

Fatima Usman

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Profile Summary

Motivated BS (Hons.) Psychology student at King Edward Medical University with extensive clinical rotation experience in child, adult, and addiction psychiatry. Skilled in psychological assessment, counselling, and therapeutic interventions. Actively engaged in diverse workshops and conferences, with strong exposure to contemporary practices in psychotherapy, CBT, and digital well-being. Passionate about improving patient mental health and pursuing both clinical and research roles.

Education

King Edward Medical University, Lahore 2021 – 2025
BS (Hons.) Psychology

Punjab College, Gujranwala 2019 – 2021
F.Sc. Pre-Medical

Clinical Rotations

Department of Psychiatry, Mayo Hospital / KEMU Jan 2025 – Jun 2025

- Child Psychiatry (2 months) — history taking, patient assessment, family interviews
- Adult Psychiatry (3 months) — outpatient assessments, case discussions, medication follow-ups
- Addiction Psychiatry (1 month) — exposure to detox and rehabilitation programs

Workshops & Conferences

- 15th International CBT Conference — “Treating Psychosexual Issues: With Safe and Open Dialogue” (Colin Hughes, Queen’s University Belfast) — May 2025
- Workshop on Suicide Risk Assessment — 2024
- Autism and Related Neurodevelopmental Disorders in Pediatrics and Child Psychiatry — Dec 2023
- The Hand that Rocks the Cradle: Perinatal Mental Health — Dec 2023
- Communication Skills for Doctors, Psychology and Speech Therapy Students — Sep 2023
- Being Your Best: Emotional Processing Workshop — Sep 2023
- Mental Health is a Universal Human Right — Oct 2023
- Digital Detox and Netiquette: Screen/Internet Addiction in Children & Clinician Digital Well-being — Dec 2023–24
- National Conference on Mental Health — 2024
- Prioritizing Mental Health at Workplace — Oct 2024
- Preventing Burnout Among Doctors — Nov 2024
- Fairytales & Bio-psychosocial Formulations — Dec 2024

Skills

Therapeutic interventions and counselling
Psychological assessment and report writing
Patient communication and empathy
Microsoft Office (Word, Excel, PowerPoint)
Data collection & teamwork

Languages

Urdu — Native / Fluent
English — Fluent

References

Available upon request