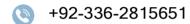
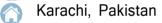


## CONTACT









## **EDUCATION**

#### MS CLINICAL PSYCHOLOGY - 2019

Institute of Professional Psychology, Bahria University Karachi Campus Majors: Clinical Psychology CGPA 3.1

### **BS SOCIAL SCINECES-2016**

Majors: Psychology SZABIST, KarachiCGPA

3.0

### HIGHERSECONDARY CERTIFICATE(HSC)- 2012

CAMS College, Bath Island Campus Majors: Commerce Percentage: 68%

### SECONDARYSCHOOL CERTIFICATE(SSC) - 2010

DA Model High School Phase IV Majors: Computer Percentage: 84%

# MURK QAZI

### CLINICAL PSYCHOLOGIST

I'm Murk Qazi, a Clinical Psychologist with 5 years of experience. I'm a specialist in navigating and managing day to day team operations with substantial experience in community well-being. My niche is individualistic psychological facilitation and mental health advocacy.

## **CERTIFICATIONS**

# Eye Movement Desensitization and Reprocessing Therapy

EMDR Asia (2022 - 2023)

## **EXPERIENCE**

### **2021 - Present**

# REGIONAL PSYCHOLOGIST, INDUS HOSPITAL ANDHEALTH NETWORK

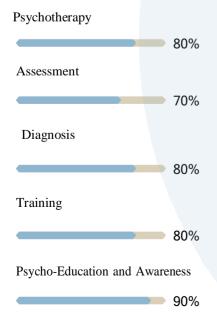
- Assigned to be involved with hiring, training the mental health MHOs and meeting with them regularly to address ongoing issues.
- Managing and supervising the case load of up to 15
   Mental Health Officers at a time.
- Provide therapy to certain patients who need advanced care beyond the capacity of Mental Health Officers.
- Supervise all Mental Health Officers through regular meetings and individual supervision keep a record of the cases discussed
- Lead trainings and refreshers periodically as per the need of the teams
- Develop content for capacity building sessions and conduct them with Mental Health Officers.
- Regular Group Supervisions with Mental Health Officers and conduct monthly peer learning sessions
- Regular monitoring visits to regional sites
- Evaluate counsellors monthly on their performance and address the challenges in their performance.

# AREAS OF EXPERTISE

- Trauma
- Mood Disorders
- Relationship Problems
- PTSD/CPTSD
- Anxiety and related disorders
- Self Esteem and Confidence Building
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- EMDR
- Art Therapy
- Substance Abuse and Behavioral Addiction Related Issues

## **SKILL**

- Decisive thinker
- Collaborative
- Driven to deliver
- Remarkable communication skills
- · Exceptional writing skills
- Discrete and ethical
- Efficient in research and writing (primary/secondary, quantitative/qualitative)



# ASSOCIATE CLINICAL PSYCHOLOGIST, THE CIRCLE

#### November 2020 – Present

- Clinical Psychologist under supervision.
- Psychotherapy for clients facing psychological issues
- Conduct psychological assessments
- Provide therapy services to corporate clients

### ASSOCIATE CLINICAL PSYCHOLOGIST, HOUSE OFPEBBLES

### November 2020 - Present

- Clinical Psychologist under supervision.
- Psychotherapy for clients having psychological conditions/issues/disorders
- Conduct e-sessions and workshops for various populations

# PSYCHOLOGIST, INTERACTIVE RESEARCH ANDDEVELOPMENT (IRD, PAKISTAN) February 2020 - April 2021

- Develop training material and train counsellors on basic mental health counselling skills
- Provides technical oversight and support to Mental Health Counsellors of remote IHN stations and other partners (Sehat Kahani, ZMT, SINA)
- Conduct periodic competency assessments and quality evaluations with counsellors
- Provide regular supervisions, individual and grouped, to counsellors TO field teams.
- Assist in developing an e-learning module for hybrid learning option for field teams
- Oversee training of field staff on established protocols and ensuring quality and adherence to them.
- Work with the team on data collection and intervention plan for a study with IHN
- Provide therapy and counseling to clients experiencing severe or clinically distressed symptoms of mental illnesses
- Engaged in COVID-19 response via tele counselling for Frontline Healthcare Professionals
- Conducting individual and group sessions, support groups and webinars for Frontline Healthcare Professionals
- Trained and Supervising Marvi Workers of HANDS on a pilot project



# INDEPENDENT PROJECTS

- MS Thesis / Research Project:
   Impact of CBT Interventions on Anxiety, Repetitive Negative
   Thinking and Cigarette smoking of University Going Males
- Teachers Training workshop for pre-primary level (2018, DA Model High School)
- Teachers training program: Enhance Skills That Impact a Primary Level Classroom (2018, AMI School)
- Organizing Member, Mental Health Camp (2018, Institute of Professional Psychology, Bahria University)
- BS Thesis / Research Project: The Complexity of Person: A Critique of Personality Trait Theory through the Lens of Psychodynamic Approaches.
- Developed more than five research papers (2012-2016, SZABIST)
- Won awards and excellences in debates and achieved two-year scholarship (2011, CAMS)
- Editor of school magazine (2010, DA Model High)

# CLINICAL PSYCHOLOGIST, PROJECT YAQEEN

### **August 2020 – June 2021**

- Clinical Psychologist under supervision.
- Psychotherapy for clients who suffer from psychological conditions/issues
- Conduct e-sessions and workshops for various populations
- Participate in development sessions and programs to learn as well as share information with other clinical psychologists.

# PSYCHIATRIC REHABILITATION PRACTITIONER, THERECOVERY HOUSE July 2019 – December 2019 (Full Time)

- Individual Case Manager for clients.
- Devising their Individual Psychiatric Rehabilitation Plans.
- Conducting group sessions on various topics to achieve goals
- Designing and executing recreational activities and visits with clients to inculcate a healthy pattern of life
- Conducting behavioral assessments.
- Working with families of clients to provide a holistic rehabilitative service.
- Weekly rehab meetings to report and assess the psychiatric and psychological standing of each case under supervision with the psychiatrist on team.
- Participate in development sessions and programs to learn as well as share information with other professionals in team including nursing team, psychiatrist, physical instructors.

## ASSOCIATE PSYCHOTHERAPIST, INSTITUTEOFPROFESSIONAL PSYCHOLOGY

July 2019 - December 2019

- Associate Psychotherapist under supervision.
- More than 250 hours of psychotherapy/counselling sessions and 25+ assessments in record
- Counseling patients who suffer from psychological conditions/issues
- Prepared reports of results to be used in diagnosis
- Developed clinical psychology research and case studies.
- Conducted trainings and workshops for various populations
- Conduct Mental Health Camps at other institutes

## **LANGUAGES**

English: Professional Fluency

Urdu: Native Sindhi: Native German: Beginner

# CLINICAL PSYCHOLOGIST, WILLING WAY

### **January 2017 – May 2018 (Full Time)**

- Diagnose patients with Psychological problems through observation, tests, surveys and interviews.
- Evaluated the patient's physical and medical condition as a result of substance abuse and created treatment / recovery planners.
- Worked with clients to help them identify their root causes of their disorders and developed skills in order to prevent relapse after recovery.
- Worked with the patient's families and relatives to help the client with his recovery.
- Organize and oversee group therapy sessions.
- Conducted awareness programs on social media platforms

### EXECUTIVE COPYWRITER, LOGICOSE

**May 2016 – January 2017 (Full Time)** 

• Develop content for websites and projects and conduct relevant research to enhance relevant audience.

### CO-TEACHER, FAJR ACADAMY August 2015 – September 2015 (Full Time)

- Teaching.
- Creating activities for students.
- Special assistance to students having difficulty in academics.

## INTERNSHIPS AND PROJECTS

## ASSESSOR, SSGC ASSESSMENT CENTRE December 2018 – January 2019 (Project)

- Assessed employees on various competencies.
- Conducted activities, interviews, and discussions with officers from grade 4 till grade 3.
- Facilitated assessment process in Karachi and Sukkur.

### BASIC NEEDS, AMAN FOUNDATION November 2018 – December 2018 (Project)

- Counseling patients who suffer from psychological conditions but have little to no awareness/insight.
- Facilitated awareness sessions in groups to the people in the vicinity as well as counselled caretakers to strengthen them emotionally and mentally.
- Conducted individual sessions with clients who had severe psychological disorders and were under medicine.



# INTERN PSYCHOLOGICAL DEPT, JINNAH POSTGRADUATE MEDICALCENTER

May 2015 – July 2015

- Assistant to psychological team in formalizing content for different projects and research.
- Clinical counseling for clients who suffer from Psychological conditions.

# INTERN, MADADGAR HELPLINE FOR WOMEN ANDCHILDREN

February 2013 – May 2013

- Community development services of more than 100 hours. Worked on several projects including arranging meetings and sessions for foreign delegation.
- Managed and participated Women's Day event and on the job training sessions.
- Designed and reformed presentations, media reports and business use cases.
- Helped with bi-annual magazine.

## INTERN, MANZIL SCHOOL September 2012 – December 2012

- · Teacher and facilitator.
- Taught English grammar.
- · Volunteered for school management.
- Plan and develop curriculums.