

Aamna Ashfaq

Clinical Psychology enthusiast with a solid understanding of psychological principles, theories, and assessment methods. Committed to learning from diverse populations and providing thoughtful, compassionate care to support individuals facing mental health challenges.

EXPERIENCE

Dr. Waseem Clinic — Clinical Psychologist

December 2025 - April 2026

- Conduct online and in-person psychotherapy sessions, providing psychological assessment and therapeutic support to clients.
- Work with individuals presenting with a range of psychological concerns, delivering evidence-based interventions to improve mental well-being.

Rah-e-Aman Rehabilitation Center — Intern Clinical Psychologist

February 2024 - May 2024

- Developed practical skills working directly with individuals facing drug dependency and diverse psychological issues.
- Skilled in applying evidence-based practices within a Rehabilitation setting, conducting tailored group and individual sessions to address unique client needs.

Speech Facilitation and Rehab Clinic — Intern Therapist

September 2023 - January 2024

- Gained practical skills working with children diagnosed with Autism, ADHD, and other neuro-developmental disorders, with expertise in evidence-based behavior management techniques.
- Collaborated with senior therapists to design and implement individualized education plans (IEPs) tailored to each student's needs

AFIMH — Observer Intern

October 2022 - November 2022

- Developed proficiency in administering, scoring, and interpreting a wide range of psychological assessments and psychometrics through in-depth engagement in psychology.

Islamabad Psychological Center — Intern

January 2021 - April 2021

- Gained extensive experience in psychometrics, clinical history taking, therapeutic techniques, test administration, scoring, interpretation, and report writing under the guidance of psychologists and clinicians.
- Developed expertise in applying DSM-5 criteria for accurate diagnosis of various mental health conditions.

STRENGTHS

- Proven *leadership skills* with experience organizing and managing community projects.
- *Strong commitment* to social welfare and volunteer service.
- *Certified in Basic IT* with proficient computer and organizational skills.
- Excellent interpersonal and *communication abilities*.

 0336-8123999

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 Range road, RWP.

EDUCATION

MS-Clinical Psychology

Sept 2024 - Present

Shaheed Zulfiqar Ali Bhutto
Institute of Science and Technology,
Isb.

BS-Social Sciences (Psy major)

Sept 2018 - June 2022

Shaheed Zulfiqar Ali Bhutto
Institute of Science and Technology,
Isb.

DIPLOMA/CERTIFICATION

Advanced Diploma in Clinical Psychology (ADCP)

March 2023 - June 2024

Riphah International University, Isb.

COURSES & WORKSHOPS

- Sensory Integration Therapy (Workshop)
- Meditation (Online Workshop)
- Psychoanalysis (Workshop + Online Course)
- TAT-Thematic Apperception Test (Workshop)

SKILLS

- Psychological Theories
- Client Dealing (History Taking + Assessment)
- Psychoanalysis
- Proficient in implementing therapeutic interventions

