

SUMIA ZIA

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Professional Summary

Clinical psychology graduate and researcher with a unique blend of mental health expertise and creative communication skills. Experienced in pediatric rehabilitation, neurodevelopmental assessment, and therapeutic intervention for ASD and ADHD. Proven ability to leverage visual media for social advocacy and community outreach. Recently presented research on sociopsychological factors of transphobia at an international academic forum.

Education

Rawalpindi Women University <i>Bachelor of Science in Psychology</i> CGPA: 3.38	Rawalpindi, Pakistan 2021 – 2025
APSACS Dhamial Camp <i>FSc Pre-Medical</i>	Rawalpindi, Pakistan 2019 – 2021
Anam Public School & College <i>Matriculation</i>	Rawalpindi, Pakistan 2018 – 2019

Research & Presentations

International Conference — Rawalpindi Women University <i>Primary Researcher & Presenter</i>	Nov 13, 2025
• Investigated the correlation between traditional gender role beliefs and religious orientation to understand their collective impact on transphobia. • Identified specific societal determinants and belief systems that lead to discriminatory attitudes in the local context. • Disseminated findings to an international panel of academics; manuscript is currently in the process of publication.	
International Congress 2024 — Turkey (Online) <i>Research Presenter</i>	2024
• Delivered a comprehensive presentation of original research findings to an international audience of peers and professionals. • Showcased academic insights on psychological phenomena, contributing to the broader global discourse in the field. • Earned formal recognition and a certificate of participation for the high quality of research work presented.	

Clinical Experience

Sedum School & Rehabilitation Center <i>Psychology Intern</i>	Rawalpindi, Pakistan 2024
• Managed the care of children with neurodevelopmental challenges, including Autism Spectrum Disorder (ASD), ADHD, and intellectual disorders. • Assisted senior psychologists in facilitating therapy sessions and executing psychological assessments. • Implemented hands-on intervention strategies to support cognitive and adaptive functioning.	

Leadership & Creative Experience

Sada e Ahlebait Foundation <i>Volunteer Graphic Designer</i>	Remote 2022 – 2024
• Designed visually engaging posters, banners, and social media assets to drive community awareness campaigns. • Supported social initiatives by creating creative visuals that enhanced the organization's digital presence.	
Rawalpindi Women University <i>Media Club Member</i>	Rawalpindi, Pakistan 2021 – 2024
• Documented key university events through professional photography and videography. • Edited and managed media coverage to produce high-quality visual content for campus projects.	
Freelance Graphic Designer <i>Instagram-based</i>	Remote 2021 – 2022

- **Created** custom illustrations and design solutions for a diverse range of clients.
- **Managed** all client communications and project timelines to ensure the delivery of high-quality designs.

Content Creator

Personal Instagram Account

Visual Artist

- **Produced** engaging photography and videography content, building a distinct personal brand.
- **Gained** significant audience engagement and recognition for creative editing skills.

Honors & Awards

- **Secured** Runner-Up position in the "Rising Pakistan" Short Film Competition at Rawalpindi Women University (2024).
- **Demonstrated** exceptional storytelling and visual direction skills by presenting an original short film.
- **Awarded** Certificate of Participation at the International Congress 2024 (Turkey) for research excellence.
- **Completed** the Google Soft Skill Program (PAFLA), mastering modules in professional communication, critical thinking, and interview preparation.

Skills

- **Clinical:** Psychological Assessment, Behavioral Therapy Support, Client Intake, Report Writing, Empathy.
- **Creative Tools:** Adobe Photoshop, Adobe Illustrator, Canva, Photography, Video Editing, Illustration.
- **Professional:** Project Management, Time Management, Leadership, Public Speaking.
- **Languages:** Urdu (Native), English (Fluent).