

Saira Ashraf

Shahra-e-Faisal, Sadar karachi
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Education

- PHD (Educational Psychology)** In progress (2022)
University of Malaya, (Malaysia)
- MS clinical psychology** (2017)
Bahria University, Islamabad
- Research Work**
Relationship between Traumatic Brain Injury and acute stress disorder
Co supervisor: Dr. Jim Nelson, Valpraiso University USA
- National Guild of Hypnotists** (2016)
Certified hypnotherapist USA (Licensed)
- BS psychology** (2012)
International Islamic University Islamabad
- FSC Pre-Medical** (2006)
Fazaia inter college kallar kahar
- Matric-science** (2004)
Fauji foundation model school kallar kahar

Teaching Experience

- Coordinator/Lecturer Psychology,** (Since 2020 - present)
(Regular Lecturer)
(NUML University karachi Campus)
- Psychology lecturer**
(Visiting) (Since 2020-Present)
(Bahria University Karachi Campus)

Psychology lecturer (2019-2020)
Chinese student (Tielifee, Muslim name Maryam) online

Biology Lecturer (2018)
Premedical, first year/second year
(.Gov degree college Chakwal)

Research publication

1. **Case study** published Depression among stay at home career oriented mothers in Central Asian Journal of Medical and Natural Science (ISSN: 2660-4159)-2021
2. Global Impact of COVID-19 on Environment and Psychological wellbeing-A **comprehensive Review** Accepted and revision submitted in Bahria university journal of environment studies Hec y category.
3. Integrated data analysis to find Relationship between Acute Stress Disorder with Traumatic Brain Injuries: Demographics and other factors in Pakistan research article Submitted in the nature journal of scientific reports

Practicing Psychologist

Psychosocial Counsellor (2014)
United Nations Higher commission for Refugees
(UNHCR Project)

Head of Psychological and Counseling Department (2016-2017)
One to one therapeutic sessions with clients
Iqra Medical Center Rawalpindi

Behavior therapist
Special needs center Purple door Rawalpindi (2017-2018)

Armed Forces Institute of Mental Health (AFIMH) (2015-2016)
Rawalpindi
Internee Psychologist

PIMS Internee psychologist (2013-2014)
Pakistan Institute of Medical Sciences Hospital (PIMS) Islamabad.

Media Appearance:

1. YouTube Vlogger Channel name Saira Ashraf (July 2020-till present)
(1.2k subscribers and 3500wch time)
2. AAJ Tv morning show with Sidra Iqbal (16 Dec2021)
(Adjustment to new environment)
3. AAJ Tv morning show with Sidra Iqbal Talk on (25 Nov 2021)
(Violence against women)
4. SUCH TV morning show (Dec 2020)
(Mental Health awarness)
5. F.M 92.4 Careless attitude of children towards studies (July 2020)

Workshops

Stress Management during Pandemic (2020)

(Numl University karachi campus)

Hypnosis workshop to psychology professionals

Iqra Medical Center Rawalpindi (2016)

Psychological testing workshop to internees (2016)

Armed Forces institute of mental health(CMH R a walpindi)

Stress Management session to Refugees in UNHCR (2014)

Referances:

Dr. Uzma Masroor

Hod Air Univeristy

Islamabad

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Dr. Salma Hamza

HOD Bahria University

karachi

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