

My Profile

Psychology has always been more than a subject to me — it is a way to understand people and the forces shaping human behaviour. With advanced training in Clinical and Applied Psychology and experience in teaching, counseling, and academic leadership, I enjoy turning psychological theory into meaningful learning for students. My goal as a lecturer is to make psychology engaging, practical, and intellectually stimulating for the next generation of learners.

CORE COMPETENCIES

- Psychology Teaching & Curriculum Delivery
- Clinical Assessment & Psychological Evaluation
- Cognitive Behavioral Therapy (CBT)
- Counseling & Psychotherapy
- Academic Research & Publication
- Student Mentorship & Guidance
- Classroom & Academic Management
- Psychological Testing & Diagnostics
- Educational Program Development
- Interdisciplinary Academic Collaboration

Experience

Marham (Online Clinical Platform)

Nov 2017 – Present Clinical Psychologist

- Provided online psychological assessment and therapy services to 200+ clients, addressing issues including addiction, anxiety, relationship conflict, and behavioral challenges.
- Applied evidence-based therapeutic approaches such as Cognitive Behavioral Therapy (CBT) and humanistic counseling.
- Conducted structured psychological evaluations and treatment planning, improving client outcomes and emotional well-being.
- Built a strong reputation for empathetic counseling and effective therapeutic intervention through remote clinical practice.

Govt Graduate College, Faisalabad

Nov 2024 – Aug 2025 Lecturer – Psychology

- Delivered psychology lectures to BS and Intermediate classes, teaching core topics such as behavioral psychology, psychopathology, and counseling techniques to 100+ students per semester.
- Designed and evaluated assignments, examinations, and academic assessments, improving student conceptual understanding and academic engagement.
- Actively contributed to institutional activities including Drug Awareness Seminar, Disciplinary Committee operations, and student development programs.
- Represented the Psychology department in campus academic and extracurricular events, promoting student participation and interdisciplinary collaboration.

Iqbal Education School

Nov 2018 – Nov 2021 Principal

- Led academic and administrative operations of the school, supervising teachers, staff, and student academic programs.
- Implemented educational improvements that enhanced student learning environment and institutional discipline standards.
- Introduced structured teacher coordination and student support initiatives, improving classroom effectiveness and academic engagement.
- Managed institutional planning, academic policies, and operational decision-making.

Punjab Education Initiative Management Authority (PEIMA)

Sep 2025 – Present PEIMA School Licensee

- Manage academic and operational oversight of a PEIMA affiliated school, ensuring compliance with provincial educational standards.
- Coordinate academic activities, faculty responsibilities, and student performance monitoring.
- Maintain alignment with government education quality and accountability frameworks.

Education

MS Clinical Psychology

- Government College University, Faisalabad — 2023

MSc Applied Psychology

- Government College University, Faisalabad — 2017

Advanced Diploma in Clinical Psychology (ADCP)

- University Community College – GCU Faisalabad — 2018

Bachelor of Education (B.Ed) Educational Leadership & Management

- Allama Iqbal Open University — 2020

RESEARCH PUBLICATION

Naz, A., Begum, R., Sha'iq, S., Samreen, R., Akmal, S., Faizan, M., & Qureshi, S. (2025).

Expressive Suppression and Job Performance Among Employees of Textile Mills in Pakistan

Journal of Asian Development Studies, 14(3), 825–832.