

FATIMA SATTAR

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PROFESSIONAL SUMMARY

MS graduate in Clinical Psychology with online and onsite training at reputable hospitals and clinical settings, with expertise in conducting psychological assessments, providing accurate diagnoses, and delivering evidence-based interventions, complemented by research experience. Holds a Cognitive Behavioral Therapy (CBT) Practitioner certification alongside several other psychology-related qualifications. Committed to teaching and knowledge transfer to create meaningful impact, while contributing to the development of accessible and equitable mental health services.

PROFESSIONAL EXPERIENCE

Associate Psychologist | *Bayaan PK*

Jan 2026 – Present

- Currently providing online psychological therapy using evidence-based approaches.

Holistic Child Development Teacher | *Silver Oaks International School*

Nov 2025 – Present

- Design and deliver activities that build emotional intelligence, confidence, empathy, and communication skills.
- Manage behavioural concerns through counselling-based techniques and reinforcement strategies.

Psychologist | *Mindwise Psychologist Community*

Dec 2025 – Present

- Offer volunteer mental health counseling and psychological support to patients.
- Provide supervision to junior psychology students.
- Serve as Course Instructor.

Child Therapist | *Healthy Minds*

Nov 2024 – Mar 2025

- Assisted in academic interventions to enhance learning and social skills.
- Implemented Applied Behavior Analysis (ABA) techniques for behavioral issues.

Trainee Psychologist | *Institute of Psychiatry, Benazir Bhutto Hospital*

Feb 2024 – May 2024

- Conducted assessment, diagnosis, and treatment in both inpatient and outpatient settings.

Trainee Psychologist | *Taskeen Health Initiative*

Sep 2023 – Jan 2024

- Provided online mental health counseling under supervision.
- Recorded and maintained detailed session reports.

Trainee Health Psychologist | *Oncology Department, Shifa International Hospital, Islamabad*

Aug 2023 – Dec 2023

- Provided counseling and psychological support to cancer patients.

Trainee Psychologist | *Mental Health Department, Fauji Foundation Hospital, Rawalpindi*

Feb 2022 – Mar 2022

- Conducted psychological assessments and assisted in diagnosing patients under supervision.
- Observed and participated in therapy sessions for diverse mental health conditions.

Intern | *Saba Homes*

Jul 2019

- Assisted in fundraising activities and donor outreach.
- Performed accurate data entry and maintained organized records.

EDUCATION

Virtual University of Pakistan

Bachelor of Education (B.Ed) Secondary — In Progress

Shifa Tameer-e-Millat University, Park Rd, Islamabad

Master of Science (MS) in Clinical Psychology

Fatima Jinnah Women University, The Mall, Rawalpindi

Bachelor of Science in Behavioral Sciences

F.G. Postgraduate College for Women, Kashmir Road, Rawalpindi

HSSC / FSc — Pre-Engineering

Army Public School, Humayun Road, Rawalpindi

SSC — Science Group

PROJECTS

Child Sexual Abuse Awareness — Citizenship Education and Community Engagement Programme, Active Citizens (British Council)

- Conducted child abuse awareness sessions across different schools.

CONFERENCE EXPERIENCE

- Presented Research Paper at the Research Showcase organized by the Department of Sociology, Fatima Jinnah Women University, in collaboration with DiRi Talents Associates.
- Poster Presenter, Third International Conference on Social Science: Contemporary World — Challenges and Transformations, 2024.

PUBLICATIONS

Profiling Antisocial Personality Traits Among Pakistani Adults: Domain-Specific Differences Across Gender

American Journal of Psychiatric Rehabilitation — June 2026

Examining the Relationship Between Nomophobia and Academic Performance; Moderating Role of Academic Motivation

Qlantic Journal of Social Sciences — May 20, 2025

CERTIFICATIONS & MEMBERSHIPS

- Schizophrenia — Coursera
- Foundations of Mindfulness — Udemy
- Sit Less, Get Active — Coursera
- Speak English Professionally: In Person, Online & On the Phone — Coursera
- Psychology and Therapies of Addictions — Udemy
- Official Certified CBT Practitioner Course — Udemy
- Self-Hypnosis for Personal Development — Udemy
- Creating Behavioral Change — Coursera
- Psychological First Aid — Coursera
- Interpersonal Psychotherapy — Coursera
- Counselling in Psychology — Psychic Learners Academy
- Professional Psychology Training Course — Pakistan Young Psychologist Academy
- Counseling in Islamic Psychology — Positive Solutions
- Member, American Psychological Association (APA)
- Member, Pakistan Mental Health Coalition (PMHC)
- Speaker, Tier 1 Webinar "From Brain to Behavior: Practical Insights into What We Do and Why We Do It" — PSYCHPAK Community, Aug 30, 2025

CORE SKILLS

- Active listening and empathy
- Strong verbal and written communication skills
- Rapport building
- Psychological assessment and diagnosis
- Treatment planning and case management
- Research skills and data analysis/interpretation
- Report writing
- Teaching
- Time management and teamwork

LANGUAGES

Urdu | English | Pashto