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| **SABA**  |
| Email: Saba.377935@2freemail.com Cell# 971506425478**OBJECTIVE**A challenging career where I can apply my skills for contributing towards the growth of the society while creating some advancement opportunities for myself.**EDUCATION** **Arabic Spoken Language Certification** (In process) **Certification in National Guild of Hypnotists , USA****Hypnotherapy** (100 hours Professional Hypnosis International  Certification Training) **Certification in** **BECK Institute of Cognitive Behavior Therapy****Essentials of CBT** (8 hours Online Course, Australia**)**  |
| **M.phil** *(2012-2015)*  | **Government College University Lahore, Pakistan.** *Clinical Psychology (CGPA: 3.58/4)* |
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| **B.A.(Hons)** *(2008-2012)* **Intermediate**  (Fsc)  | **Forman Christian College Lahore, Pakistan.** *Psychology (CGPA: 3.57/4)*.**Government College For Women, Lahore, Pakistan.** |
| *(2005-2007)* 73.5%**EXPERIENCE** **Private Clinical Practice** (2017 to Present) **Recovery Clinic** *(February 2016 to May 2017)*Worked as a Clinical Psychologist **University of Central Punjab** *(2015 April to Present)* Lecturer Psychology & Students’ Counselor **Sheed Society NGO** *(January 2015 to May 2015)* Worked as a Psychologist. ***NU –FAST University*** *(2013 August to December 2013)*Visiting Lecturer Psychology. ***Fountain House*** *(November 2012 \_ January 2013****)*** | Intern |Volunteer 37-Lower Mall, Near Punjab Civil Secretriat Lahore, Pakistan. |
| **Responsibilities*** Taking Clinical Interview, Mental Status Exam and making assessment of patients
* Providing counseling to female patients
* Conducting Psychotherapy sessions of patients
* Evaluating the effectiveness of treatment plan
* Reporting work to Senior Supervisor on daily basis
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| ***Bridge Rehab*** *(July 2012\_September2012)* | Interne |Centre for Recovery of addicts, alcoholics and psychiatric patients.[1 LDA, Block D, New Muslim Town, Lahore, Pakistan.](http://bing.com/maps/default.aspx?v=2&pc=FACEBK&mid=8100&where1=1+LDA%2C+Block+D%2C+New+Muslim+Town%2C+Lahore%2C+Pakistan.%2C+Lahore%2C+Pakistan&FORM=FBKPL0&name=Bridge+Rehab&mkt=en-US) |

**Responsibilities**

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| * Delivered lectures on Alcoholic Anonymous 12 Steps program to addicts
* Delivered lectures on 7 Habits of Highly Effective People to patients
* Conducting group session of patients
* Providing counseling to patients
* Participating in family sessions once in a week
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| ***TSA Special Education facility*** *(April 2012\_May 2012)* | Requirement of Course work |**Responsibilities*** Devising activities for special children to enhance their cognitive and motor skills
* Prepared Report on special children

***Alzheimer Pakistan Centre*** *(June 2011\_ August 2011)* | Interne |[146/1, Shadman, Jail Road, Lahore, Pakistan-54000](http://www.facebook.com/l.php?u=http%3A%2F%2Fbing.com%2Fmaps%2Fdefault.aspx%3Fv%3D2%26pc%3DFACEBK%26mid%3D8100%26where1%3D146%252F1%252C%2BShadman%252C%2BJail%2BRoad%252C%2BLahore%252C%2BPakistan-54000%26FORM%3DFBKPL0%26name%3DAlzheimer%2527s%2BPakistan%26mkt%3Den-US&h=aAQGk-jCb&s=1). |
| **Responsibilities*** Devising activities for Alzheimer patients for slowing down the progression of disease
* Conducting fortnightly sessions of family members of Alzheimer patients
* Awareness campaign about Alzheimer disease
* Prepared Report on Alzheimer patients

**Skills & Expertise**IT Skills: Microsoft Office (Ms Word, Ms Excel, Ms Power Point)Leadership skills**:** Experienced in intensive teamwork in group projects. **ACHIEVEMENTS****2017** Guest Speaker in “Crime Today” on the topic “Suicidal Attacks” on  7News, Lahore. **2017** Guest Speaker in show “Morning with Juggun” on the topic “Negative  Thinking” on PTV HOME, Lahore. **2016** Guest Speaker in “Duniya News Bulletin” on the topic “Honor Killing” on  Dunya TV News. Lahore. **2016** Guest Speaker in show “Morning with Juggun” on the topic “Excessive  Use of Modern Technology in Young Generation” on PTV HOME,  Lahore. **2016** Guest Speaker in “Duniya News Bulletin” on the topic “Use of  Technology in Children” on Dunya TV News. Lahore. **2016** In Judges Panel on “Human Rights Commission of Pakistan Debate  Competition” held at the UCP, Lahore. **2016** Guest Speaker at the seminar on “Thalassemia” held at the Alhamra Art  Council, Lahore.  |

**HONORS AND AWARDS**

**2012**  Cum Laude (Higher honor), Forman Christian College University, Lahore,

 Pakistan.

**2012**  Services Award, Forman Christian College University, Lahore, Pakistan.

**2010 to 2012**  Vice Rector’s List, Forman Christian College University, Lahore, Pakistan.

**2008 to 2012** USAID Talent Scholarship on Merit, Forman Christian College University, Lahore, Pakistan.

**Publication, Paper Presentation, Training Sessions and Lectures Delivered**

One research paper is under process of publication in journal of Sakarya University, Turkey.

Javed, S & Akhtar, N (2014). Students’ Experiences of Conflict Management with Teachers in Universities of Pakistan. Going to present the paper in international conference on International Trade, Sakarya University, Turkey, 11th May, 2018.

Javed, S. (2016, November 6). Shed your fears. *Pakistan Today*. Retrieved from <http://www.pakistantoday.com.pk/blog/2016/11/06/shed-your-fears/>.

Delivered a lecture in seminar on “Unconditional Love” at Forman Christian College University,

7th April, 2017, Lahore, Pakistan.

Javed, S & Akhtar, N (2014). Conflict Management Styles of University Students. Presented in

4thInternational Conference on Educational Psychology, Quaid-i- Azam University, Islamabd,13th November, 2014, Lahore, Pakistan.

Delivered a lecture in seminar on “Anger Management” at University of Central

Punjab, 12th June, 2015, Lahore, Pakistan.

Delivered a lecture in seminar on “Stress Management” at University of Central

Punjab, 10th December, 2015, Lahore, Pakistan.

Conducted a 4 weeks Training Session on “Professional Development” at Albayrak, 8th December to 29 December 2015 Lahore, Pakistan.

**Research Interests**

Clinical and Educational.

**WORKSHOPS AND TRAINING COURSES**

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| Participated in **“4th international Conference on Educational Psychology”,** QAU, 13th November, 2014, Lahore, Pakistan.  |
| Attended **“Dialectical Behavior Therapy Conference”** arranged byAjmal’s Psychological Society, Government College University, Lahore, Pakistan. |
| Participated in **“International CBT Conference”** arranged byAjmal’s Psychological Society, Government College University, Lahore, Pakistan.Participated in **“Time Management Workshop”** arranged by Forman Psychological Society, Forman Christian College, Lahore, Pakistan. Participated in **“How to Improve Quality of Life Workshop”** arranged byForman Psychological Society, Forman Christian College, Lahore, Pakistan. Participated in **“International Interdisciplinary Conference on Issues in Pakistan, South Asia and Muslim Societies”** arranged by Forman Sociological Society, Forman Christian College, Lahore, Pakistan. Participated in **“Personal Effectiveness Workshop”** arranged by Forman Education Society, Forman Christian College, Lahore, Pakistan. Participated in **“Assertive Skills Workshop”** arranged by Forman Education Society, Forman Christian College, Lahore, Pakistan. Participated in **“APA Writing Style”** arranged by Forman Psychological Society, Forman Christian College, Lahore, Pakistan. **References will be furnished upon request.**  |
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