

Muqaddas Fatima

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📍 Barakaho, Islamabad, Pakistan

Dedicated and compassionate Clinical Psychologist with a strong educational background in psychology and applied experience in mental health counseling, psychological assessments, and therapeutic interventions. Seeking to leverage my skills and passion for clinical psychology and counseling to contribute to a reputable healthcare organization, fostering mental well-being and providing comprehensive patient care.

🎓 EDUCATION

2023 – present Islamabad, Pakistan	MPhil Psychology, Quaid I Azam University Islamabad
2018 – 2020 Islamabad, Pakistan	MSc (Applied Psychology), National University of Modern Languages (NUML)
2016 – 2018 Rawalpindi, Pakistan	BSc (Botany, Zoology, Psychology), Govt. Viqar-un-Nisa Post-Graduate College for Women
2013 – 2015 Karachi, Pakistan	FSc Pre Medical, FG Girls Inter College

🧠 SKILLS

Clinical Counseling

Proficient in individual and group counseling, case observation, and therapeutic interventions.

Therapeutic Techniques

Skilled in meditation, PMR, deep breathing sessions, and psychotherapeutic methods.

Research and Analysis

Strong research skills developed through MPhil and MSc programs, with a focus on applied psychology.

IT Skills

MS Office Suite: Proficient in Microsoft Word, Excel, PowerPoint, and Outlook for clinical documentation, data analysis, presentations, and communication.

Data Management: Skilled in using software for patient record management, data entry, and analysis.

Psychological Assessments

Experienced in conducting IQ assessments, ADHD evaluations, CARS, and personality assessments.

Teaching and Tutoring

Expertise in teaching psychology, biology, and statistics with personalized lesson planning and student progress assessment.

Communication

Excellent verbal and written communication skills, capable of delivering psychology lectures and providing constructive feedback.

PROFESSIONAL EXPERIENCE

2021 June –
2022 March
Rawalpindi, Pakistan

Armed Forces Institute of Mental Health, Clinical Psychologist

- Worked as a Clinical Psychologist, providing mental health assessments, therapeutic interventions, and counseling services. Developed personalized treatment plans, facilitated individual and group therapy sessions, and collaborated with multidisciplinary teams to ensure comprehensive patient care. Conducted psychological evaluations and contributed to mental health awareness initiatives.

Clinical Psychologist

Responsibilities included counseling, case observation, conducting meditation/PMR/deep breathing sessions, psychometric evaluations, psychotherapeutic sessions, delivering psychology lectures, and conducting psychological assessments (IQ assessment, ADHD, CARS, personality assessment).

2020 November –
2021 August

Bloom Field Hall School, Chakwal, Student Counseller

- Provided individual and group counseling to students, focusing on academic, emotional, and social issues.
- Developed and implemented support programs to improve student well-being and academic performance.
- Collaborated with teachers, parents, and administrators to address students' needs and foster a supportive learning environment.
- Conducted workshops on study skills, time management, and mental health awareness.
- Assisted in conflict resolution and helped students develop effective coping strategies.

2020 – 2021
Chakwal, Pakistan

Home Tuition, Psychology & Statistics

- Provided personalized tuition in Psychology and Statistics, developed tailored lesson plans, delivered engaging instruction, and assessed student progress over one semester.

2018 July –
2018 October
Rawalpindi, Pakistan

Hussain Academy, Biology

- Taught Biology to 9th and 10th-grade students, developed engaging lesson plans, assessed progress, and provided feedback. Also, have 2 years of experience in home tuition for junior classes.

2022 August –
2022 November
Rawalpindi, Pakistan

Allied School Peshawar Road Rawalpindi, English Teacher

- Taught English language and literature, developed engaging lesson plans, assessed student progress, and provided feedback to enhance learning. Collaborated with colleagues to implement best teaching practices, contributing to student growth during three months of formal teaching experience.

REFERENCES

Available upon request.