

KAINAT ZIA

DOB: Mar 18th, 1991

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Objective:

My aim as a clinical psychologist is to gain ample amount of experience in the field of psychology (clinical & educational) by identifying and managing number of cases and various research projects with my full sincerity and hard work. I would like to contribute to the development and progress of the esteemed institution by working in its favor and for the betterment. I would like to devote my time and energy in my work.

Key Professional Skills

• Certified Behavior Technician	• Article Writing
• Certified Cognitive Behavior Therapist	• SPSS handling
• Extensive knowledge of DSM V usage	• AMOS basics
• Clinical interviewing skills	• Multimedia Lectures/Presentations
• Adequate knowledge of therapeutic techniques	• Microsoft office handling
• Counseling skills	• Educational/Career Guidance

Academic Background

<i>Degree Name</i>	<i>Major Subjects/Field</i>	<i>Institutions</i>	<i>Division/Remarks</i>	<i>Year of Passing</i>
Professional Training	Behavior Therapy (RBT)	Foundation University, RC	Successful Completion	2018
MS Clinical Psychology	Clinical Psychology	International Islamic University, Islamabad	CGPA(4.00/4.00)	2017
Professional Diploma	Cognitive Behavioral Therapy (CBT)	Oxford Cognitive Therapy Centre (OCTC, UK)	Successful Completion with A Grade	2014
Masters of Science	Applied Psychology	F.G Postgraduate College for women, Wah Cantt	80% (1 st Div) (Award of Excellence)	2013
Bachelors of Sciences	Psychology, Zoology, Chemistry	F.G Postgraduate College for women, Wah Cantt	65% (1 st Div)	2011
Factuality of Science	Pre-medical course	F.G Postgraduate College for women, Wah Cantt	70% (1 st Div)	2009
Matriculation	Biology, Physics, Chemistry, Math	HITEC, Taxila Cantt	80% (1 st Div)	2007

Scholarship

- Merit based scholarship by International Islamic University, Islamabad from 2015 to 2017 for getting 4/4 CGPA during MS Clinical Psychology.

Work Experience

- 1. Lecturer of Psychology (BPS-18), Department of Psychology, University of Malakand (UOM), Dir(L), KP (March 7th, 2018 to Present).***
- 2. College psychologist/Educational counselor and Teacher trainer at Fazaia Inter College, Jinnah camp, Nur Khan Base, Rawalpindi. (Feb, 2016 to Nov, 2017).***
 - Individual sessions of students (primary, higher secondary and intermediate) and teachers.
 - Detailed session record and psychological report writing.
 - Counseling and supervisory classes from grade IX to XII.
 - Career counseling.
 - Anger management
 - Development of discipline enhancement skills in students.
 - Parental sessions and awareness talk on school decorum.
 - Training of teachers regarding psychological aspects of teenagers.
 - Organizing multiple events.
 - Member of interview panel for the induction of new students and staff.
- 3. Internship as Clinical psychologist at POF Hospital, Psychiatry Department, Wah Cantt; as Intern Psychologist. (Sept, 2015 to Dec, 2015).***
 - Charted and recorded information in client files.
 - Conducted comprehensive initial in-home psychosocial assessments prior to first wraparound meetings.
 - Documented all patient information including service plans, treatment reports and progress notes.
 - Consulted with psychiatrists about client medication changes, issues with medicine compliance and efficacy of medications.
 - Guided clients in understanding illnesses and treatment plans.
 - Led patients in individual, family, group and marital therapy sessions.
- 4. Internship as Clinical psychologist at POF Hospital, Psychiatry Department, Wah Cantt as Intern Psychologist. (13th Feb, 2014 to 13th May, 2014).***
 - Diagnosed mental health, emotional and substance abuse disorders.
 - Charted and recorded information in client files.
 - Conducted comprehensive initial in-home psychosocial assessments prior to first wraparound meetings.
 - Consulted with psychiatrists about client medication changes, issues with medicine compliance and efficacy of medications.
- 5. Internship as Clinical psychologist at Institute of Psychiatry, WHO Collaborating Centre, Benazir Bhutto Hospital, Rawalpindi as Psychologist (25th July, 2013 to 27th Jan, 2014)***
 - Charted and recorded information in client files.
 - Conducted comprehensive initial in-home psychosocial assessments prior to first wraparound meetings.

- Efficiently gathered information from families and social services agencies to inform development of treatment plans.
 - Documented all patient information including service plans, treatment reports and progress notes.
 - Taught clients anger management techniques, relaxation skills, impulse control, social skills, emotional coping skills and functional living skills
6. *Two year experience of tuitions of biology, physics, chemistry for high school level.*
7. *Three year experience of home tuitions of psychology for intermediate and graduation level.*

Additional Duty

- Appointed as **Inspector** in examination centers for B.A/BSc Annual Examination 2018 from University of Malakand, Dir (L), KP.
- Appointed as a member of UFM committee, exam centre at University of Malakand for BA/BS/Bsc and MA/Msc examination 2018-2019.

Professional Affiliations

- Australian and New Zealand Mental Health Association membership certificate (Jan, 2019 & onwards).
- Pakistan Psychological Association (PPA) lifetime membership Certificate with **Good Standing Certificate.** (2015 till date).
- Pakistan Association of Cognitive Therapist (PACT) membership certificate, Lahore (2013-2017).
- Hypnosis in Emotional & Physical Sexuality course from American Hypnosis Association (AHA), USA in April, 2014.
- Hypnosis in History course from American Hypnosis Association, USA in March 2014.
- Hypnotherapy Introductory Course from Hypnosis Motivation Institute Tarzana, California USA in March, 2014.

Publication

- ✚ *“Emotional State and Psychological Well-Being of Dermatological Patients”* at OALib Journal, Vol 1, No.3 (June 2014).

Research Projects

1. Gender Differences in Conflict Management Styles among Married Couples.
2. Cognitive Behavior Therapy for Social Anxiety Disorder: A Case Report.
3. Prevalence of Anxiety and Depression among Drug Abusers and Non Abusers.
4. Relationship of Coping strategies and Anxiety among University students of Pakistan.
5. Relationship between Study Skills and Academic Achievement of University students: Moderating role of Academic Self Concept.
6. Relationship between Religious Orientation and Frustration Tolerance among Adults.
7. Investigating the Social stigma associated with HIV/AIDS in accessing to Health services.
8. Relationship of Work stress, Spirituality and Wellbeing among Working Women: Comparative analysis on Marital status.
9. Effect of Bullying on Academic Self Concept and Emotional Intelligence of Pre-adolescents

10. Role of Aggression Replacement Training on Social competence, Perceived stress and Aggression among adolescents.
11. Optimism level, Academic achievement and Subjective happiness of university students: Comparative study of Punjab and Khyber Pakhtunkhwa.

Research Paper Presentations & Proceeding Publications

1. Certificate of paper presentation titled “Optimism level, Academic achievement and Subjective happiness of University students: Comparative study of Punjab and Khyber Pakhtunkhwa” at 7th International Conference on Positive Psychology: Developing a Flourishing Community by NIP, Quaid-e-Azam University, Islamabad (29th-30th Nov, 2018).
2. Certificate of paper presentation titled “Relationship between Study Skills and Academic Achievement of University students: Moderating role of Academic Self Concept” at 1st National Conference of Psychology-Emerging social and Mental Health Issues in Society by LGU Lahore (12th-13th Dec, 2017).
3. Certificate of paper presentation titled “Relationship of Work stress, Spirituality and Wellbeing among Working Women: Comparative analysis on Marital status” at 1st National Conference of Psychology-Emerging social and Mental Health Issues in Society by LGU Lahore (12th-13th Dec, 2017).
4. Certificate of paper presentation titled “Investigating the Social stigma associated with HIV/AIDS in accessing to Health services” in two days 2nd International Conference on Causes & Consequences of HIV/AIDS rural and urban communities of Pakistan held at University of Malakand (5th – 6th April 2017).
 - Certificate of paper presentation at 2nd Multidisciplinary Student Research Conference (MDSRC) titled “Relationship between Religious Orientation and Frustration Tolerance among Adults” by University of Wah (16th – 17th Nov, 2016).
 - Certificate of paper presentation at two days 2nd International Conference on Mental Health at Malaysia titled “Prevalence of Anxiety and Depression among Drug Abusers and Non Abusers” by IIUI, IIUM, IIIT, May 2015.

Work as Master Trainer

1. Certificate of Appreciation as a **Master Trainer** by Shaoor Foundation for Education & Awareness on delivering *06 trainings at multiple universities of Malakand division, Dir(L)* titled *Peace & Tolerance* (Dec,2019 – Jan, 2020).
2. Certificate of Appreciation as a **Resource Person** by Fazaia Degree College, MRF on one day seminar titled Career Counselling for HSSC Students (22nd Jan, 2020).
3. Certificate of Appreciation as a **Resource Person** by Department of Psychology (UOM) for one day seminar on Depression & Suicide Prevention (16th Oct, 2019).
4. Certificate of Appreciation by Department of Psychology (UOM) for carrying out two days training workshop on SPSS introduction and Data Analysis as a **Resource Person** (24th - 25th June, 2019).
5. Certificate of Appreciation by Department of Psychology (UOM) for carrying out two days training workshop on Acceptance and Commitment Therapy (ACT) as a **Resource Person** (12th to 13th Dec, 2018).
6. Certificate of Appreciation by Department of Psychology (UOM) for carrying out two days workshop on SPSS Handling and Data Analysis as a **Resource Person** (24th to 25th May, 2018).

7. Certificate of Merit for rendering valuable services as **Resource person** in Basic Instructional Training (BIT) of teachers Fazaia Inter College Jinnah camp, Nur Khan Base (28th July, 2017).

Work as Organizer



1. Certificate of appreciation as an **Organizer** in two days workshop on ASD, ADHD, Learning disabilities and AAC Applications by Autism Spectrum Disorder Welfare Trust at Department of Psychology (UOM) (17th – 18th June, 2019).
2. Certificate of appreciation as an **Organizer** in 2nd National conference in Applied Business and Management Research for solving indigenous problems by UOM (25th & 26th Apr, 2019).
3. Certificate of appreciation as an **Organizer** on World Mental Health Day seminar by Department of Psychology (UOM) (24th Oct, 2018).
4. Certificate of appreciation as an **Organizer** at 1st National Research Conference on Contemporary issues and Practices in Business and Management (NRCBM-2018) by Department of Management studies, UOM (13th-14th Sep,2018).
5. Certificate of appreciation as an **Organizer** in Motivational Talk on “Importance of Goal in Life; Avoiding Conflict, Establishing Peace and Harmony” by Department of Psychology (UOM) (12th April, 2018).
6. Certificate of appreciation by Directorate of Schools and Colleges - Air Headquarters, Peshawar for valuable contribution as **Organizer in Chief of Air Staff (CAS) award ceremony 2016-17**.
7. Certificate of appreciation as an **Organizer** in Three Days Training Workshop on advanced statistical analysis using AMOS by IIUI (27th to 29th Sep, 2017).
8. Certificate of Merit for stupendous efforts as **Member Organizing Committee** in Science Exhibition cum Competition by Fazaia Inter College Jinnah camp, Nur Khan Base (22nd Sep, 2016).
9. Certificate of appreciation as an **Organizer** in Two Days 2nd International Conference on Mental Health in Malaysia by IIUI, IIUM, IIIT, May 2015.

Credentials

1. Appreciation Certificate by *Office of the District Youth Officer: Dir Lower* for valuable contribution in the success of training programme regarding Peace, Tolerance and Mental Health (January, 2020).
2. Participation certificate of one day workshop on Psychological First Aid (PFA) by Mental Health Assistancy, Islamabad on 20th Oct, 2019.
3. Certificate of appreciation for attending 04 days training workshop on Entrepreneurship by Shaoor Foundation for Education and Awareness (SFEA) (Feb, 2019).
4. Participation certificate of one day workshop on Personality Analysis by Keh Do Foundation (Sobia Khateeb Family Clinic) on 12th May, 2018.
5. Participation certificate of one day workshop on Mixed Method Research in Applied Psychology/Social Sciences by Department of Psychology (IIUI) (15th Dec, 2017)
6. Certificate of Participation in 1st National Conference of Psychology-Emerging social and Mental Health Issues in Society by LGU Lahore (12th-13th Dec, 2017).
7. Certificate of **participation** in two days international conference on “Problems and Challenges to English Language Teaching Reforms in Religious Madarassas of Pakistan” an **HEC funded thematic research project** at Department of English (UOM) on 15th-16th Nov, 2017.

8. Participation certificate of one day workshop on management of Intellectual Disability by **Pakistan Council of Clinical Psychology (PCCP)** (28th Oct, 2017).
9. Certificate of merit in 2nd series of training workshops (03 days) on advanced statistical analysis using AMOS by IIUI (27th to 29th Sep, 2017).
10. Participation certificate of one day workshop on Therapeutic techniques for Stress management by MHPT (April 2017).
11. Participation certificate of one day orientation workshop on Hypnosis by MHPT (April 2017).
12. Participation certificate of one day workshop on Diagnosis (DSM-V) and Treatment of Sexual Disorders by Boats (31st, Dec 2016)
13. Participation certificate of one day workshop on Gestalt Therapy by IIUI (1st Dec, 2016)
- 14. Certificate of Merit for dedicated counseling services to teachers and students by Fazaia Inter College Jinnah camp, Nur Khan Base (5th Oct, 2016).**
- 15. Certificate of course completion titled Continuous Professional Development for Mental Health Professionals by KPC (15th May to 7th Aug, 2016).**
16. Certificate of merit in 1st series of training workshops on quantitative data analysis using SPSS by IIUI (14th & 15th Apr, 2016).
17. Participation certificate of workshop on Child Abuse: myths, facts, misconception & prevention by Boats (6th Feb, 2016).
18. Participation certificate for one day seminar, titled “Wake up Call” at IIUI (18th Dec, 2015).
19. **1st prize** in Fresh Salad Competition in Spring Carnival (2015), female campus, IIUI.
20. Participation certificate of 2nd international / 4th national conference/ workshop on Enhancement of Cognitive Abilities among Slow Learners by AFIRM, Apr 2015.
21. Participation certificate for the workshop on ADD/ADHD by Green Meadows School (Fresh Foundation), on February 2015.
22. Participation certificate for the two days Workshop on Test Construction organized by Psychology Department, IIUI (Nov, 2014).
- 23. Participation certificate for the workshop of Mental Health, Diabetes, Hepatitis and Women Health by Sussex partnership NHS Foundation Trust, UK. (April 2014).**
- 24. Certificate of successfully completing 3 hour of Continuing Education in Hypnosis in History by American Hypnosis Association (2014).**
- 25. Certificate of successfully completing 14 hour introductory Foundations in Hypnotherapy course by Hypnosis Motivation Institute Tarzana, California USA (2014).**
- 26. All Pakistan Award of Excellence by Federal Government Educational Institutions [C/G] directorate (2013) for 1st position in M.Sc Applied Psychology in all over Punjab (2013)**
27. **3rd prize** in Science Exhibition by F.G P.G college, Wah Cantt (2012-2013).
28. Certificate of Participation in 1st International Conference on Mental Health by IIUI (2012).
29. **English language course** by Brook Field English Academy, Wah Cantt (2012).
30. **1st prize** in Science Exhibition by F.G P.G college, Wah Cantt (2011-2012)

Language Proficiency

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|  <i>English</i> | (Written, Speaking, Listening) |
|  <i>Urdu</i> | (Written, Speaking, Listening) |