

KANWAL SAFEER

Clinical Psychologist

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EXPERIENCE

Clinical Psychologist

Mar 2026 – Present

Private Practice (supervised)

- Providing online psychotherapy sessions under professional supervision to clients experiencing Depression, Anxiety, and grief-related emotional difficulties..
- Conducting detailed clinical interviews, psychological assessments, and case conceptualization to understand presenting concerns and underlying maintaining factors..
- Developing individualized treatment goals while ensuring a compassionate, confidential, and client-centered therapeutic environment in virtual settings.
- Engaging in regular clinical supervision for case review, ethical decision-making, reflective practice, and continuous enhancement of therapeutic effectiveness

Psychologist (Research Associate) Oct 2024 – Present

AI Research and Exploration Company

- Serving as the psychological domain expert for an AI-powered mindfulness and Acceptance & Commitment Therapy (ACT)-based mental wellness application (MetaMindful).
- Ensure the clinical accuracy, ethical appropriateness, and evidence-informed relevance of chatbot conversations, psychoeducational content, and mindfulness interventions.
- Review AI-generated therapeutic responses to maintain alignment with mindfulness principles, emotional safety, and non-clinical wellness boundaries.
- Collaboration with AI developers and prompt engineers to integrate psychologically sound behavior-change mechanisms within conversational flows.

Human Resource Officer

Jan 2024 – Oct 2024

Skyray Ventures

- Manage the hiring processes within the company, dealing with matters including writing adverts, reviewing CVs, interviewing and selecting national and international candidates.
- Provide support to employees with various HR-related issues and liaised with heads of department to find resolutions.
- Coordinate and deliver inductions and onboarding procedures, providing welcoming environment for new employees.
- Maintained relevant documentation, including Employee Contract Forms and Employee Data Forms

SUMMARY

As a Clinical Psychologist, understanding people is both my profession and my strength. With refined listening, communication, interaction, and assessment skills further enhanced by hands-on HR interviewing experience, I am able to build trust, ask the right questions, and gain deeper insight into individual concerns.

EDUCATION

MS in Clinical Psychology

NUST, Islamabad
2021 – 2025

BS in Clinical Psychology

University of the Punjab
2017–2021

SKILLS

- CBT
- ACT
- DBT
- Clinical Interviewing and Assessment
- Problem-Solving
- Talent Acquisition
- Recruitment

LANGUAGE

- English
- Urdu

Human Resource Intern

Oct 2023 – Jan 2024

Skyray Ventures

- Posted job listings across various platforms and social media channels to increase talent pools.
- Interviewed candidates
- responsible for recruitment of candidates
- carried out the onboarding process
- Reviewed HR documentation and handbooks regularly and completed timely updates.
- Offered assistance throughout recruitment processes.

Clinical Psychologist

Dec 2023 – May 2024

KRLF Specialist Clinic, Rawalpindi

- Psychological assessment of clients referred by Dr Mazhar Badshah
- Providing counselling sessions to the clients with Depressive And Anxiety disorders.

Tele-counsellor

Jan 2023 – Sep 2023

Department of Behavioral Sciences, NUST

- Conducting assessment and Intake sessions
- Conducting Psychological Interviews
- Achieving shared goals through telephonic counselling sessions

Trainee Clinical Psychologist

Nov 2022 – Mar 2023

PAEC General Hospital, Islamabad

- Assessment, diagnosis, and counselling sessions under the supervision of consultant psychiatrist.
- Taking psychological assessment sessions along with my team members.
- Case Presentations

Team Lead – Events and Logistics

Feb 2019 – Mar 2019

EFE Foundation

- Organized events and extra-curricular activities at the organization's schools for deserving and underprivileged children
- involved in fund-raising
- Kept financial records
- Managed events

TECHNICAL SKILLS

- Slack
- Hubstaff
- Asana
- SPSS
- Canva
- SMART PLS V
- Calendly
- PandaDoc

NOTABLE PROJECTS

- Theory of Planned Behavior: Hurdles and Facilitators in Mental health Help-seeking intentions of Pakistani Young Adults
- Academic stress among Undergraduate students during COVID 19 in Pakistan.
- Development of an Indigenous scale of Academic stress for Undergraduates of Pure/Natural Sciences.

REFERENCES

- Will be furnished upon request