

Ellma Rafiq

Lecturer Psychology – National University of Modern Languages
Languages: [English, Spanish & Urdu]
T: [+92-332-3520907]
E: [ellma.shaikh@icloud.com]
W: <http://www.psychbubble.com>
Portfolio: <http://www.instagram.com/ellma.shaikh>



Summary

Committed Lecturer and an Associate Clinical Psychologist willing to seize an opportunity to demonstrate my ability to contribute, make a difference and have tangible impact by working in a diverse environment. I will give my best to add value to the organization. I believe in working smart. I am optimistic, confident, energetic and good at dealing with people diplomatically.

Professional Experience

Lecturer, Psychology National University of Modern Languages | Karachi

February 2023 - Present

- Provided guidance to students on course selection, career planning, and other educational matters.
- Conducted research and wrote scholarly articles for publication in academic journals.
- Established "Wellness Centre" at NUML for students, faculty staff and community.
- Carried out 'Poster Competition' on World Mental Health Awarenesses Camp
- Gave students one on one sessions on "Personal Grooming"

Courses Taught

- ★ Introduction to Psychology
- ★ Applied Areas of Psychology
- ★ Industrial/Organizational Psychology
- ★ Forensic Psychology
- ★ Cross-Cultural Psychology
- ★ Positive Psychology
- ★ Critical Thinking/Philosophy
- ★ Biological Bases of Behavior
- ★ Health Psychology
- ★ History of Modern Psychology
- ★ Introduction to Social Work

Psych Bubble Wellness Clinic

- Work at my private setup of clinic by the name of "Psych Bubble" as an Associate Clinical Psychologist where I conduct psychotherapy sessions with individuals, couples and families to assess mental health issues and develop treatment plans to address problems such as depression, anxiety and relationship issues.
- Attended continuing international education conferences and skills workshops to stay up-to-date on best practices in clinical psychology.
- Conducted Seminars as part of project work highlighting the theme of "Mindfulness" and 'A Journey Towards Sound Mind

Charter for Compassion Pakistan - Ruhbaru

- Worked as a Counsellor for an NGO 'Ruhbaru' by CFC providing Teletherapy to patients having lesser affordability.

Umeed-E-Nau Clinic

- Offered duties as an Associate Psychologist at UmeedeNau working with clients of different age groups

Kazim Trust

- Worked as an Assistant Psychologist at Kazim Trust gained experience of kids with ADHD, Autism and Learning Difficulties

Bahria University (IPP), Karachi (2022)

MS in Clinical Psychology

Bahria University (IPP), Karachi (2020)

BS in Professional Psychology

- American Psychological Association (APA)
- Psychological First-Aid from John Hopkins University
- Autism Spectrum Disorder from UC Davis
- NLP and Hypnotherapy from Pakistan Institute of Mind Sciences (PIMS)
- Psychiatry Course from Aga Khan University Hospital
- Counseling Course from BUMDC
- Islamic Integrated Therapy
- Sexual Abuse and Trauma Survivors Certification at IPP SKILLS

- Active Listening
- Multicultural Competence
- Professionalism Adaptability and Flexibility
- Learning management interfaces
- Mental Health Treatment using CBT, NLP, Hynotherapy Techniques
- Eclectic Therapy Approach
- Marital Counseling, Anxiety, Stress, Anger and Depression
- Management of Eating and Sleep Disorders
- Behavioral assessment

- Published an article on "Balancing Act: Navigating Media
- Multitasking's Effects on Mental Fatigue and Wellbeing in University Students" in the Journal of Social Sciences GCFU.
- Attended Faculty Development Program 2023
- Held a training session on 'Motivation at Workplace' at 'Faisal House' with the management of Bank
- Headed a workshop on "Play Therapy" with students of Bachelors program at Bahria University, Karachi Campus
- Carried out a 'Stress Management' Workshop with Sindh Police
- Conducted 'Fit Mind and Fit Body' with Fitness Athletes
- Been on National Television for speaking on various topics such as 'Parental Conflict', 'Psychology of being Successful', 'Impact of Social Media on Mental Health', 'Lack of Empathy in our current Society' and 'Seeking Advice: Good or Bad?'
- Supervised the "Green Week" at NUML University

Education

Certifications

Skills

Accomplishments