

CONTACT

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EDUCATION

- 2018 • University of Azad Jammu and Kashmir Muzaffarabad
BS Psychology
3.67
- 2023 • Islamic International University Islamabad
MS Clinical Psychology
3.79

CERTIFICATIONS

- **Trainer and Facilitator**
Train the Young Trainer (TTYT), School of Leadership (2025)
Completed an intensive 6-day master training program on facilitation, public speaking, and training design.
Gained expertise in training needs assessment (TNA), program design, trainer profiling, and facilitator's manual development.
Enhanced skills in audience engagement, difficult audience handling, and interactive training delivery.
Developed greater confidence, adaptability, and communication skills to deliver impactful learning experiences.
Recognized for proactive participation, collaborative spirit, and commitment to becoming an impactful trainer.
- **IFRC**
Promoting Mental Health and Wellbeing as a Manager
- **IFRC**
Supporting Team's Mental Health and Wellbeing.
- **APA**
Member of American Psychological Association

OBJECTIVE

Dynamic psychologist with over nine years of experience driving impactful mental health initiatives within educational settings. Expertise in designing training programs, conducting assessments, and fostering collaborative relationships with families to enhance student well-being. Demonstrates a strong commitment to promoting social-emotional learning and improving communication skills among students. Proven ability to implement tailored counseling strategies and develop effective referral pathways, ensuring comprehensive support for diverse needs. Passionate about contributing to a growth-oriented environment while advancing mental health awareness and educational excellence.

EXPERIENCE

- 01-01-2026 - Present • **Assessor and Tutor (Psychology)**
London College of Professionals
Delivered teaching and tutorial support to learners studying Psychology and related social science subjects.
Planned and facilitated engaging learning sessions covering core psychological theories, research methods, ethics, and applied psychology.
Assessed assignments, reports, presentations, and portfolios in accordance with academic and awarding body standards.
Provided constructive written and verbal feedback to enhance learners' academic performance and critical thinking skills.

Supported students in understanding psychological concepts, evidence-based practice, and research methodologies.
 Monitored learner progress, identified learning needs, and implemented appropriate support strategies to improve achievement.
 Guided students in academic writing, referencing (APA/Harvard), literature review, and research project development.
 Promoted an inclusive learning environment that supported learners from diverse cultural and educational backgrounds.
 Maintained accurate assessment records and ensured compliance with quality assurance, safeguarding, equality, and diversity requirements.
 Conducted one-to-one tutorials and mentoring sessions to support learner wellbeing, motivation, and academic progression.
 Participated in internal verification, standardisation activities, and continuous professional development to maintain high educational standards.
 Applied knowledge of psychology, cognition, behaviour, and mental health to enrich teaching and learner support.

December 2025 -
Current

- **Assessment Facilitator**
 BeaconHouse
 Conducted structured student assessments across multiple schools
 Administered standardized assessment tools while ensuring data accuracy and neutrality
 Recorded and validated assessment data using prescribed formats
 Prepared and submitted daily field reports to project management
 Followed organizational SOPs, confidentiality protocols, and project timelines

15-09-2025 - 23-01-2026

- **Visiting Lecturer**
 Air University
 Delivered engaging lectures and tutorials in key areas of psychology.
 Prepared and updated teaching materials to align with course objectives.
 Assessed student performance through assignments, exams, and presentations.
 Provided academic support and feedback to students to enhance learning outcomes.
 Collaborated with permanent faculty to ensure course continuity and quality.
 Contributed to seminars and departmental academic activities during the teaching term.

10-08-2025 - 30-12-2025

- **School Psychologist**
 Asas International School
 Conduct psychological assessments and evaluations for students.
 Provide individual and group counseling to students facing emotional, behavioral, or academic challenges.
 Collaborate with teachers and staff to develop and implement effective intervention strategies.
 Provide crisis intervention and support as needed.
 Develop and deliver workshops on mental health awareness and coping strategies for students, staff, and parents.
 Participate in multidisciplinary team meetings and contribute to inclusivity in educational program development.
 Maintain accurate records and documentation in compliance with school policies and regulations.

18-03-2024 - 30-07-2025

- **Lecturer**
 KUST University
 Deliver impactful and interactive lectures that enhance student learning and engagement.
 Provide a safe, respectful, and inclusive environment that fosters curiosity, critical thinking, and constructive discussions.
 Supervise student research projects, offering guidance on methodology, analysis, and academic writing.
 Plan, organize, and deliver workshops and seminars on diverse psychological, educational, and developmental topics.
 Collaborate with institutions and stakeholders to ensure effective implementation

and maximum outreach of workshops.

Served as Departmental Proctor Incharge (KCMS), ensuring discipline, student support, and smooth departmental functioning.

2023 - 2024

- **Facilitator**

School of Leadership

Conducted awareness sessions on threats, challenges, and prevention of tuberculosis, enhancing community health understanding.

Designed and implemented training programs focused on mental health awareness and support strategies.

2022 - 2023

- **Clinical Psychologist**

Asas International School Islamabad

Conducted psychological, behavioral, and academic assessments for students with special needs.

Interpreted assessment findings and provided accurate diagnosis for differently-abled children.

Designed and implemented individualized treatment plans tailored to the unique needs of each child.

Developed and monitored monthly and annual Individualized Education Plans (IEPs).

Applied behavior management strategies in both individual and group settings.

Promoted student motivation, engagement, and positive learning behaviors.

Facilitated the development of communication, social, and interpersonal skills among students.

Assessed and addressed emotional, social, and behavioral challenges to support overall well-being.

Provided individual counselling to help students cope with academic and personal difficulties.

Promoted problem-solving, anger management, and conflict resolution strategies.

Implemented initiatives to prevent bullying, violence, and peer-related conflicts.

Supported social-emotional learning (SEL) to foster resilience and self-regulation.

Guided families in understanding their child's learning, developmental, and mental health needs.

Delivered age-appropriate training on personal safety, boundaries, and "good touch-bad touch" awareness.

2023 - 2023

- **Master Trainer MHPSS**

UNICEF in Collaboration with Education Department Muzaffarabad

Designed and implemented training programs for educators on mental health support.

Conducted assessments to identify student emotional and behavioral needs.

Collaborated with families to enhance understanding of children's learning and mental health needs.

Developed referral pathways within schools to improve access to mental health resources.

Promoted social-emotional learning initiatives to foster a supportive educational environment.

2024 - 2024

- **Monitoring and Evaluation Officer**

Vtt in Collaboration with Navttc

Conducted comprehensive assessments to create tailored diagnostic and treatment plans.

Provided individual and group counseling sessions, focusing on behavior management and emotional support.

Facilitated family counseling to enhance communication and address family dynamics.

Developed and implemented administrative procedures to streamline operational efficiency in service delivery.

Promoted mental health awareness and preventative strategies within the school community.

2019 - 2020

- **Psychologist**

Ayyaz Hope Centre

Conducted comprehensive assessments to create tailored diagnostic and treatment plans.

Provided individual and group counseling sessions, focusing on behavior management and emotional support.
Facilitated family counseling to enhance communication and address family dynamics.
Developed and implemented administrative procedures to streamline operational efficiency in service delivery.
Promoted mental health awareness and preventative strategies within the school community.

SKILLS

- Empathetic
- Team Building
- Analytical Mindset

PROJECTS

- **Self Realization**
Self Realization; Experience of Every Moment, An Etic Approach.
Qualitative Research
- **Impact of Emotional Dysregulation on Quality of Life; Moderating Role of Coping Strategies**

REFERENCE

- **Asif Shabbir - Ayyaz Hope Centre**
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- **Sumiyya Sattar - Asas International School**
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- **Ali Haider - School of Leadership**
Master Trainer
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