

# Umama Ahmed

Shahfaisal Colony, Karachi, Pakistan

**E-Mail:** umama.ahmed@numl.edu.pk

**Mobile Phone:** 0324-3252924



---

## Objective

Being a hardworking individual with lots of potential, I am capable of completing all given tasks to high standards, working under pressure, working in a team, and sticking to deadlines. I am able to prioritize time and achieve goals with a get-up-and-go attitude and gain the utmost competence in the fields of clinical psychology, counseling, psychotherapy, and research through enthusiasm, hard work, ethics, sincerity, and brilliance. Speaking about my career progression, I would like to secure a position where my existing skills in the areas of psychology and counseling can be utilized by a progressive and pioneering organization for the betterment of mankind.

## Academic Qualification:

Education	Year	Institution
M.Phil. Organizational Psychology	2022	Institute of Business Management Karachi
B.S Psychology	2015	Bahria University Karachi Campus
Intermediate	2008	Shaheed-e-Millat Govt. Degree College College
Matriculation	2006	St.James Grammar School

## ► Work Experience:

- Worked as an **Lecturer** in NUML Karachi. **(2024-Present)**
- Worked as an **Admission Counselor** in Sir Syed University Karachi. **(2021-2022)**
- Worked as a **Visiting faculty (Psychology and Human Behavior)** in DHA Suffa university Karachi. **(2020)**
- Worked as a **Student Counselor** in DHA Suffa university Karachi. **(2019-2021)**
- **Visiting Faculty (Human Behavior/Psychology)** at Army Public Degree College affiliated with Karachi University **(2018)**
- **Lecturer** (Psychology) (federal board) at Army Public Intermediate College **(2018)**

- **Psychologist & Educational Counselor** at Army Public Degree College (2017-2018)
- **Student Counselor/ psychologist** at Agha Khan Education System Karachi (2017)
- **Student Counselor** at Army Public School Malir Cantt Karachi. (2015-2017)
- **Content writing** -Home based work with Dr. Sonia Mairaj PHD candidate. (2016-2017)
- **Assistant** General Physician at Pakistan Medical center Karachi (2010-2015)
- **INTERN** at SPECIAL CHINDEREN SCHOOL KARSAZ (2014)
- **INTERN** at KARACHI PSYCHIATRIC HOSPITAL. (2014)
- **INTERN** at PNS SHIFA KARACHI. (2014)

► **Certification**

<b>Jan 2024</b>	NUML Karachi	Faculty Development Program Level I	R&SI NUML Islamabad
<b>June 8<sup>th</sup>, 2023</b>	NED University Karachi	Stress level assessment and counseling sessions	Ms. Hina Mubeen Economics and Management Sciences department (EMD)
<b>May 21st, 2014</b>	Institute of professional Psychology- Bahria University Karachi	Community Empowerment and positive psychology	Ms Kiran Bashir Ahmed and Dr. Zainab F. Zadeh
<b>February 19<sup>th</sup> 2014</b>	Institute of Professional Psychology Bahria University	Working Creatively with challenging and Emotionally Wounded Young people	David Fransaud Psychotherapeutic Counselor and Tutor from Institute Of Arts in Therapy and Education London UK.
<b>2011</b>	Psychiatry Ward PNS Shifa Hospital, Karachi	2 <sup>nd</sup> Cognitive Behavioural Therapy Conference	Dr. Shahid Rashid, Dr. Farooq Naeem and Najm us Saqib khan.

**Research Interest:**

- M.Phil. thesis on Urdu translation and adaptation of Workplace Incivility Scale.
- Association of Depression Anxiety Stress and online gaming in youth. 2018
- Research Degree thesis on Body shape satisfaction and self-esteem in students and professionals. 2015
- Research conducted on Applied Behavioral Analysis (ABA) in the year of 2014 worked with a problematic child and reduced his complexes by applying ABA principles making him more socially acceptable.

- Research conducted on Impression management and gender differences.2013
- Research conducted on Association of Violent cartoons and Aggression in children.2012

## ► Major Courses

Psychological testing	Conflict Management	Psychological Practicum	Research Methodology & Statistical Analysis
Clinical Psychology	Mental health and Psychopathology	Educational Psychology	Interpersonal Skills
Counseling	Organizational psychology	Cognitive psychology	Experimental Psychology

## ► Knowledge and Skills

- Ability to provide counseling sessions with all sorts of clients.
- Good in teamwork
- Good Communication and Presentation Skills
- Ability to work independently under pressure with responsibility on time
- Command over Microsoft Office
- Able to conduct Behavioral Analysis
- Knowledge of SPSS tool
- Specialized in IQ Testing, Personality Testing, and projective and non-projective tests  
Some tests included Minnensota multiphasic personality inventory (MMPI), Personality Assesment Inventory (PAI), Human figure drawing test (HFD), *Wechsler* adult intelligence scale (WAIS), Wechsler intelligence scale for children (WISC), 16 Personality factor test (16PF), Draw a person test (DAP), Bender Gestalt Test (BG), Slosson Intelligence Test (SIT), Vineland Adaptive Behavior Scale (VABS), House tree person test (HTP), Wide range achievement test (WRAT-4), Standard progressive matrices (SPM), IPAT (Anxiety), Suicidal Probability Scale, Bangor Dyslexia Scale, Childhood Autism Rating Scale, Baaron's Emotional Quotient, Baron's Youth Inventory, Beck Youth Inventory, Coping Response Inventory.

## ► Projects

- Organized Mental Health Camp and access psychological assessment for outsider at Bahria University, Institute of Professional Psychology (2016)
- Marketing Project: Designed new product of the company under review of marketing strategies.
- Term project: Launching a new brand (**Mozana icecream parlor**) for **Pakola**.
- Consumer behavior project on consumer's buying pattern of **Bahria University Media Sciences department** as products.
- Conducted **researches** for different psychology projects
- Video project on the social issue related to society's deviant behavior.
- Administration of **psychological tests** (RPM, IPAT – anxiety & depression, MMPI, 16PF, CRI, WRAT4, WISC, WAIS, HFD, HTP, TAT)

- Conduct a **detail intervention** on special children in **Applied Behavioral Analysis** project
- Conduct training session for the awareness of Educational Psychologist in schools
- Human Resource Management Project: Exploring the HR strategies, company policies, recruitment, selection process of **Avani Hotel Karachi**.
- Conduct Training Sessions for the teacher's awareness on the topic of Presentation and Communication Skills under Educational Psychology Training at Everest grammar School (December 2014) (one-day training)

► **Volunteer Experience**

- Organized Workshop on positive psychology
- Conducted 04 Mental health awareness camps in Bahria University (2011-2014)
- Conducted Workshop for special children in applied Behavioral Analysis project
- 2<sup>nd</sup> CBT Conference 2011 at PNS SHIFA Karachi
- Media and Debates Club member in Student Resource Center.
- Participation in Seminar on Community Empowerment and Positive Psychology held in Institute of Professional Psychology Bahria University.