

# SHABANA

## Clinical Psychologist

### PERSONAL DETAILS

Shabana

D/O Ali Sher

45204-1486339-2

Pakistani

Muslim

### CONTACT

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### Skills

Psychotherapeutic skills  
include:

- Counseling
- Clinical interview
- Applied Behavior Analysis (ABA) & Behavior Modification techniques
- Academic skills
- Psychological testing
- Statistical Analysis
- Report writing
- Positive self-talk
- Active listening skills
- Service and job focused

### PROFILE

I'm highly motivated individual to bring dedication and responsibility to organization through demonstrating critical thinking techniques while producing high quality work. Comfortable working in a team-based setting to utilize my passion in a solution provider. I am looking for a highly challenging and dynamic work environment in which I'll be able to enhance my professional skills and would be able to get valuable work experience.

### CAREER OBJECTIVE

My previous educational background and experiences in mental health institutes cultivated a passion to pursue clinical field as my career pathway.

### ACADEMIC QUALIFICATIONS

- MS in Professional Clinical Psychology from Bahria University Islamabad (BUIC) (2019-2021)
- MSC in Applied Psychology from International Islamic University Islamabad (2015-2017)
- Bachelor of Arts (major subjects Psychology and Sociology) from Islamabad Model Postgraduate College for Girls F-7/2, Islamabad affiliated with Quaid-i-Azam University (2013-2015)
- HSSC from IMCG I-8/4 Islamabad (2011-2013)
- SSC from Federal Government Girls Secondary School No.14, I-9/4, Islamabad (2009-2011)

### ACADEMIC RESEARCH THESES

- Health Beliefs of people about COVID-19 pandemic as predictors of Cyberchondria.

### WORK EXPERIENCE

#### **ASAS International School F-8/4 Islamabad: April 2025 to Present**

- Currently working as a Clinical psychologist, providing individual and group therapy in a school setting.
- Provide individual and group counseling sessions to students addressing emotional, behavioral and psychological concerns.
- Conduct Psychological assessments and develop tailored intervention plans based on student's needs.
- Collaborate with teachers, parents and school administration to create supporting learning environment.
- Deliver workshops on mental health awareness and present clinical cases at conferences to enhance professional learning through discussions and suggestions.

### **Primal Support Islamabad: August 2024 - March 2025**

- Worked as a Behavior Therapist and Special Educationist.

### **Step to Learn (STL) Rehabilitation Centre (Pvt) Ltd: March 2022- June 2024**

- As a Behavior Therapist worked with Autistic and ADHD children to deal with their repetitive abnormal behavioral patterns, to control hyperactivity and enhancing their attention span and cognitive processing through therapies.
- To provide IEP (Individualized Educational Plan) to parents helping them to deal their children at home and counseling them in management of their own mental and behavioral issues.

### **Special Children Bahria College Islamabad: Nov 2020 – March 2021**

- Worked as an Intern Psychologist, helped special children and their families in management of their own mental and behavioral issues.
- Developed treatment plan for children with Autism, ADHD, Down Syndrome and Cerebral Palsy to bring positive behavioral changes in classroom settings.

### **Well-Being Center (WBC): Feb 2020 - July 2021**

- For clinical practices case history of different psychological disorders and implementation of psychological testing has been done at Well-Being Center (WBC) Bahria University Islamabad Campus.

### **Pak Hands Technical Institute Rawalpindi: 11, Nov 2016 - 28, Nov 2016**

- Worked as an Intern Organizational psychologist to develop leadership skills and to enhance communication skills professionally.

## **CERTIFICATES**

- Certificate of completing Child & Adolescent Psychopathology Course conducted at ASAS Medical & Rehabilitation Complex (**AMRC**). From: 12 October 2024 to 20 April 2025 (24 week course, comprising of 3 credit hours as a whole).
- Certificate of participation in the seminar on "From Fear to Faith" exploring Psychological and Islamic perspectives on understanding and managing anxiety.
- Certificate of attending workshop on "The Assessment of Basic Language and Learning Skills (ABLLS-R)" held by Luminous Mind Clinic.
- Certificate of Good Clinical Practice by National Drug Abuse Treatment (NDAT) Clinical Trials Network (CTN) Training.
- Participated in one day certified work shop on Dialectical Behavior Therapy (DBT) organized by Department of Applied Psychology at National University of Modern Languages Islamabad (NUML).

## **COMPUTER SKILLS**

- Sufficient knowledge of Statistical Package for Social Sciences (SPSS).
- Sufficient knowledge to work on Microsoft office (Word, excel and Power Point).

## **REFERENCES**

References will be provided on demand.