

SABA RASHID

Clinical Psychologist

CONTACT

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EDUCATION

- M.Phil in Applied Psychology from 2023 to 2025 from FJWU
- Advanced diploma in Clinical Psychology from NUML. (2022).
- MSC in behavioral Science from Fatima Jinnah Women University (2020).
- BSC in Psychology , Botany and Zoology from Govt Viqar un Nisa College. (2018)
- FSC in Pre-Medical from Federal Board (2016)
- Matric In Science From Federal Board. (2014)

SKILLS

- Creative Work
- Microsoft Word
- Psychologist

LANGUAGES

- English
- Urdu

WORK EXPERIENCE

Visiting Faculty Experience

- **Visiting Faculty Member**, Fatima Jinnah Women University
15 September 2025 – Present
- **Capstone Project Supervisor**, Fatima Jinnah Women University
1 April 2026 – Present

Intern Psychologist

- Work as Intern Psychologist at Army Special Educational Academy
- Work as Intern Psychologist at Benazir Bhutto Hospital from September 2022- Nov 2022 .
- As a researcher, implemented a physical activity intervention for children with Autism Spectrum Disorder at Army Special Education Academy during MPhil research.

Research Work

Efficacy of Physical Activity for the Management of Stereotyped Behavior and Anxiety in Children with Autism Spectrum Disorder
Department of Behavioral Sciences, Fatima Jinnah Women University
- March 2024 -Feb 2025

- Conducted a quantitative Study (Randomized Controlled Trail. RCT)
- Used SPSS for statistical analysis and interpretation of data

WORKSHOPS

- Prevention and Rehabilitation of SUDS and Motivational Interviewing on 30th June 2022
- DBT for SUDS on 30th June 2022
- Managing Emotions Through Emotional Freedom Therapy (EFT) on 4TH July 2022
- CBT for Addictive Behavior on 5th July 2022
- Personal Development on 7th July 2022 From NUML

International Conference

- On Prevention, Treatment and Rehabilitation of Substance Use Disorder: Current Issues and Challenges At NUML.