

# Summaiya Rehman

**Home Address:** Block N P-348, Peoples Colony North Nazimabad , Karachi.

**Professional Address:** Institute of Clinical Psychology, University of Karachi. 118, Block-20,  
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## **OBJECTIVE:**

Looking for the paramount opportunity to work as a Lecturer and Counselor for a reputed organization.

### **Personal Profile:**

Father's name: Syed Abdul Rehman  
Date of Birth: 01 November 1989  
Gender: Female  
Marital Status: Married  
CNIC #: 42101-2808675-0

2014-2022	PhD in Clinical Psychology from Institute of Clinical Psychology, University of Karachi.
2010-2013	BS in General Psychology (Equivalent to Masters in Psychology) from Federal Urdu University
2008-2009	Intermediate in Science from Govt. Abdullah College for Women
2007	Matriculation from Jinnah Public Academy in Science
2005	Received Hifz Certificate from Wifakul Madaris

## **PROFESSIONAL EXPERIENCE**

- Working as an Assistant Professor and Head of Dept. Psychology at NUML University since Feb 2024 till now.
- Worked as a Clinical Psychologist or school counselor at Mama Parsi Girls Secondary School since October 2019 till January 2024.
- Visiting faculty at National University of Modern Languages since 2022 till now.
- Worked as a Clinical Psychologist at International School of Studies (In charge at Inclusive setup for Special Children) from November 2018 to September 2019.
- Worked in New Horizons Care Centre (Rehabilitation Center for Adults with Substance Use Disorders) since Feb 2017 to September 2018.
- Clinical Psychologist at Hanif Hospital Karachi. (Under Supervision of Dr. Taj Uddin Ahmed & Prof. Dr. Azhar Ahmed (Consultant Psychiatrist). (Since September 2015 till now).
- Lecturer at Federal Urdu University (Karachi). (Since Jan,2016 to 2017)
- Institute of Clinical Psychology, University of Karachi. (Jan, 2014 till 2017)  
(expertise in IQ and psychological assessments, psychotherapy of children, adolescents and elderly people, family counseling, career counseling)
- Worked as an assistant supervisor for Clinical Internship at Institute of Clinical Psychology, UoK.(January-, 2016 to 2017)
- Internship in Jinnah Postgraduate Medical Centre, Karachi (August- November, 2013)
- 2 months' internship in Abbasi Shaheed Hospital, Karachi (June- July, 2015)

## **ADMINISTRATION OF DIFFERENT ASSESSMENT TOOLS**

### **Intelligence Assessment**

- Ravens Standard Progressive Matrices
- Wechsler Adult Intelligence Scale-Revised
- Wechsler Intelligence Scale for Children-III
- Wechsler Preschool and primary Scale of Intelligence
- Slosson Intelligence Test
- California Mental Maturity Scales
- Vineland Adaptive Behavior Scales

### **Personality Assessment**

- Human Figure Drawing test
- Thematic Apperception Test
- Children Apperception Test
- Rorschach Inkblot Test
- Incomplete Sentence Blank test
- California Psychological Inventory
- Personality Assessment Inventory

### **PSYCHOTHERAPIES**

- Cognitive Behavior Therapy
- Rational Emotive Behavior Therapy
- Behavior therapy
- Schema Therapy
- Supportive Therapy
- Family Therapy

### **Publication and Appearance**

- One Publication in policy research journal (PRJ) 13 Mar 2025 "Influence of family on substance use disorder."
- Presented paper in "International Conference on Redefining Mental Health and Wellbeing 2018" on the topic of "Mental health problems among parents of children with Thalassemia"
- One publication in Journal of Pakistan Psychiatric Society (JPPS) April to June 2021 volume, 18 topic "PSYCHOLOGICAL WELLBEING OF ADULT SUBSTANCE USERS AND NON USERS: A COMPARATIVE STUDY."
- One publication under process "Influence of Family on Substance Use Disorder"

### **CONFERENCES, WORKSHOPS AND SEMINARS ATTENDED:**

- Conduct workshop on "Ethics at Etiquette at workplace", 23<sup>rd</sup> July, 2023 at Mama Parsi Girls School.

- Conduct workshop on “Corporal Punishment & its effects on Children”, 16<sup>th</sup> November, 2022, at Mama Parsi Girls School.
- Conduct workshop on “Mental Wellness (work stress & mental wellbeing of staff) 1<sup>st</sup> August, 2022 at Mama Parsi Girls School.
- Conduct workshop on “Mental Wellness (Stress & coping strategies) 17<sup>th</sup>, March, 2022 at Habib Girls School.
- Conduct seminar on “ Children Behavioral Issues” 23<sup>rd</sup>, December, 2021 at Federal Urdu University of Arts Science & Technology.
- Completed 1 day lecture on “Safeguarding Children: Communities, Schools and Online, organized by Agha Khan University on 10<sup>th</sup> March 2021.
- Conduct health Seminar on “**Competitiveness**” Its effects on Physical, Psychological and Emotional health of a child, 1<sup>st</sup> June 2021 at Mama Parsi Girls School.
- Completed 1 day workshop on “Women’s Mental Health in an Unequal World organized by Bay View High School, 10<sup>th</sup> October 2021.
- Completed 1 day workshop on “Harassment and Bullying in privately managed educational institutions Sindh” organized by Government of Sindh at 13<sup>th</sup> February 2020.
- Completed 1 day workshop on “Happiness Hour” (Finding sanity and serenity in the time of COVID) organized by Agha Khan University, 28<sup>th</sup>, June, 2020.
- Create pamphlet on COVID-19 and its Mental, Emotional & Physical Impacts on children, 6<sup>th</sup> July, 2020.
- Completed a 2 days’ workshop on “RESEARCH METHODOLOGY CERTIFICATION WORKSHOP” by Dr. Moonis Ahmer (Dean Faculty of Social Sciences) held from 24<sup>th</sup> and 25<sup>th</sup> March 2015, organized by Department of International Relations University of Karachi
  - Attended a 3 days Lecture on “Sign Language” organized by Department of Special Education, Federal Urdu University, Karachi.
  - Attended a One Day Lecture on “Mood Disorders” organized by Department of Special Education, Bahria University.
  - Attended a work shop on “Neurolinguistics Programming and Hypnotherapy” by Dr. Imran, organized by Federal, University of Karachi.

- Attended a work shop on “Report Writing” organized by Institute of Clinical Psychology, University of Karachi.
- Attended a workshop on “How to Conduct Clinical Interview” organized by Institute of Professional Psychology, Bahria University, Karachi.
- Attended a workshop on “Drama and Art Therapy” organized by Institute of Professional Psychology, Bahria University, Karachi.
- Attended a One Day Lecture on “Play Therapy” organized by Institute of Professional Psychology, Bahria University, Karachi.
- Voluntary services including OPD and counseling in APWA charitable foundation.
- Organized and participated in *World Mental Health Day Free Camp*, organized by Institute of Clinical Psychology, University of Karachi held on Oct 2014.
- Organized and participated in *World Mental Health Day Free Camp*, organized by Institute of Clinical Psychology, University of Karachi held on Oct 2015, 2016.

#### **OTHER INFORMATION/ADDITIONAL SKILLS**

- MS. Office
- Presentation Skills
- Good command on Urdu and English written and spoken skills
- Good organization and time management skills

#### **REFERENCES**

Will be finished upon request.