

## Psychologist Profile: Dr. Maryam Naeem

### General Information

**Full Name:** Dr. Maryam Naeem

**Title:** Licensed Psychologist

**Specialization:** Clinical Psychology

**License Number:** PSY-10987

**Years of Experience:** 5 years

**Gender:** Female

**Nationality:** Pakistani

**Languages Spoken:** English, Urdu

### Contact Information:

- **Phone Number:** 03122978533
  - **Email Address:** maryamnaem@kdsp.com
  - **Office Address:** D.H.A Phase 1 near gold mark nadra mega, Karachi, Pakistan
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### Professional Summary

Dr. Maryam Naeem is a compassionate and experienced clinical psychologist with over 5 years of experience providing evidence-based therapeutic services. Specializing in cognitive-behavioral therapy (CBT) and psychodynamic approaches, she has dedicated her career to helping individuals cope with mental health challenges such as anxiety, depression, trauma, and stress-related disorders. Dr. Maryam is committed to fostering a safe, non-judgmental environment for her clients to explore their feelings, address emotional difficulties, and work toward personal growth.

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### Education & Credentials

- **Ph.D. in Clinical Psychology**  
University of Karachi, Pakistan  
Graduated: 2012
  - **Master's in Clinical Psychology**  
University of Karachi, Pakistan  
Graduated: 2009
  - **Bachelor's in Psychology**  
University of Karachi  
Graduated: 2007
  - **License:**  
Licensed Clinical Psychologist (Pakistan Psychological Association)
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## **Areas of Expertise**

- Cognitive Behavioral Therapy (CBT)
  - Psychodynamic Therapy
  - Stress Management
  - Anxiety Disorders
  - Depression Treatment
  - Trauma & PTSD Counseling
  - Relationship and Family Therapy
  - Grief Counseling
  - Crisis Intervention
  - Mindfulness and Relaxation Techniques
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## **Professional Experience**

### **Senior Clinical Psychologist**

#### **Karachi Down Syndrome Program Clinic, Karachi**

2017–Present

- Provide one-on-one therapy sessions for individuals dealing with a wide range of mental health conditions, including depression, anxiety, and trauma.
- Collaborate with psychiatrists and other healthcare professionals to develop comprehensive treatment plans.
- Conduct psychological assessments to diagnose mental health issues and track progress throughout the treatment.
- Supervise and mentor junior psychologists and interns.

### **Clinical Psychologist**

#### **Better Mind Therapy Center, Karachi**

2013–2017

- Facilitated both group and individual therapy sessions for clients with emotional and behavioral issues.
- Helped clients navigate through difficult life transitions, including divorce, job loss, and grief.
- Implemented stress-relief techniques, such as mindfulness exercises and relaxation therapy, to assist clients in managing stress and anxiety.

- Delivered workshops on mental health awareness and self-care strategies.

### **Research Assistant (Psychology Department)**

#### **University of Karachi**

2009–2011

- Assisted in academic research focusing on the relationship between trauma and cognitive impairments.
  - Published research papers in local psychological journals.
  - Co-authored a study on the effectiveness of cognitive-behavioral interventions in treating anxiety disorders.
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### **Professional Affiliations**

- Member, Pakistan Psychological Association (PPA)
  - Certified Trauma-Focused CBT Practitioner
  - Member, International Association of Trauma Professionals (IATP)
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### **Workshops & Training**

- **Trauma-Focused Cognitive Behavioral Therapy (CBT) Certification**  
2020, International Institute of CBT
  - **Mindfulness-Based Stress Reduction (MBSR) Training**  
2019, Mindful Pakistan Center
  - **Workshop on Depression & Anxiety Management**  
2018, Pakistan Psychological Association
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### **Publications & Contributions**

1. "Cognitive Behavioral Therapy for Treating Trauma in Adults" – *Pakistan Journal of Psychology* (2021)
  2. "The Role of Family Support in Anxiety Recovery" – *Journal of Mental Health Studies* (2020)
  3. "Mindfulness as a Tool for Stress Reduction" – *Wellness Today Magazine* (2019)
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### **Personal Statement**

"I believe that mental health is just as important as physical health, and I am passionate about helping individuals discover their inner resilience. Every client is unique, and I tailor my therapeutic

approach to meet their specific needs. My goal is to provide a safe space where clients feel empowered to explore their emotions and embark on a journey of self-healing." – Dr. Maryam Naeem

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### **Appointment & Availability**

- **Office Hours:**

Monday to Friday: 9:00 AM – 5:00 PM

Saturday: 10:00 AM – 2:00 PM

Sunday: Closed

- **Appointment Booking:**

To schedule a consultation, contact Dr. Maryam Naeem at:

**Phone:** 03122978533

**Email:** maryamnaeem@kdsp.com