

Ayesha Hussain

Naval Anchorage, Islamabad | ayeshahussain.ah00@gmail.com | (+92) 333 0287433 | (+92) 3340287436
<https://www.linkedin.com/in/ayesha-hussain-827503194>

SUMMARY

Associate Clinical Psychologist, Inclusion Head, Registered Behavior Technician (RBT), and Well-being Counsellor with 4+ years of experience in clinical psychology, counseling, special education, and mental health services across children, adolescents, adults, and older adults. Experienced in delivering psychotherapy, behavioral interventions, psychological assessments, and inclusive education support across clinical and school-based settings.

Skilled in evidence-based modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization and Reprocessing (EMDR), and Applied Behavior Analysis (ABA). Strong experience in managing neurodevelopmental, emotional, and behavioral disorders.

EDUCATION

MPhil Clinical Psychology

Institute of Professional Psychology, Bahria University
2023 - 2025 | CGPA: 3.6

BS Psychology

Institute of Professional Psychology, Bahria University
2018 - 2022 | CGPA: 3.65

Core Competencies

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- Individual Psychotherapy (Children, Adolescents, Adults & Older Adults)
 - Therapy Modalities i.e CBT, DBT, ACT, EMDR
 - Applied Behavior Analysis (ABA)
 - SEN & Inclusive Education (IEP Development & Implementation)
 - Psychological Assessment & Clinical Report Writing
 - Behavior Management & Parent Training
 - Trauma-Informed Therapeutic Care
 - Counseling & Psychoeducational Workshops

- Child, Adolescent & Adult Mental Health
- Neurodevelopmental Disorders diagnosis and treatment plan
- Case Formulation & Treatment Planning

Professional Experience

Head of Inclusive Learning Center Department (ILC Coordinator)

Beaconhouse Newlands Karachi | Aug 2025 - Present

- Lead the Inclusive Learning Center and oversee student support services.
- Supervise and manage a team of Resource Teachers and 16 Learning Support Assistants (LSAs) to ensure effective classroom inclusion.
- Develop and monitor Individualized Education Plans (IEPs) to support academic and personal growth.
- Collaborate with parents, teachers, and school leadership to address learning and wellbeing concerns.
- Conduct student counseling sessions focusing on behavioral, emotional, and academic challenges.
- Deliver awareness programs and workshops on student wellbeing, mental health, and inclusive education.
- Monitor student progress and implement strategies to improve engagement and success.
- Manage admissions and placement decisions for SEN students in coordination with academic leadership.
- Collaborate with external stakeholders to conduct inclusive education and mental health workshops

Wellbeing Counsellor

Beaconhouse School System | Mar 2025 - Aug 2025

- Provided one-on-one support and guidance to students facing academic, emotional, and social challenges.
- Assisted students in developing coping strategies, goal-setting skills, and resilience.
- Conducted wellbeing workshops and awareness sessions to promote positive mental health.
- Worked closely with teachers and parents to support student development and academic achievement.
- Maintained confidential student records and progress documentation.

Associate Clinical Psychologist

Private Practice – Safe Square | Feb 2025 - Present

- Provide one on one psychotherapy across children, adolescents, adults, and older adults
- Address anxiety, depression, trauma, grief, emotional regulation, and interpersonal issues
- Use CBT, DBT, ACT, EMDR, and supportive counseling approaches
- Conduct clinical case formulation and treatment planning

Associate Clinical Psychologist

MantraCare | Apr 2025 - Present

- Provide online therapy sessions for adult clients
- Address workplace stress, anxiety, depression, and relationship issues
- Maintain clinical documentation and progress tracking

Registered Behavior Technician

Umatter - Faiza Bhamani, BCBA | 2022 - 2025

- Supported students with diverse learning and behavioral needs through individualized intervention plans.
- Conducted assessments and monitored student progress.
- Facilitated social skills, communication skills, and adaptive learning programs.
- Delivered parent guidance sessions and collaborated with educational teams.
- Prepared detailed progress reports and recommendations for student development.

Achievements

- Conducted 800+ counselling sessions with students and young adults.
- Led Inclusive Learning Center operations and staff supervision.
- Developed and implemented individualized support plans for students with diverse learning needs.
- Conducted parent engagement and student wellbeing workshops.
- Delivered teacher training programs on classroom support and inclusive practices.
- Successfully collaborated with multidisciplinary teams to improve student outcomes.

Internship Experience

Intern - Umeed-e-Nau (2021–2022)

- Conducted psycho-diagnostic assessments and prepared psychological reports.
- Assisted in case management and client support services.

Intern - Kazim Trust ADHD Centre (2019)

- Assisted in psychological sessions for children with ADHD and learning difficulties.
- Supported assessment, observation, and report-writing activities.

Intern - Dar-ul-Sukun (2021 & 2022)

- Supported intervention programs for children with special educational needs.
- Conducted supervised behavioral interventions and case observations.

Intern - PNS Shifa Hospital (2021)

- Conducted interviews and administered psychological assessments under supervision.
- Assisted in report preparation and clinical documentation.

Certifications

- Internationally Certified Registered Behavior Technician (RBT) - BACB
- RBT 40-Hour Training - Autism Partnership Foundation
- EMDR Practitioner (Eye Movement Desensitization & Reprocessing)
- Dialectical Behavior Therapy (DBT)
- Acceptance & Commitment Therapy (ACT)
- PECS (Picture Exchange Communication System)
- IB PYP CAT-1- IBAO
- CPR Certification

Professional Development & Achievements

- Appointed Head of Inclusive Learning Center (ILC Coordinator) at Beaconhouse Newlands Karachi, leading SEN systems and inclusion strategies
- Managed and supervised a team of 16 Learning Support Assistants (LSAs) along with Resource Teachers in an inclusive school setting
- Designed and reviewed Individualized Education Plans (IEPs) for SEN students in a structured school environment
- Delivered 600+ supervised therapy sessions
- Conducted counseling sessions for diverse populations including children, adolescents, adults, and older adults
- Led mental health awareness and psychoeducational workshops in educational and corporate settings (e.g., Martin Dow Pharmaceuticals, Hope & Cope initiatives)
- Worked in multidisciplinary clinical environments including hospitals, NGOs, schools, and private practice
- Participated in national mental health and disability inclusion conferences and awareness programs
- Bronze Medalist – HRCA Science Quiz Competition
- Active contributor to mental health awareness campaigns and inclusive education initiatives