

MARIA ANZUMANI

CLINICAL PSYCHOLOGIST

CONTACT

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PROFILE

Highly empathetic and dedicated Clinical Psychologist with over 8 years of experience providing comprehensive psychological assessments, evidence-based therapies, and crisis intervention to diverse populations in Pakistan. Proven ability to build strong therapeutic relationships, conduct thorough diagnostic evaluations, and develop individualized treatment plans to promote mental well-being and positive change. Committed to ethical practice and continuous professional development.

SPECIALIZATION

- DEPRESSION
- ANXIETY DISORDERS

EXPERIENCE

Senior Clinical Psychologist | *The Mindful Clinic, Karachi*

2020 – Present

Provided individual, group, and family therapy to adults and adolescents with a wide range of psychological issues, including anxiety, depression, PTSD, and personality disorders.

Conducted comprehensive psychological assessments using standardized tests and clinical interviews to formulate accurate diagnoses and treatment plans.

Associate Psychologist | *Hope & Wellness Center, Lahore*

2017 – 2020

Offered psychological counseling and support to individuals experiencing emotional distress, relationship difficulties, and life transitions.

Conducted intake assessments, developed treatment goals, and monitored client progress through regular sessions.

Facilitated psychoeducational groups on topics such as stress management, coping skills, and emotional regulation.

Assistant Psychologist | *The Aman Foundation, Karachi*

2015 – 2017

Assisted senior psychologists in conducting assessments and providing therapeutic interventions.

Conducted initial screenings and gathered relevant patient history.

Supported community outreach programs focused on mental health awareness and destigmatization.

EDUCATION

M.Phil. in Clinical Psychology

2013

University of Karachi, Karachi

B.Sc. (Hons.) in Psychology

2011

Lahore University of Management Sciences (LUMS), Lahore