

Unaiza Farooqui

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Profile

A graduate of the UK'S Middlesex University Dubai, and a current Masters student of Psychology at IILM University, Gurgaon. I have completed a 3 year under graduation course in Psychology with Human Resources Management and currently in my final year of Masters. I combined my degree in Psychology with HR as I believed it would open a wider scope for me in terms of job opportunities. However, as my studies progressed, I developed a love for clinical and counselling psychology and realized my inclination towards this specific field. As a current Psychology student, I am eager to explore and learn the nuances of therapy and counselling in the real world. I am looking to gain experience and improve my skills which will be of great benefit to me, while at the same time I wish to put my talent and studies in the right use and actually make a difference to those dealing with mental health issues.

Educational Qualifications

Bachelors of Science Psychology with Human Resource Management	Middlesex University Dubai- UPPER SECOND CLASS HONOURS		September 2015- April 2018
Grade 12, CBSE Humanities	Our Own English High School, Sharjah	88.4%	2014-2015
Grade 10, CBSE High School	Our Own English High School, Sharjah	7.2 CGPA	2012-2013

Internships

Online Internship with Satish Kumar (Practicing consultant psychologist (RCI licensed) Manipal Hospitals Bangalore), PhD Research Scholar, Netherlands) **(July 2020- August 2020)**

Extensive learning on topics:

- Personality Assessments
- Clinical Case History and note taking
- Diagnostic and psychopathology formulation for different cases
- Thorough learning of ICD 10- DSM 5
- Practicing therapies- REBT, MBCT, Positive Psychology, Psychoanalysis.
- **Online Internship- Clinical Psychology with Fortis Healthcare and Sukoon Health care.**
(July 2020- July 2020)
50 hours extensive learning on various topics such as
 - Trauma counselling
 - Specific Population counselling
 - CBT, MBCT, DBT therapies
 - Therapeutic Relationship building
 - History taking and Mental Status Examinations

- Specific brain disorders and mental illnesses
- Psychoanalysis

Research Intern- SWASTI June 2020-July 2020

- Documenting the journey of Swasti's school program
- Write papers about the learnings of school programs
- Support with other counselling – related research
- Research on resilience models for youth in India

Volunteering Experiences

CHARITY CLUB CO ORDINATOR

Middlesex Charity Club Dubai (September 2016 – May 2017)

- Organized events, walkathons, and fund raising games and activities in the University and for the students
- Informed students about importance of being charitable, launched initiatives and was thoroughly involved with the other events hosted by the University

International Humanitarian City (August 2015)

Dubai International Film Festival (December 2014)

Adopt a Camp (August 2013)

Dubai Cares (October 2009)

Achievements and Awards

Scored 88.4% in the final year of school, achieving the 3rd rank among all the students of the batch. - **2015**

Scored an exceptionally well grade of '2' on a scale of 1-20 in 'Management and Organization' module in my 1st year of degree at Middlesex University Dubai, attaining the 'Distinction' category. – **2016**

Received acknowledgement for showcasing the best presentation in the entire module- 'Best Social Enterprise ' - **2016**

Skills and Interest

Languages – Fluent speaking and writing in English, and Hindi/Urdu

Personal Skill- Hardworking, well read-well spoken, excellent communication skills

Computer Skills- Proficient in MS word, excel, prezi, power point presentations and SPSS.

Hobbies- Avid reader, cooking, painting, volunteering, watching movies.