

BUSHRA

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EDUCATION

BAHRIA UNIVERSITY	Islamabad, Pakistan
Master of Science (MS) in Clinical Psychology- CGPA: 3.07	Sep, 2023 - Jul, 2025
AIR UNIVERSITY	Islamabad, Pakistan
Bachelor of Science (BS) in Psychology - CGPA: 3.61	Sep 2019 – Aug 2023

WORK EXPERIENCE

EDUVISION CAREER COUNSELLING CENTRE	Islamabad, Pakistan
Career Counselor	Mar, 2026 - Present

- Served as a Career Counselor for a two-year collaborative project with the Federal Directorate of Education (FDE), providing comprehensive guidance and academic support to students.
- Facilitate comprehensive career guidance sessions for public sector students in Islamabad, assisting with the critical transition from Matriculation to higher education.
- Successfully delivered 44 career counseling sessions, providing personalized academic and career roadmaps to diverse student groups.
- Utilize evidence-based techniques including Person-Environment Fit, Motivational Interviewing, Developmental Guidance, and Cognitive Reframing to foster career clarity.
- Guide students through complex academic pathways by identifying suitable study groups (Pre-Med, Engineering, ICS, etc.) based on psychometric interests and aptitude.

NATIONAL INSTITUTE OF REHABILITATION AND MEDICINE	Islamabad, Pakistan
Trainee Clinical Psychologist	Feb 2025 - May 2025

- Provided one-to-one therapy for diverse populations addressing anxiety, depression, and neurodevelopmental conditions like ADHD, Intellectual disability, and Down Syndrome.
- Administered standardized cognitive, personality, and diagnostic assessments including WAIS, WISC, Raven's Progressive Matrices, RISB, SPM, DASS HTP, HFD, GAD-7, BDI, and BAI.
- Integrated evidence-based techniques such as Cognitive Restructuring, Exposure Therapy, Behavioral Activation, Self-Monitoring, Problem-Solving, Deep Breathing, Progressive Muscle Relaxation, Sleep Hygiene, Mindfulness, Psychoeducation, Interpersonal Therapy, Emotion Regulation, Distress Tolerance, Journaling, Lifestyle Modification, Behavioral Modification, Social Skills Training, Sensory Integration, PECS (Picture Exchange Communication System), Task Analysis, and Token Economy.

IMC NESCOM HOSPITAL	Islamabad, Pakistan
Trainee Clinical Psychologist	Feb 2025 - May 2025

- Delivered one-to-one therapeutic interventions for adults struggling with Major Depressive Disorder, OCD, Social Anxiety, Generalized Anxiety, Conversion Disorder, and Panic Disorder.
- Administered a comprehensive battery of psychological assessments including BGT-II, HFD, TAT, SPM, GAD-7, HTP, BDI, LSAS, and BAI.
- Employed clinical strategies encompassing Cognitive Restructuring, Exposure Therapy, and Behavioral Activation, while leveraging Mindfulness, Interpersonal Therapy, and relaxation techniques for holistic care.

BEHAVIOR AND SPECIAL EDUCATION SERVICES	Islamabad, Pakistan
Behavioral Therapist Intern	Feb 2025 - May 2025

- Conducted one-to-one sessions for a child population, addressing the unique therapeutic needs of children with Autism Spectrum Disorder, ADHD, intellectual disabilities, and Down syndrome.
- Performed comprehensive psychological evaluations using a specialized battery that included VABS-II, CARS-II, BGT-II, and WISC.

- Implemented a framework consisting of Time-Out, Positive Reinforcement, Behavioral Modification, Social Skills Training, Sensory Integration, Task Analysis, and Token Economy to foster adaptive functioning.

PUBLICATIONS

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- Bushra. "Epistemic Curiosity and Academic Self-Regulatory Learning in Undergraduates: Unveiling the Mediating Role of Academic Self-Efficacy" Vol. 13 No. 3(2024): Journal of Asian Development Studies.
 - Bushra. "Lived Experiences of Parents with Prolonged Grief Disorder After Losing Their Child in Accidental Death" Vol. 14 No.3 (2025): Journal of Asian Development Studies.
 - Bushra. "Relationship Between Social Media Addiction and Loneliness Among Undergraduate Students of University of Peshawar" Vol. 14 No.3 (2025): Journal of Asian Development Studies.
 - Bushra. "Emotional Attachment in Non-Marital Abusive Relationships among Young Women in Pakistan: An Interpretative Phenomenological Study" Vol 5 No. 3 (s6) (2026): ACADEMIA International Journal of Social Sciences.

CERTIFICATIONS AND MEMBERSHIPS

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| ● Positive Psychiatry and Mental Health
<i>The University of Sydney (Coursera)</i> | Sep 19, 2024 |
| ● The Science of Well-Being for Teens
<i>Yale University (Coursera)</i> | Sep 16, 2024 |
| ● Identifying Early Signs of Psychosis In Adolescents and Young Adults
<i>Stanford University School of Medicine</i> | Aug 05, 2025 |
| ● Physician Distress: Risk Factors and Prevention in Physician Suicide
<i>Stanford University School of Medicine</i> | Aug 10, 2025 |
| ● Health Across Gender Spectrum
<i>Stanford University School of Medicine</i> | Aug 15, 2025 |
| ● WHO Good Practices for Clinical Trial Design and Implementation
<i>WHO Academy</i> | Jul, 2026 |
| ● Ethics and Review of Interventional Clinical Research Part 1
<i>WHO Academy</i> | Jul, 2026 |
| ● American Psychological Association Membership | Jan 01 ,2026 |
| ● Certification Prep: Professional in Human Resources (PHR)® (2018)
<i>LinkedIn</i> | May 31, 2026 |
| ● HRCI Professional in Human Resources (PHR) Cert Prep
<i>LinkedIn</i> | May 31, 2026 |

CORE SKILLS AND EXPERTISE

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- Clinical Assessment & Diagnostic Profiling
 - Evidence-Based Psychotherapy
 - Academic Mentorship & Career Guidance
 - Research Methodologies & Data Analysis
 - Curriculum-Based Psychoeducation
 - Conflict Resolution & Interpersonal Communication
 - Professional Report Writing & Documentation
 - Behavioral Modification & Strategy Implementation