

Tooba Binte Khalid

Clinical Psychologist/Educator

0331-5423088

Rawalpindi, Pakistan

tooba.khalid14@gmail.com

Registered Clinical Psychologist | Allied Health Professionals Council (AHPC)
Registration No: REG-20260404-08327 (Digital Verification via QR Code Available)
Life Membership No: PPA/LM/25/1697 | Pakistan Psychological Association (PPA)

PROFILE

Dedicated Clinical Psychologist (MS. First Position Holder) with a strong foundation in evidence-based psychotherapeutic techniques and general counseling. Committed to providing suitable mental health care by combining rigorous clinical assessment with a compassionate, client-centered approach. Capable of navigating problems in interpersonal dynamics, trauma-informed care, and fostering therapeutic alliances to nurture clients' resilience and growth.

EDUCATION

MS. Clinical Psychology
Foundation University Rawalpindi Campus, (FURC) Islamabad.
(2018-2022) CGPA 3.86

BS. Hons. Behavioral Sciences
Fatima Jinnah Women University, (FJWU) Rawalpindi.
(2011-2015) CGPA 3.07

CLINICAL EXPERIENCE

- ◆ **Clinical Supervision & Coaching Program**

Prof. Dr Uzma's Psychological Clinic (PR&TS)

(Aug 2025 - Feb 2026)
6 Months

◆ Observation-based learning & application of projective techniques and psychotherapeutic interventions under supervision.

◆ Diagnostic impressions skills, tests administration, case discussions & report writing.
- ◆ **Supervised Clinical Practice**

Under the supervision of Prof. Dr Iffat Rohail

(Jan 2023 - Mar 2024)
14 Months

◆ Maintained a clinical caseload, focusing on adult counseling and diagnostic assessments.

◆ Conducted therapeutic interventions while ensuring ethical documentation standards.
- ◆ **Clinical Practicum**

Psychological Clinic (Foundation University Rawalpindi Campus)

(2019 - 2020)
- ◆ **Intern Psychologist**

Pakistan Institute of Medical Sciences, Islamabad (PIMS)

Anti-Narcotics Force, Islamabad (ANF)

(2014 & 2019)
- ◆ **Volunteer Work**

Al-Mustafa Trust Hospital, Rawalpindi

(2014)

TEACHING EXPERIENCE

- ◆ **Future World School, (BTR) Rawalpindi**

Subject Teacher (Grades 4 - 7)

(2022 - 2024)
- ◆ **SLS Montessori & School, Civil Lines, Rawalpindi**

Branch Coordinator & Montessori Teacher

(2016 - 2018)
- ◆ **Roots School System, Islamabad**

Class Teacher (Grade 1) - Subject Teacher (Grade 2)

(2010 - 2011)

PROFESSIONAL TRAININGS & WORKSHOPS

- ◆ Eidetic Psychotherapy – Prof. Dr. Uzma Masroor | PR&TS | 2025
- ◆ Virtual Learning Course: Clinical Psychology | Mindscape Global | 2025
Academic Distinction: Secured 1st position
- ◆ Applied Behavior Analysis – Prof. Dr. Uzma Masroor | HOW Training Academy | 2023
- ◆ Applied Behavior Analysis – Ms. Semra Salik | Psych Care | 2023
- ◆ CBT for Depression – Prof. Dr. Bashir Ahmed | HOW Training Academy | 2023
- ◆ Eidetic Psychotherapy – Prof. Dr. Uzma Masroor | HOW Training Academy | 2022

RESEARCH & ACADEMIC PROJECTS

- ◆ MS. Clinical Psychology Thesis: *Exploration of Communication Styles, Self-Consciousness, and Objective Self-Awareness in Marital Conflicts among Newly Married Couples.*
- ◆ Semester Projects: Presentations on counseling techniques, clinical case reports, workshop conduction on Time Management.

TECHNICAL & LANGUAGE PROFICIENCIES

- ◆ MS Office (Word, Excel, Publisher, PowerPoint)
- ◆ Internet research and data management
- ◆ Online communication tools (Google Meet, Outlook, Teams, Zoom)
- ◆ Presentation and design tools (Canva, PowerPoint)
- ◆ Social media and digital literacy
- ◆ Fluent in speaking, writing and understanding, English & Urdu language

CLINICAL SKILLS

- ◆ Clinical Intake & History Taking
- ◆ Mental Status Examination (MSE)
- ◆ Psychological Assessments
- ◆ Psychotherapeutic Interventions
- ◆ Clinical Report Writing & Documentation

CORE ATTRIBUTES

- ◆ Proactive & adaptive learner
- ◆ Collaborative & growth-oriented
- ◆ Diligent & organized
- ◆ Ethical & honest
- ◆ Solution-focused & resourceful

↻ References available upon request ↻