

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.

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

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