

ADEENA AHMED

(Clinical Psychologist, Psychotherapist)

📍 Islamabad Pakistan

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Soft Skills

- ✓ Effective Communication
- ✓ Team leading capabilities
- ✓ Teamwork

Hard Skills

- ✓ Microsoft word, Excel, PowerPoint
- ✓ SPSS Research Software
- ✓ Reflective and Creative writing
- ✓ Psychotherapy and Psychometrics .

Languages

- ✓ English
- ✓ Urdu
- ✓ Punjabi

OBJECTIVE

To apply my diagnostic, assessment and therapeutic skills and knowledge in practical settings and be a part of fully equipped professional team. The aim is to give my sincere efforts to this career in order to enhance the role of psychologists and the importance of mental wellbeing in the society; as well as to make each individual an effective citizen of the society.

ACADEMIC BACKGROUND

- Masters in Clinical Psychology from Riphah International University (2023).
- Bachelors in Applied Psychology from Riphah International University with **3.75** CGPA. (Year 2018-22).
- Higher Secondary School Certificate (Pre-Medical) from Punjab College F-8/4 with 737 marks out of 1100. (2017).
- Secondary School Certificate (Science) from Islamabad Model College for Girls F-8/1 with 804 marks out of 1050. (2015).

WORK EXPERIENCE

Speech and Language Therapy Centre (October- January 2024)

- Worked as a Child Psychologist with children having various neurodevelopmental and psychiatric disorders. Services provided were
 - Occupational Therapy
 - Speech Therapy
 - Applied Behavior Analysis (ABA)

Lifeline Rehabilitation Center and Psychiatric Hospital (October 2022-October 2023)

- Worked as a Clinical Psychologist and provided the following services
 - Conducting Individual and Group sessions of in-patients.
 - Conducting individual and follow-up sessions of out-patients.
 - Supervising indoor and outdoor activities of in-patients as a part of treatment model.
 - Conducting family training sessions to make families an effective part of recovery and to build a support system for patients in order to ensure maintenance recovery.
 - Collaboratively working with Psychiatrists for proper medicinal adjustments.
 - Guiding and supervising internship students.

Armed Forces Institute of Mental Health (8 Months)

- Internship in Clinical Psychology from Armed Forces Institute of Mental Health (**AFIMH**) (Rawalpindi, Pakistan). (20th October, 2021 to 20th March, 2022). The training composed of following aspects
 - Administration of Psychometric Tests
 - Administration of Psychotherapeutic Session
 - Working in Psychiatry Department as a senior trainee and providing the following services
 - Extensive psychotherapy and psychometric testing of OPD (Candidates, Civilians, Army officials) and IPD patients (Psychiatric ICU, Drug Ward, Family Ward).
 - Lectureship of the students of observership training program.
 - Conduction of the test for next batch of internship program, checking and formulating test results and merit list.

- Conducting recruitment tests for candidates of different institutes and formulating reports.
- Observership in Clinical Psychology from Armed Forces Institute of Mental Health (**AFIMH**) (Rawalpindi, Pakistan). (August 2021 – 15th September, 2021). The training composed of following aspects
 - Observation of psychotherapeutic sessions and psychometric assessment.
 - Lectures on clinical psychology, ethics and non-pharmacological interventions.

Pakistan Young Psychologists Academy (4 Months)

- Psychologists **Professional Training** Course from Pakistan Young Psychologists Academy (Rawalpindi, Pakistan). (10th November, 2021 to 10th February, 2022).
 - Mastering Counseling Skills, Report Writing, Psychological Testing, Psychotherapies and having a grip over all disorders from DSM-V was part of professional training.
- **Team leading skills;** worked, managed and led the group for group projects and assignments throughout the four years of Bachelors.
- Dealt with Child, Neurotic, Psychotic and Substance Abuse Clients for 1 year (as a part of course completion requirement in bachelors). Produced **Case Reports** comprising, interview, assessment and management plan for all those cases.
- Research **Thesis** (for Bachelors) on the topic of Relationship between Behavioral Addiction (Screen Time) and Psychological Disorders.
- Community work project in **Nijjat Trust (old home)**.

COURSES

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- Completed following courses from foreign universities, offered through **COURSERA** (in the period of 1 Year)
 - ✓ Psychological First Aid Course from John Hopkins University.
 - ✓ Managing ADHD, Autism, Learning Disabilities and Concussion in School from University of Colorado.
 - ✓ Mindfulness and Wellbeing; Living with Balance and Ease Course from Rice University.

- ✓ Positive Psychology; Resilience skills from Penn University of Pennsylvania.
- ✓ Positive Psychiatry and Mental Health Course from University of Sydney.
- Two months short course of **Psycho-Pharmacology** from Royal Psychologists Community Pakistan (May, 2022).
- E-Course on **Scientific Research Writing** by Multiomics Pakistan (Feb, 2022).
- “**Reiki Therapy** in Clinical Practice” Workshop by RPC- Pakistan (Feb, 2022).

CERTIFICATES AND ACHIEVEMENTS

- Certificate in usage of “AI tools in Research and Innovation” from Quest to Know (9th April, 2024).
- Usui **Reiki Level 1 Practitioner** from Lahore Institute of Special Care and Attention (LISCA).
- Got 28 A’s and 3 A* (Distinctions) in Bachelors of Science in Applied Psychology.
- First Position in “**Awareness Campaign** Poster Competition” held at Riphah International University, Islamabad (December, 2018).
- Second Position in Business Idea Competition (**Hult Prize** Camus Level Competitions) between Five Campuses of Riphah International University December 2019).
- Topped Merit list for the internship program in AFIMH.

PUBLICATIONS

- Article Published on the topic of "Screen time addiction and its relationship with borderline personality disorder and psychological distress" got **major online attention and was being featured in more than 15 international neuroscience and psychology news websites and internet sources.**
- Screen Time Addiction and its Relationship with Borderline Personality Disorder and Psychological Distress.

Annals of Human and Social Sciences; Vol 3. No 2. July to September (2022) Publication.

Y-Category

[https://doi.org/10.35484/ahss.2022\(3-II\)74](https://doi.org/10.35484/ahss.2022(3-II)74)

- Mediating Role of Emotional Dysregulation in Childhood Trauma and Self-Harm Among Individuals with Drug Dependence.

Russian Law Journal; Vol 11. No 3. (2023). **W-Category**

<https://russianlawjournal.org/index.php/journal/article/view/2322>

MEMBERSHIPS



- International Affiliate Member of **American Psychological Association (APA)**.
- Australian and New Zealand Mental Health Association (ANZMH).
- Pakistan Young Psychologists Association (PYPA).
- Royal Psychologists Community (RPC-Global).

LINKEDIN PROFILE

<https://www.linkedin.com/in/adeena-ahmed-25815b193/>