

# SANA KHALID

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Lahore, PB54000

## PROFESSIONAL SUMMARY

Dedicated Clinical Psychologist with more than 4 years of experience in the field. Successful at accurate diagnosis and working closely with high risk patients. Dedicated to serving patients in a meaningful way; listening to their concerns and helping them learn how to deal with their mental, emotional and behavioral problems. Excel at providing children and adolescents with individual psychotherapy to help them facilitate social, vocational and personal adjustment to allow them to lead more meaningful and fulfilling lives.

## WORK HISTORY

### ➤ Fountain House- Trainee Clinical Psychologist

*Lahore 10/2019 – 12/2019*

- Conducted detailed observation, formulated comprehensive diagnosis and treatment plans to facilitate and optimize the mental health of the clients.
- Offered individual and group therapy to adult clients with wide range of psychological and behavioral problems, including depression, aggression, anxiety, substance abuse, physical traumas and psychotic disorders.
- Maintained baseline charts on daily basis and developed extensive case reports.

### ➤ Special Education and Training Center- Trainee Clinical Psychologist

*Lahore 03/2019 – 05/2019*

- Formulated comprehensive diagnosis, assessment and treatment plans.
- Offered individual and group therapy sessions to clients (children) with wide range of psychological and behavioral problems; including lack of hygiene, depression, down syndrome, ADHD, anxiety, sexual abuse, intellectual and learning disability.
- Client's assessment and progress was recorded using daily performance record sheet, learning readiness skills chart, extensive case reports, preliminary and discharge reports.

### ➤ Technoventures

*Lahore 25/01/2022 – 16/09/2023*

- Research work and manuscript writing.

### ➤ National University of Modern Languages

*Lahore 18/09/2023 – Currently working*

- Contractual Lecturer at the Department of Applied Psychology



## PUBLICATIONS

- Perspectives of Students towards Online Learning, Time Management and their Self Anxiety during COVID-19
- An Investigation of the Correlation between Self- Control, Impulsivity and Interpersonal Difficulties among College Students: An Empirical Study (In process).
- Attachment Styles, Self-Concept, Assertiveness and Interpersonal Difficulties in University Students (In process).



## ACCOMPLISHMENTS

- Paper Presentation at Center for Clinical Psychology.
- Devised a booklet for children on "Prevention of Child Sexual Abuse"
- Developed a proposed workshop plan for teachers on "Child Abuse"



## SKILLS

- Consultations
- Extensive management
- Patient's Screening
- Active Listening
- Focused
- Excel at using Microsoft Word and PowerPoint
- Research
- Good Communication Skills
- Hard Working
- Professional Report Writing
- Good Teamwork



## EDUCATION

- Pakistan International School
  - Al-Khobar, 2019
  - Pre-Medical
- Punjab University
  - Institute of Applied Psychology  
Lahore, 2018
  - "Bachelor's in Applied Psychology"
- University of Management and Technology-UMT
  - Institute of Clinical Psychology  
Lahore, 2021
  - "Master's in Clinical Psychology"