

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 AND HEALTH 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.

CONTACT

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Karachi, Pakistan

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, Karachi CGPA
3.0

HIGHER SECONDARY CERTIFICATE (HSC)- 2012

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

SECONDARY SCHOOL CERTIFICATE (SSC) - 2010

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

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 OF PEBBLES

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 AND DEVELOPMENT (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

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)

Psychotherapy



Assessment



Diagnosis



Training



Psycho-Education and Awareness



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, INSTITUTE OF PROFESSIONAL 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

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, 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 ACADEMY

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.

LANGUAGES

- ♦ English: Professional Fluency
- ♦ Urdu: Native
- ♦ Sindhi: Native
- ♦ German: Beginner



**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.