

PROFILE SYNOPSIS

A passionate and solution-oriented mental health practitioner with academic grounding in Psychology and Career Counseling, alongside practical experience in coaching and therapeutic practices including NLP, DBT, EFT, EMDR, Hypnotherapy, Time Line Therapy and Career Counseling. Over the past years, I have built a strong foundation through research, workshops, internships, and active practice in diverse psychological modalities. My experience spans across educational, clinical, and organizational settings, empowering individuals through science-backed interventions and coaching strategies.

I believe that my dynamic skillset and holistic approach align perfectly with the current demands of modern psychological support. I am confident in my ability to contribute meaningfully to any organization or platform devoted to mental health, counseling, and transformative development.

PROFESSIONAL CERTIFICATIONS & ASSOCIATIONS

- Licensed NLP Practitioner from American Board of Neuro-Linguistic Programming (ABNLP) [2023]
- Licensed Time Line Therapy® Techniques Practitioner from Time Line Therapy Association (TLTA) [2023]
- Licensed NLP Coach via Coaching Division of ABNLP (2023)
- Licensed NLP Practitioner from Association of NLP, UK (CPD – ANLP) [2023]
- Licensed Dialectical Behavioral Skills Therapist from Global Institute of Modern Psychology, Malaysia and Pakistan Institute of Mind Sciences (GIMP, Malaysia & PIMS) [2024]
- Licensed Hypnotherapist from Global Institute of Modern Psychology, Malaysia and Pakistan Institute of Mind Sciences (GIMP, Malaysia & PIMS) [2024]
- Member of ANZMHA (Australian and New Zealand Mental Health Association) [since 2022]

EDUCATION & PROFESSIONAL DEVELOPMENT

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| • Bachelor of Science in Psychology – COMSATS University, Islamabad | 2022 |
| • Masters of Science in Career Counselling – NUST, Islamabad | 2024-2026 |
| <ul style="list-style-type: none"> • Course: Hypnotherapy by Spiritual Psychology, Pakistan • Course: Psychological Testing by Institute of Mental Health (IMH), Pakistan • Workshop: Gestalt Therapy by TMHT (The Mental Health Therapists) Global • Training: Basics of Counselling by Emocare, India • Workshop: HFD by Small Steps Learning Centre (SSLC) | 2021 |
| <ul style="list-style-type: none"> • Course: Managing Emotions in Times of Uncertainty and Stress (Coursera – Yale University, USA) • Started my own virtual coaching setup | 2023 |
| <ul style="list-style-type: none"> • Conducted Workshop on Mindfulness at Engro Corporation under Saaya Health • Conducted Workshop on Stress Management at Jerry' Visa under Saaya Health • Been speaker at Webinar on Self-Awareness by Ayat Foundation • Certified in EMDR Therapy for Trauma Healing by Virtued Academy International and IAOTH (International Association Of Therapists) • Course: Increase Engagement to Your Instagram Business Profile (Coursera) • Course: Digital Marketing Strategy with Goldman Sachs 10,000 Women (Coursera) • Built own professional profile on Instagram, LinkedIn and WhatsApp named "Your Masked Therapist" | 2025 |

SOFTWARE & TECHNICAL TOOLS

- MS Office – PowerPoint, Word, Excel

CAREER SUMMARY & KEY ACCOUNTABILITIES

- Mental Health Practitioner | NLP, TLT, DBT, EFT, Hypnotherapy, EMDR [2023–Present]
- Urdu Teacher – Baitussalam School, Islamabad [2022–2023]
- Researcher – Study on Neuropsychological studies [2022–Present]
- Science & Biology Teacher – Oasis School System [2021]
- Intern – Small Steps Learning Center [2021]
- Intern – Islamabad Psychological Center [2020–2021]

Mental Health Practitioner | NLP, TLT, DBT, EFT, Hypnotherapy, EMDR

2023–Present

- Deliver one-on-one solution-focused, and client-oriented virtual coaching sessions using NLP, Time Line Therapy, DBT, Hypnotherapy, EFT, and EMDR centered to client needs.
- Facilitate workshops and webinars on mental wellness topics such as mindfulness and self-awareness.
- Provide counseling, coaching and therapy for emotional regulation, trauma healing, and personal development using science-backed techniques.
- Engage in continuous professional development through international certifications, constant learning and exploration, and applied practice.

Teaching Experience – Urdu, Science & Biology | Baitussalam School & Oasis School System

2021–2023

- Planned and delivered subject-specific lessons in Urdu, Science, and Biology to middle and senior school students.
- Adapted instructional content to meet the diverse learning needs of students.
- Assessed student performance through quizzes, assignments, behaviors and term exams; provided additional academic support and/or mentorship where needed.
- Maintained discipline and encouraged an inclusive, friendly, interactive, and growth-focused learning environment.
- Participated in curriculum planning and collaborated with school leadership on educational strategies.

Research – Neuropsychological Studies

2022–Present

- Completed an independent qualitative research study during postgraduate academic training.
- Currently engaged in scholarly writing in neuropsychology, with manuscripts under development for future publication.

Internships – IPC (Islamabad Psychological Center) & SSLC (Small Steps Learning Center)

2020–2021

- Completed certified internships involving psychological testing and practice sessions.
- Interacted with clients under supervision, developing counseling skills in real-world scenarios.
- Assisted in conducting assessments, therapeutic plans and evaluations for children and adults.