of Mental Health (AFIMH), Rawalpindi — Clinical Psychology Internship (29 March – 09 May 2016). Training covered psychological interventions, neurophysiology, stress management, case studies, projective and non-projective assessment, psychotherapeutic sessions, ethics, and contemporary professional skills.
- Assistant Psychologist, under supervision of Dr. Iffat Rohail (Foundation University Clinic).
- Assistant Psychologist, IMR — under supervision of Dr. Uzma Masroor.
- Fauji Foundation Hospital — Clinical Psychology Internship.
- Army Special Education — Internship supporting psychological assessment and intervention for special-needs students.
- Child Protection & Welfare Bureau — Internship in child welfare and protective case work.

RESEARCH EXPERIENCE

MS Thesis Research — Mediating Role of Sex Education between Exposure to Explicit Content and Sexual Behaviors in Pre-Adolescents

Foundation University, Rawalpindi | Supervisor: Dr. Iffat Rohail

- Designed an experimental study investigating whether sex education mediates the relationship between early exposure to explicit content and sexual behaviors in preadolescents.
- Recruited a purposive sample of preadolescents from schools in Rawalpindi and conducted pre-assessment using self-report measures and a standardized sexual behavior scale.
- Developed and delivered a six-week sex education intervention incorporating religiosity and moral values, followed by post-intervention assessment using the same behavioral measures.
- Analyzed pre- and post-intervention data using SPSS to evaluate the intervention's effect on sexual behavior outcomes.
- Findings aim to inform prevention strategies that address the outcomes of explicit content exposure through targeted education, rather than exposure prevention alone.

CONFERENCES, WORKSHOPS & SEMINARS

- Presented two research papers at the 1st International Conference of Psychology — "Advancing Women Issues: Local and Global Directions" (December 12, 2015), organized by the Department of Psychology, Shaheed Benazir Bhutto Women University Peshawar, in collaboration with Southern Methodist University, Dallas, Texas (USA), held at Marriott Hotel, Islamabad.
- Served as Facilitator at the 1st International Conference on "Emerging Trends in Psychology: Preparing for the 21st Century" (December 18–19, 2017), Department of Psychology, Foundation University Islamabad, in collaboration with the Higher Education Commission (HEC).
- Completed a 72-credit-hour course on DSM-5 (March 14 – June 6, 2015), endorsed by the Advance Educational Institute and Research Centre (AEIRC) and conducted by Boats Psychology Consultancy.
- Completed a 3-day certification training in the Trauma Buster Technique (TBT) for the elimination of PTS symptoms, conducted by Rehana Webster (TBT Developer, EFT & NLP Master, AAMET Trainer) at Sahil NGO, Islamabad (October 2016).

- Attended a workshop on "Signs & Symptoms in Psychiatry" at AFIMH Rawalpindi (March 31, 2016; 6 credit hours / 3 credit points).
- Completed a Certificate of Participation in SPSS (Statistical Package for Social Sciences), organized by Bio-Helix at Armed Forces Institute of Mental Health (April 2016).
- Attended a workshop on ADD/ADHD conducted by Green Meadows School in collaboration with ACE International Academy (February 15, 2015).
- Organized and facilitated a departmental seminar, "Be a Change Maker," at Foundation University, Rawalpindi Campus.
- Participated in a One Day Counseling Camp at FAST–National University of Computer & Emerging Sciences, Islamabad Campus (October 9, 2019).

TECHNICAL SKILLS

Software: MS Office (Word, Excel, PowerPoint), Data Entry

Statistical Analysis: SPSS — basic statistical procedures for social sciences (certified, Bio-Helix/AFIMH, 2016)

Psychological Assessment Instruments:

Human Figure Drawing Test • House-Tree-Person Test and Draw-A-Person as Measures of Abuse in Children: A Quantitative Scoring System • Thematic Apperception Test

CERTIFICATIONS

- Certified / Licensed Hypnotherapist
- Certified Trauma Buster Technique (TBT) Practitioner — Sahil NGO, Islamabad (2016)
- Certificate in Clinical Psychology — Armed Forces Institute of Mental Health (AFIMH), Rawalpindi (2016)
- Certificate in SPSS (Statistical Package for Social Sciences) — Bio-Helix, AFIMH (2016)
- 72-Credit-Hour DSM-5 Certification — AEIRC / Boats Psychology Consultancy (2015)

LANGUAGES

Urdu (Native) • English (Professional Working Proficiency)

REFERENCES

Available upon request.