

Mahnoor Nadeem

Islamabad, Pakistan | mahnoorarslan75@gmail.com | +92 330 2001002

Clinical Psychologist with experience in different leading hospitals and specialized Autism Resource Centers in Pakistan. Skilled in comprehensive psychological assessments, DSM-5 diagnosis, and evidence-based therapies including CBT, DBT, and ACT. Experienced in managing diverse caseloads including Autism Spectrum Disorder, ADHD, neurotic and psychotic disorders, and addiction relapse prevention. Strong background in multidisciplinary team collaboration, family psychoeducation, and clinical documentation.

Professional Experience

Psychologist, ADAPT Autism Resource Center, Islamabad, Pakistan

Oct 2025 to Dec 2025

- Provided psychological assessments and behavioral interventions for children with autism spectrum disorder in a multidisciplinary setting.
- Collaborated with families and therapists to monitor progress and improve patient outcomes.
- Developed individualized therapy plans to support cognitive, social, and emotional development.

Psychologist, Contonment General Hospital, Rawalpindi, Pakistan

Jul 2025 to Sep 2025

- Worked hands-on with patients having various disorders, including neurotic, psychotic, and child-related disorders.
- I personally assessed and managed patients with a range of conditions, gaining valuable experience in diagnosis and treatment

Psychologist, Fatima Hope & Psychological Center, Rawalpindi, Pakistan

Jul 2023 to Aug 2023

- Interviewing patients and taking their psychosocial case histories.
- Administering a program of treatment under the supervision of a clinical psychologist.
- Treating Psychological disorders by using psycho-therapeutic techniques under the supervision of a clinical psychologist.

Psychologist, Quaid E Azam International Hospital, Rawalpindi, Pakistan

Jul 2023 to Aug 2023

- Case history taking and report writing.
- Report building with patients Psychotic and neurotic disorders (DSM-Vtr)
- Therapeutic techniques (CBT, DBT, ACT) Test batteries for Psychological Screening.
- Behavioral activation Cognitive Distortions Addiction and relapse prevention (12 steps for addicts) Breathing exercises (mindfulness).

Psychologist, Islamabad Psychological Center, Islamabad, Pakistan

Jun 2022 to Aug 2022

- History taking and report writing.
- Psychotic and neurotic disorders (DSM-V).
- Cognitive behavior therapy.
- Dialectical behavior therapy
- Human figure drawing test (HFD)
- House tree person test (HTP)
- Rotter incomplete sentences blank (RISB) Thematic Apperception Test (TAT).

Free Medical Camps, Pakistan

- Take part in 5 free medical camps throughout the country.
- Free consultation of the patient
- Antipsychotic Awareness Camp at khatiba International Hospital.
- Awareness Camp at Contonment General Hospital.

Education

Shaheed Zulfiqar Ali Bhutto Institute of Science & Technology, Islamabad, Pakistan

2024 to 2026

MS in Clinical Psychology

- **Specializations:** Child & Adolescent Psychology, Autism Spectrum Disorder, ADHD, Neuropsychological Assessment.
- **Clinical Skills:** DSM-5 diagnosis, CBT, DBT, ACT, Behavioral Intervention Plans, Parent Management Training.
- **Practical Training:** Clinical rotations at [Contonment General Hospital /Adapt Autism Resource Center]
- **Comprehensive Psychological Assessments:** Expert in administration, scoring, and interpretation of IQ Tests, Projective & Personality Tests: Skilled in TAT, HTP, Rorschach Inkblot Test, SBT, and BTI-B for clinical case formulation.
- **Autism & Behavioral Assessments:** Trained in DSM-5 diagnosis, CARS-2, and ADOS-2 overview for Autism Spectrum Disorder and ADHD.

BS Applied Psychology

- **Clinical Internships:** Completed internships in multiple leading hospitals in Islamabad/ Rawalpindi during academic breaks.
- **Core Coursework:** Strong foundation in Abnormal Psychology, Developmental Psychology, Psychological Assessment, Counseling Skills, and Research Methods.
- **Practical Exposure:** Gained hands-on experience in case history taking, mental status examinations, and report writing under supervision.

Areas of Expertise

- Neurodevelopmental Assessment | Expert in ASD, ADHD diagnosis using DSM-5, CARS-2 & ADOS-2 protocols
- Psychometric Evaluation | Proficient in IQ & Projective: TAT, HTP, Rorschach, SBT, BTI-B, 16PF
- Evidence-Based Interventions | Specialized in CBT, DBT, ACT for mood, anxiety & neuro divergent clients
- Behavioral & Family Support | Skilled in BIP design, ABA principles & Parent Psychoeducation
- Clinical Excellence | Advanced in Case Formulation, Clinical Reporting & Multidisciplinary Collaboration

Languages

Urdu (Native), English (Professional)

Courses & Certifications

Certificate of participation mental health camp organized by department of psychiatry cantonment general hospital Rawalpindi	Dec 7, 2024
Course of Hot Topics in Criminal Justice, Vanderbilt University	May 20, 2024
Course of Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives, University of Minnesota	May 2, 2024
Course of Introduction to Psychology, Yale University	Nov 18, 2023
Course of Introduction to Psychology, University of Toronto	Nov 14, 2023
Course of Learning, Knowledge, and Human Development, University of Illinois at Urbana- Champaign	Oct 26, 2023
Course of History of mental illness, Wesleyan University	Oct 10, 2023
Course of Mindfulness: An approach to stress reduction, Korea Advanced Institute of Science and Technology (KAIST)	Oct 10, 2023
Course of Schizophrenia, Wesleyan University	Sep 26, 2023
Course of Ability Skills Knowledge Fraternity, Virtual Psychology	Jul 2023
Course of Managing ADHD, Autism, learning Disabilities and Concussion in School, University of Colorado	Jun 27, 2023
Course of Understanding Research Methods, University of London	Apr 14, 2023
Course of Understanding Violence, Emory University	Mar 4, 2023
Course of Introduction to Abnormal Psychology, Wesleyan University	Nov 13, 2022

Course of Psychological First aid, John Hopkins University

Oct 19, 2022

Course of Human Rights for Open Societies, Utrecht University

May 29, 2022

Course of Advanced Neurobiology I, Peking University

Dec 29, 2021