

SUMAIYYA SHAHOOD HASHMI
Clinical Psychologist
Graduate Member of British Psychological
Society
516770

CONTACT

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OBJECTIVE

To work in an organization, which provides an environment conducive to enjoy learning, and where I can utilize my knowledge, capabilities and skills towards achievement of the organization's mission and objectives

EDUCATION

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| <ul style="list-style-type: none"> • M.S CLINICAL PSYCHOLOGY
<i>Institute of Professional Psychology, Bahria University, Karachi</i> | 2020 |
| <ul style="list-style-type: none"> • B.S (PROFESSIONAL PSYCHOLOGY)
<i>Institute of Professional Psychology Bahria University, Karachi</i> | 2018 |
| <ul style="list-style-type: none"> • HSSC(PREMEDICAL)
<i>Pakistan International School, Riyadh</i> | 2013 |
| <ul style="list-style-type: none"> • SSC(SCIENCE)
<i>Pakistan International School, Riyadh</i> | 2010 |

CERTIFICATIONS

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| <ul style="list-style-type: none"> • Managing ADHD, Autism, Learning Disabilities, and Concussion in School
University of Colorado System • Project Management
University of California • Foundations of Business Strategy
University of Virginia • What is "the mind" and what is artificial intelligence?
University of Colorado Boulder • Addiction treatment: Clinical Skills for Healthcare Providers
Yale University • Philosophy Science and Religion: Philosophy and Religion
The University of Edinburgh | 2020 |
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EXPERIENCE

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| <ul style="list-style-type: none"> ○ RAAH E UMANG TRAINING PROJECT

<i>Trainer</i> ○ Trained the mothers under the award-winning Active Citizen Project commenced by British Council. ○ Provision of psycho-education as a baseline to identify the domain of mental health. | 2016 |
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<ul style="list-style-type: none"> ○ Domains of hygiene and communication gap were emphasized in the session. ○ Stressed upon the marital relationship and its impact on the mental health of children. ○ Communication serves as a key role for family cohesiveness, suggested by evidence-based research ○ In-person sessions with mothers were to address the cause of between the lines issues. ○ Involvement of children through creative measures. Such as poem recitation that revolves around an emphasis on sanitation, communication, family bond. 	
<ul style="list-style-type: none"> ● INSTITUTE OF BEHAVIORAL SCIENCES. (DRUGS REHABILITATIONCENTRE) <p><i>Intern (Clinical Psychology)</i></p> <ul style="list-style-type: none"> ○ To have a session with inpatients ○ To architect case conceptualization to highlight precipitating factors predisposing factors and triggering factors to commence drugs. ○ To get training and assist sessions under practicing Psychologist who underlined line of action for treatment. ○ To use tools for depressions. ○ Plan the treatment through differential diagnosis. ○ Provide the medium of catharsis through empathetic communication 	2016
<ul style="list-style-type: none"> ● OPEN FOR EVERYONE (O4E) WELFARE ORGANIZATION <p><i>Intern Psychologist</i></p> <ul style="list-style-type: none"> ○ To conduct a session for mothers of students who are encouraged to attend school despite financial constraints. It's a project to bring students from the street to school. ○ To motivate mothers to let their children continue education ○ The mother's psychological well-being was catered to by addressing stressors. ○ To uplift the self-esteem and the work of children and mothers collectively. ○ The sessions were conducted in the form of workshops for students and mothers separately. ○ With the dire need, I had provided in-person sessions to the mothers, intending to bring meaning to life. 	2017

- **PAKISTAN NAVY STATION SHIFA. (WARD7)**

2017

Intern in Psychiatry Department

- Conducting Counselling sessions and Psychological Assessment for indoor and outdoor patients.
- Using globally recognized tools to identify the differential diagnosis.
- Establishing treatment plans in patients in connection with presenting problems.
- Conducting clinical consultations. That emphasized on observation of evolving complications.
- Worked closely, under the supervision to devise treatment plans for clients reporting substance abuse disorder, depressive disorder, and symptoms, psychotic symptoms, mood disorders, trauma-related disorder, in the ward.

- **UMEED E NAU CLINIC**

Therapist

**September
2018-August
2020**

- To conduct globally recognized assessment tools for the following domains
 - Assessing behavioural observation of the client
 - Illustrating the strengths of clients
 - Suitable therapeutic intervention for a client
- Commencing clinical consultations through multiple domains of therapies
 - Psychoanalysis & psychodynamic therapies.
 - Gestalt therapy
 - Behavioural therapy
 - Client-cantered therapy
 - Transactional analysis
 - Play therapy
 - Cognitive Behavioural Therapy
 - Humanistic & Existential Psychology
 - Applied Behavioural Analysis
 - Psychotherapies comprise evidence-based theories of Freud, Adler, Carl Jung, Erikson, Thorndike, Fitz pearl, Roger, etc.
- Assessment such as
 - Beck Depression Inventory (BDI)
 - Personality Assessment Inventory. (PAI)
 - Beck Anxiety Inventory (BAI)
 - Human Figure Drawing (HFD)

<p>Quick Neurological Screening Test (QNST) Wechsler Intelligence Scale for Children (WISC) Wechsler Adult Intelligence Scale (WAIS) Test of Nonverbal Intelligence (TONI) Bender Gestalt Test (BG) The Slosson Intelligence Test for Children and Adults The Self-Directed Search (SDS) The Vineland Adaptive Behaviour Scale (VABS) House tree person (HTP) Draw a person (DAP) Rorschach test Thematic apperception test (TAT) Childhood autism rating scale. (CARS) Wide Range Achievement Test, (WRAT)Fourth Edition Along with many other screening &assessment tools.</p> <ul style="list-style-type: none"> ○ Establishing referrals to modify according to the need of clients. Such as schools, recruitment in forces, psychiatric consultation, therapists of different domains such as vocational, occupational, speech therapist. ○ Counselling of clients based on evidence based therapeutic intervention in a one-to-one session, group sessions with clients, their families, or in some cases parental counselling has been commenced. ○ To commence an informal assessment along with formal assessment for the clients who are dealing with mental health stressors. <p>● CENTRE OF INCLUSIVE CARE A PROJECT OF WORLD MEMON ORGANIZATION</p> <p><i>Intern Assessor</i></p> <ul style="list-style-type: none"> ○ To conduct a detailed interview with parents of the client regarding prenatal, post-natal, prenatal stages of the client ○ To identify the developmental milestones of clients with parents ○ To establish a parental relationship with each other and with kids. ○ Parental relationship with extended family ○ Followed by using internationally recognized assessment tools based on whom the line of treatment is planned <p>● AGA KHAN UNIVERSITY HOSPITAL</p> <p><i>Therapist in Pediatric ward</i></p> <ul style="list-style-type: none"> ○ To commence Play therapy for In-Patients ○ Keeping in mind their medical condition, suitable play therapy with respect to age is opted. ○ Main core is to adapt an icebreaker that can so the them. 	<p>Feb 2019- June 2019</p> <p>April 2019- July 2019</p>
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<ul style="list-style-type: none"> ○ Followed by main activity that brings change in emotions. ○ Wrap up activity is device in a way where they can be comfortable to relieve hospital's trauma. ○ It is supervised and reported in bedside documents along with on-the-spot record. <ul style="list-style-type: none"> ● GENERICWELLBEING <i>Psychologist</i> ○ Tele Counseling <ul style="list-style-type: none"> ● UMANG <i>Psychologist</i> ○ Tele Counseling <ul style="list-style-type: none"> ● IMAM CLINIC <i>Psychologist</i> ○ OPD, In ward sessions <ul style="list-style-type: none"> ● AGHA DIALYSIS CENTER <i>Psychologist</i> ○ In person and Group sessions, <ul style="list-style-type: none"> ● Institute of Emerging Career <i>Academic Advisor/ Counsellor</i> ○ In person and group sessions <ul style="list-style-type: none"> ● Ziauddin university <i>Visiting faculty</i> 	<p>March 2020- Till date</p> <p>August 2020- Till date</p> <p>July 2021- Till date</p> <p>October 2020- Feb 2022</p> <p>Feb 2022- currently employed</p> <p>29th June 2022- Currently working</p>
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- **National University of Modern Languages (NUML)**

Lecturer and Coordinator in the department of Psychology

**5th September,
2022 currently
employed**

GRADUATION THESIS

- Breakup Distress & Coping Strategies among University Students (BS Psychology)

2018

<ul style="list-style-type: none"> Existential Crisis among Muslim Young Adults. A mixed Design Study (MS Clinical Psychology) 	2020
CONFERENCE	
<ul style="list-style-type: none"> Presented a case study in 10th International Conference by Pakistan Association of Cognitive Therapists. Commencing on 7th of March. “Uplifting Self Esteem through Cognitive Behavioral Therapy.” Crisis Management of the Negative Repercussions of Bullying and Neglect Abstract Ref. No: DCP6-002 in 4th International Conference “Neglect, Abuse and Trauma: The Living Nightmares” Martial Counseling to manage long-distance relationships. Management of Neglect through Cognitive Behavioral Therapy Abstract Ref. No: DCP6- 003 in 4th International Conference “Neglect, Abuse and Trauma: The Living Nightmares” 	7th March 2020 10th March, 2021 10th March, 2021
SKILLS	
<ul style="list-style-type: none"> Psychological Testing Clinical therapies Counseling session Strategy building with respect to academic requirement Strategy building with respect to counseling sessions Communication Skills Presentation Computer Skills Microsoft Office Microsoft Word Microsoft Power Point Presentations. Digital data management on Google drive, chat, document, classroom. 	
EXTRA CURRICULAR	
<ul style="list-style-type: none"> Actively participated in Model United Nations. Runner up in American Parliamentary Declamation Contest. Assessor in Mental health camps 	
LANGUAGES	
<ul style="list-style-type: none"> Proficient in English and Urdu; written and spoken and midlevel proficiency in Arabic spoken. 	
INTERESTS	
<ul style="list-style-type: none"> Documentaries and case studies regarding real life events. Academic Responsibilities On field Counseling and Research Blog: - Genericwellbeing.com 	
PERSONAL INFORMATION	
<ul style="list-style-type: none"> Name: Sumaiyya Shahood Hashmi Father’s Name: Shahood Alam Hashmi Date of Birth: 22nd July 1994 Place of Birth: Saudi Arabia Nationality: Pakistani 	