

# Syeda Mahrukh Waqar Clinical Psychologist

# CONTACT ME

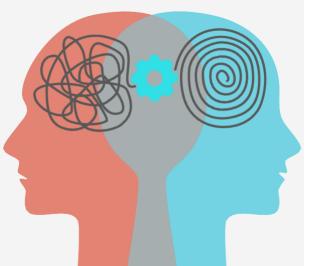
- **%** 0334 4441352
- mahrukh.waqar@numl.edu.pk
- P Bahria Town, Rawalpindi

### **DIPLOMA & CERTIFICATES**

Higher Education Teaching Certificate Level -1 | National University Of Modern Languages, Islamabad

## EXPERTISE

- SPSS
- AMOS
- Diagnosis of Psychological Disorders
- Proposing Management Plan for Child and Adult
- Research Skills



# WORK EXPERIENCE

#### Visiting Lecturer NUML Islamabad Contractual Lecturer NUML Islamabad

Contractual Lecturer NUML Islamabad Courses Taught to BS and ADCP Feb 2022 -Feb 2023 Feb 2023 -Present

Introduction to Psychology, Introduction to Anthropology, Applied Areas of Psychology, Developmental Psychology, Health Psychology, Psychological Assessment, Adult Psychopathology and Developmental Psychopathology

#### **Roles and Responsibilities**

LMS Coordinator					
<ul> <li>Member</li> <li>Managemen</li> </ul>	, 0,	Club/	Event		
Punjab Institute of Mental Health, Lahore				Aug 2019 - Dec 202	0
Rising Sun Institute for Special Children,DHA, Lahore				Jan 2019 - Apr 201	
Army Special Education Academy, Fort Road Rawalpindi				Apr 2017 - May 201	7

Department of Psychiatry, CMH Lahore Jul 2016 - Aug 2016

# **EDUCATION**

MS Clinical Psychology

Kinnaird College for Women University

Thesis Title; Perceived Stress, Academic Achievement, Resilience & Psychological Adjustment among young adults having a parent with a chronic illness.

#### **Bachelors in Behavioral Sciences**

2013 - 2017

2018 - 2020

Fatima Jinnah Women University

## AC H I E V EM E N T S

- Participated in Student's Conference on Alzheimer's disease at Rawalpindi Medical College
- Participated in One Day Training Workshop on "How to be a safe Mental Health Professional"
- Attended and Completed a Workshop on Statistical
- Analysis for Social Science Using SPSS
- Participated in World Mental Health day at Punjab Institute of Mental Health, Lahore
- Participated in One Day Training Workshop and Interactive Session on "Mindfulness"
  - Participated in One Day Training Workshop on "Behavior Therapy for Psychosis"
- Participated in One Day workshop on Stress Management