**KOMAL [KOMAL.368033@2freemail.com](mailto:KOMAL.368033@2freemail.com)**

# *Objective*

Seeking a job eventually leading to a professional carrier, which provides opportunities and multifarious experience, preferably in a dynamic organization, and which may utilize my flexible, dynamic and professional capabilities for challenging future prospects.

# *Summary of Qualifications*

* **MS (top-up)** – Clinical Psychology (2014-2015) from **University of the Punjab Lahore, Pakistan.**
* **ADCP** – Advance Diploma in Clinical Psychology (2012-2014) from **University of the Punjab Lahore, Pakistan.**
* **BS** – Clinical Psychology (2008-2012) from **University of the Punjab Lahore, Pakistan.**
* **F.Sc** – (Pre-Medical) (2005-2007) from **District Public Higher Secondary School Okara, Pakistan.**
* **Matriculation** – (2005) from **District Public Higher Secondary School Okara, Pakistan.**

***Projects***

* **MS Project**

Knowledge and Beliefs about Depression in Urban and Rural Population were compared in which normal population and depressed patients were taken.

### BS Project

Effective Training Techniques of University Professors were assessed.

***Achievements***

* Conducted ‘Effective Techniques for Handling Children’ in City School Okara.
* Professional Member of Pakistan Association of Clinical Psychologists
* Professional Member of Pakistan Psychological Association

# *Professional Skills*

**Interviewing skills**

* Efficient in Clinical Interviews both structured & unstructured for children and adults.
* Experience of conducting clinical interviews at child and adult placements

**Assessment skills**

* Skills in psychological assessments (Ravens, DAP, PGEE, BVRT), personality testing (MMPI-II, NEO-PI) projective testing (RISB, HTP, TAT, CAT ) intelligence testing (SIT, WAIS, WISC) and Neuro linguistic tests.
* Good in interpreting the results of assessment.

**School Psychology**

* Assessment and management of school children
* Can assess emotional and behavioral problems of children
* Can develop plan for enhancing study skills, time management, IEP, social skill building and dealing with emotional issues etc.

**Management skills**

* IEP development- Task Analysis
* Behavioral modification using Behavior therapy (BT)
* Cognitive Behavior Therapy (CBT)
* Rational Emotive Behavior Therapy (REBT)
* Gestalt therapy
* Family therapy
* Addiction therapy
* Social skills and Vocational skills Training
* Group therapy especially for stable psychotic clients as well as drug addicts

**Administrative and other skills**

* Can organize groups and workshops for parents, students and Special Education Teachers
* Presentation skills
* Communication skills
* Time management
* Leadership Qualities

***Professional Experience***

* Worked as a Clinical Psychologist in Saira Miraj Memorial Hospital for a period of 1 year.

# *Clinical Experience/Placements*

**Child placements**

* 6 months Child Placement at Living Institute for Slow Learners, Lahore (including mentally retarded, physically handicapped, autistic, attention deficit hyperactive and children with behavioral problems).
* 6 months Child Placement at Chaman (a house for mentally challenged Children) Social Welfare Complex, Sector D-1, Township, Lahore.

**Adult Placements**

* 6 months Adult Placement at Jinnah Hospital, Lahore.
* 6 months Adult Placement at Fountain House (a rehabilitation center for the mentally ill), 37-Lower Mall, Lahore.
* 6 months Adult Placement at Fountain House (Addiction treatment centre), 37-Lower Mall, Lahore.
* 6 months Placement in Community Outreach Programme at Dar-ul-Sakun & Afiyet, Social Welfare Complex, Sector D-1, Township, Lahore.
* Counseling experience in the process of collecting data during research projects.
* 6 months Health Placement at INMOL Cancer Hospital, Lahore (Adult as well as children were also provided with counseling).

***Major Courses***

* NLP & Hypnosis
* Abnormal psychology
* Developmental psychology
* Organizational/Industrial Psychology
* Clinical psychology
* Child Psychology
* Health psychology
* Experimental Psychology
* Neuropsychology
* Pharmacology
* Cognitive Behavior Therapy
* Behavior Therapy
* Family Therapy
* Rational Emotive Behavior Therapy (REBT)
* Gestalt Therapy
* Psychological Assessments
* Statistical Analysis and SPSS
* Advanced Research Methodology

***Extracurricular Activities***

* Worked in the Organization committee of PACP International Conference.
* Worked in “Charity Drive” held by Punjab Institute of Mental Health, Lahore
* Conducted a survey on Mental Health Awareness in students of Punjab University
* Participated in mental health walk for Mental Health Awareness

# *Seminars and Conferences*

* International Conference of Applied Psychology (ICAP)
* International conference of clinical psychologist outside the clinics
* 8th International Psychiatric Conference
* International Conference of Clinical Psychology
* Motivational Interviewing
* Conversion disorder
* Peace psychology
* Aggression among children
* Epilepsy
* NLP & hypnosis
* Positive psychology
* Speech therapy
* IEP’s plantings
* Child abuse
* Headache management
* Peace building and conflict resolution

# *Other Skills*

* Application Programs: Microsoft Office (Word, Excel, Power Point), SPSS,

In page Urdu and Internet browsing & searching

* Communication skills
* Leadership skills
* Interpersonal skills
* Problem-solving skills
* Ability to work under stress and in challenging environment
* Excellent in meeting target deadlines

# *References*

References will be furnished on request.