

POONAM WALI

M.Sc. Clinical Psychology

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PROFESSIONAL PROFILE

Compassionate and dedicated psychologist with an M.Sc. in Clinical Psychology and have experience in working with children, individuals with special needs, psychiatric patients, and rehabilitation programs. Passionate about supporting the emotional, behavioral, social, and educational development of children, particularly with developmental needs and disabilities. Skilled in communication, observation, counseling support, behavior management, and working collaboratively with teachers and families to create a positive learning environment.

EDUCATION

Qualification	Institution	Year	Result	Achievement
M.Sc. Clinical Psychology	University of Peshawar	2004	1st Division (A Grade)	3 rd Position in the Department
B.A. (English Literature & Psychology)	FG College for Girls, Peshawar	2002	1st Division (A Grade)	1 st Position in the Department
Fuss. (Pre-Medical)	Iqra Army Public School & College, Quetta	2000	1st Division (A Grade)	Amongst the High Achievers of the batch
Matriculation	Chinar Army Public School & College, Murree	1998	1st Division (A Grade)	Received Letter of Appreciation from Head of the Institute

PROFESSIONAL EXPERIENCE

Clinical Psychology Intern Khyber Teaching Hospital, Peshawar
Department of Psychiatry

- Assisted psychiatrists and psychologists with patient assessments.
- Conducted case history interviews.
- Observed psychotherapy sessions.
- Supported treatment planning and patient care.
- Worked with individuals experiencing emotional and psychological disorders.

Psychology Intern at Dost Foundation

- Worked with individuals recovering from substance addiction.
- Assisted in rehabilitation and confidence-building programs.
- Participated in counseling and community support activities.

Early Years Class Teacher at The City School, Sialkot Cantt

- Worked as an Early Years Class Teacher, providing a safe, caring, and stimulating learning environment for young children.
- Planned and delivered age-appropriate classroom activities to support children's cognitive, social, emotional, and physical development and encouraged creativity, confidence, communication skills, and independent learning among students.
- Developed positive relationships with children and parents through effective communication and child centered -support strategies.

Visiting Faculty of Ladies Programme at The Quran Academy of Dr. Israr Ahmed – Bahria Branch

- Delivered lectures on **Seerat-un-Nabi (ﷺ)** to ladies for one year.
- Prepared and presented educational sessions focused on Islamic teachings, character building, and personal development.
- Engaged participants through discussions and interactive learning activities.

Guest speaker – Summer Vacation Program for Young Girls at Quran Academy of Dr. Israr Ahmed – Bahria Branch

- Served as part of the visiting faculty during the summer vacation program for young girls.
- Conducted educational and religious sessions designed to support learning, confidence building, and personal growth.
- Guided students through interactive lessons and encouraged positive values and skills development.

RESEARCH & PRACTICAL EXPERIENCE

- Conducted research on the learning abilities and capabilities of children with intellectual disabilities at **Special Education School**, Hayatabad. Peshawar.
- Assisted in psychotherapy sessions with clients at the **Department of Psychology**, University of Peshawar.
- Conducted mental health awareness campaigns within the **University of Peshawar**.
- Assisted psychiatrists in psychological evaluations and treatment recommendations.
- Conducted clinical research involving dermatology inpatients at **CMH Peshawar**.
- Presented research on rehabilitation, vocational training, and patient care at **Fountain House, Lahore**.
- Selected to attend face-to-face interactive sessions and discussions conducted by **British Council** on cross culture with the foreign students of assorted British Universities during their visit to Peshawar University, Pakistan.
- Managed the **Kindercare** section at **Ladies Club**, Quetta Garrison, overseeing and managing age-appropriate activities for young children. Fostered a safe, nurturing environment while coordinating with parents and staff to support children's development.

TRAININGS & CERTIFICATIONS

- 3-Day Training Program on the **Wellbeing of Parents and Caregivers of Special Children** at Special Education School, Hayatabad, Peshawar.
- 3-Day **Teacher Training Workshop**
The City School, Sialkot Cantt.
- 2-Month Online Certified Course in **Counselling Psychology**
Conducted by Dr. Suchita Thakkar (Australia).
- Online Workshop on **Art Therapy**
Conducted by Dr. Shafaq Asad (Oman) through Royal Psychologists Community (RPC Global), an ISO-certified organization affiliated internationally with ICCPP and GIOCP.
- Online Certified Webinar on **Scribble Analysis**
- Online Certified Webinar on **Doodle Analysis**
- 3-Day Online Training Session on **Mindfulness and Relaxation Techniques**
Conducted by RPC Global, live from India.
- Online Workshop on **Dark Psychology**
- Online **Self-Hypnosis Session** conducted by **RPC Global**.
- Webinar on **Parapsychology** conducted by **RPC Global**.
- Online Workshop on **Face Reading** conducted by **RPC Global**.
- Online Webinar on the **Impact of Surah Rahman on Human Wellbeing**
conducted by Dr. Hira Ahmed.
- 8-Month Certified Course in **Tajweed-e-Quran** from Sibghat-ullah Academy.
- Short Course in **Arabic Grammar**
- Online **Parenting Course** from Quran Academy of **Dr. Israr Ahmed (Bahria Branch)**.
- Done a certified **Cooking and Baking** course from PAF Mujahida Academy, Peshawar.

- Done a certified **Driving** course from Iqra Driving School, Rawalpindi.

HONOURS AND AWARDS

- **Achieved** 1st Division with A Grade **throughout educational background.**
- **Selected by the** British Council **for representation of the university in a** Cross-Cultural Video Conferencing Session **with students from various British universities.**
- **Selected for representation of the university in the** Pakistan Association for Clinical Psychologists (P.A.C.P.) Conference **held at Alhamra Hall, Lahore.**
- **Achieved** 3rd Position **in the Department at** Master's level (M.Sc.).
- **Achieved** 1st Position **in College at** Bachelor's level (B.A.).
- **Secured** 1st Position **in Inter College** Flower Arrangement Competition.
- **Secured** 3rd position **in** Cooking and Baking Competition at **PAF Mujahida Academy, Peshawar**
- **Stood 1st in computer based** English proficiency test **for teachers during a teacher training workshop in The City School. Sialkot Cantt.**
- **Won certificates at school level for** extracurricular activities.
- **Poems were printed in the** college magazine.
- **Been active in sports at school and college level.**
- **Selected as House Captain at school level.**

SKILLS and PERSONAL STRENGTHS

- Excellent communication skills
- Child-friendly approach
- Strong empathy and patience
- Behaviour observation
- Emotional support
- Teamwork
- Adaptability
- Classroom management support
- Stress management
- Compassionate and caring
- Patient and understanding
- Positive attitude

- Responsible and reliable
 - Excellent listener
 - Passionate about helping children with special educational needs
 - Able to build trusting relationships with students and parents
 - Fluent in English, Urdu and Shina.
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CORE COMPETENCIES

- Individual Student Support
- Classroom Assistance
- Psychological Assessment Support
- Parent Communication
- Team Collaboration
- Mental Health Awareness
- Counselling Support
- Strong Interpersonal Skills
- Emotional and social development
- Behaviour observation and management

INTERESTS

- Child Development
 - Special Education
 - Mental Health
 - Reading
 - Community Service
 - Educational Activities
 - Interior Décor
 - Travelling
 - Volunteer work in religious gatherings.
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