

Asma Irfan

irfanasma234@gmail.com • 0335 5122115 • Islamabad, Pakistan

EDUCATION

Foundation University, Rawalpindi Campus

Sep 2024 - May 2026

Masters in Clinical Psychology

- **Key Courses:** Psychodiagnosis, Psychopathology, Psychotherapy, Research & Advanced Data Analysis
- **Final Year Thesis:** Moral Injury and Depressive Symptoms Among Frontline Healthcare Workers: Role of Clinical Empathy & Percieved Stress

Bahria University, Islamabad

Sept 2021 - July 2024

Bachelor's in Applied Psychology (CGPA: 3.50/4.00)

- **Key Courses:** Clinical Psychology, Research Methodology I & II, Cognitive Psychology, DSM I & II, SPSS
 - **Final Year Thesis:** Basic Psychological Need Satisfaction & Frustration, Dark Personality Tetrad, Gender Role Beliefs and Violent Extremism Among University Students
-

WORK EXPERIENCE

Primax Medical Complex

January 2026 - Present

Clinical Psychologist

- Conducted psychological assessments and evidence-based therapeutic interventions.
- Developed individualized treatment plans, maintained clinical documentation, and provided psychoeducation.

National Skills University

Feburary, 2025 - Present

Lecturer - Psychology (Visiting Faculty)

- Delivered undergraduate psychology lectures and facilitated classroom discussions.
- Developed lesson plans, presentations, and course materials.
- Assessed student performance through assignments, quizzes, and examinations.
- Maintained course records and ensured timely grading and feedback.
- Promoted an engaging and interactive learning environment.

Trainee Clinical Psychologist

Oct, 2025 - Dec, 2025

Foundation Hospital (Psychiatry Dept)

- Conducted psychological assessments and case formulations under supervision.
- Assisted in delivering evidence-based therapeutic interventions and psychoeducation.
- Maintained clinical documentation and participated in multidisciplinary case discussions.

Little Learners

Aug 2025 - Sep 2023

ABA Therapist

- Implemented individualized ABA intervention plans for children with Autism Spectrum Disorder (ASD).
- Monitored client progress through behavioral data collection and collaborated with caregivers.
- Assisted speech therapists in delivering communication-focused interventions for children with ASD

- Researched and developed evidence-based, SEO-optimized content across diverse topics with strong attention to accuracy and clarity.
- Collaborated with editorial teams to produce high-quality content, maintaining professional standards.

CERTIFICATIONS

- Foundation of International Psychiatry (Coursera, University of Melbourne)
- Psychological First Aid (Coursera, John Hopkins University)
- QPR Suicide Prevention Gatekeeper Program (QPR Institute)
- Life Savers Course (Pakistan Life Savers Programme, 1122)

SKILLS

- **Core:** Behavioral Assessment, Research & Data Analysis, Critical Thinking, Ethical Awareness, Leadership Skills, ABA Techniques
- **Technical:** SPSS, Telehealth Platforms Awareness, Clinical Interview, Mental Status Examination, First Aid Mental Health Provider, Suicide Gatekeeper, Public Speaking & Presentation, Microsoft Office Suite
- **Soft:** Interpersonal Skills, Attention to detail, Time Management, Empathy, Conflict Resolution

PUBLISHED BLOGPOSTS IN PSYCHOLOGY

- 5 Reasons Why The Hustle Culture is Toxic (<https://www.nosidebar.com>)
- Supporting A Loved One With Anxiety: How To Be an Effective Ally & Caregiver (<https://www.psychreg.com>)
- 10 Secrets of An Introvert Living in an Extroverted World (<https://introvertdear.com>)
- How Anxiety Taught Me The Most Important Lesson of My Life (<https://www.psychreg.com>)
- A Guide For Parents: Things You Should Tell Your Introverted Child (<https://introvertdear.com>)

ADDITIONAL EXPERIENCE

Webinar Facilitator - Content Writing (Skills4U)

- Designed and conducted a webinar on content writing for aspiring writers.

Founder & Writer – Writer’s Sactuary (Blog)

- Established and managed a literature blog, producing original creative essays and cultivating an engaged online readership.

LEADERSHIP & COMMUNITY ENGAGEMENT

Team Lead - Meras e Khizr (MEK)

Jan, 2024 - Present

- Lead a team in planning and executing community welfare campaigns, including financial assistance drives and year-round ration distribution.
- Coordinate with donors, beneficiaries, and team members to ensure transparent delivery of aid.
- Manage campaign planning, team meetings, and operational logistics to support individuals and families in need.

Digital Volunteer (AlKhidmat Foundation Pakistan)

Sept 2022 - Nov, 2022

- Developed digital awareness content for flood relief and humanitarian campaigns.
- Contributed to social media campaigns and hashtag movements to increase public outreach.
- Collaborated with volunteer teams to support effective digital communication during disaster response.

VOLUNTEER WORK

Intake Officer & Content Creator (Mental Health Aymen Foundation)

April 2025 - Present

- Create awareness posts regarding mental health problems for social media platforms
- Evaluate incoming referrals, assess the urgency of a client’s needs and connect them with the most appropriate level of care