

Rimsha Khan

Bahria Town, Rawalpindi, Pakistan.
Contact No: 03333238040

Rimshak737@gmail.com
<https://www.linkedin.com/in/rimshakhanclinicalpsych/>

PROFESSIONAL SUMMARY

Clinical Psychologist with experience in assessment, counselling, and psychotherapy across diverse populations. Committed to delivering evidence-based and ethical mental health services.

SKILLS

Healthcare & Compliance: Psychological Assessment, Clinical Interviewing, Case Formulation, Psychotherapy & Counselling, Psychoeducation, Report Writing, Crisis Intervention, Ethical Practice.

Training & Facilitation: Live Virtual Training, Webinars, Onboarding, Adult Learning.

Program & Operations: Documentation, Data Tracking, Reporting.

Tools & Languages: Zoom, LMS, MS Office, Google Workspace, SPSS, Canva | English, Urdu.

EDUCATION

MS in Clinical Psychology (2021 – 2023) - *List of Chancellor's Honour Roll and Gold Medalist* Shaheed Zulfikar Ali Bhutto University of Science and Technology (SZABIST), Islamabad.

MA in Psychology (2018 – 2019) - University of Karachi, Karachi, Pakistan.

BA in Social Sciences (2015 – 2016) - *Subjects: Psychology, Sociology, and Advanced English.* University of Karachi, Karachi, Pakistan.

PROFESSIONAL EXPERIENCE

Well-Being Executive | Times Consultant, Islamabad | June 2025 – Present

- Gave counselling sessions to trainees on stress management and coping strategies.
- Identified psychosocial concerns through regular check-ins and referred individuals for appropriate support when required.
- Collaborated with multidisciplinary teams to address wellbeing challenges and enhance engagement and performance.

Psychologist | Bee Well International Hospital, Islamabad | Dec 2023 – June 2025

- Conducted psychological assessments for children, adolescents, and adults using clinical interviews and standardized assessment tools.
- Developed case formulations and individualized intervention plans based on presenting concerns and assessment findings.
- Delivered individual counselling and psychotherapy services for emotional, behavioral, and psychological difficulties.
- Provided psychoeducation and supportive guidance to clients and their families.
- Maintained clinical records, assessment reports, and treatment documentation in accordance with ethical and professional standards.
- Designed mental health awareness workshops for schools, healthcare settings, and community audiences.

Assessment and Diagnosis Trainer | Mindful Horizon Institute, Islamabad | May 2024 – October 2024

- Trained undergraduate psychology students in psychological assessment, personality testing, diagnostic formulation, and clinical report writing.

Trainee Psychologist | Bee Well International Hospital, Islamabad | Feb 2022 – Feb 2023

- Conducted psychological assessments for children, adolescents, and adults using standardized assessment tools under supervision.
- Provided individual counselling and psychotherapy for clients with a range of mental health conditions.
- Delivered psychoeducation and family guidance to support treatment understanding and compliance.
- Conducted mental health awareness workshops in school and hospital settings.
- Completed 1200+ supervised clinical hours involving assessment, intervention, and case documentation.

RESEARCH PUBLICATIONS AND INDEPENDENT PROJECTS

- Bukhari, R. S., Khattak, K., Atif, A., Razzaq, A., Javed, H., Aamir, K., & **Khan, R.** (2023). School-Based Prevention Program for Anxiety and Depression: A Systematic Review. *Journal of Population Therapeutics and Clinical Pharmacology*, 30(17), 1629–1634.
DOI:10.53555/jptcp.v30i17.2822
<https://jptcp.com/index.php/jptcp/article/view/2822/2816>
- Bukhari, R. S., Riaz, M., **Khan, R.**, & Gillani, Z. S. (2023). Emotional Intelligence and Religiosity as Predictors of Mental Health among Drug Addicts. *International Journal of Special Education*, 38(1), 64–80.
<https://internationaljournalofspecialeducation.com/submission/index.php/ijse/article/view/2312>
- Bukhari, R. S., **Khan, R.**, Rizvi, K. S., Kiran., & Khatoon, T. (2021). Children and Adolescents' Mental Health during the COVID-19 Outbreak in Islamabad: A Qualitative Study. *International Journal of Innovation, Creativity and Change*, 15(3), 1238–1255.
16270_Khatoon_2021_E1_R1.pdf (ijicc.net)

PROFESSIONAL AFFILIATIONS

Affiliate Member of the American Psychological Association
Lifetime Member, Pakistan Association of Cognitive Therapy
Lifetime Member, Pakistan Young Psychologists Association

REFERENCES

Can be furnished upon request.