
SAGHEER AFZAL

Clinical Psychologist



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ABOUT ME

I am a proactive, self-motivated, and detail-oriented individual. My professional goal is to pursue a meaningful career utilizing my skills as a Clinical Psychologist.

Core Skills: MS Office, Behavior Modification, CBT, REBT, MSE, Time Management, Clinical Assessment, Conflict Resolution & Couple Counseling.

EXPERIENCE

Afro-Asian Institute

May 2023-present

As Psychology Visiting Lecturer

Planning, executing lectures, and conducting scheduled assessments. Development and maintenance of records of research activities, and prepare periodic reports

Behavior Therapist (Springfield Autism Center, Behria Town Lahore)

04/2022-07/2022

I worked with 15 clients with Autism, ADHD, and Downs syndrome. My duties included: clinical Assessment, Revising IEPs, Report writing, and Therapeutic interventions.

Trainee School Psychologist (Govt. Muslim High School, Civil Line)

10/2021 - 01/2022

I worked with clients having academic difficulties to maximize their social, emotional, and educational success.

Clinical Psychologist (Rehabilitation Center)

05/2019 - 10/2020

I Worked with Dr. Attiq-ur- Rehman & Dr. Hanan (Psychiatrists) and contributed to discussions about client's diagnosis, assessment and intervention.

Trainee Clinical Psychologist (Combined Military Hospital, Lahore & Multan)

08/2015 - 09/2015 and 12/2017 - 02/2018

I dealt with clients with Drug Addiction, Mood Disorders, Personality Disorders. My duties included: Clinical Interview, conducting sessions, and Report Writing

Trainee Clinical Psychologist (Fatima Memorial Hospital, Lahore)

08/2016 - 11/2016

I dealt with clients with Neurodevelopmental Disorders, Sewer Depression, Personality Disorders. My duties included: History taking Session, conducting sessions, and Report Writing.

EDUCATION

MS Clinical Psychology (University of Management and Technology)

02/2020 - 06/2022

CGPA: 3.90

- Organized International E-conference as a facilitator on "Covid-19: The Changing Horizons"
- Attended workshops on "Managing Trauma for Drug Addiction: Empowering the Family" and "Preventing Self harming Behaviors in young adults" by Dr. Mafia Shahzadi and Dr. Mirrat Gul respectively.
- Conducted a workshop for 9th grade students on "Self-Grooming by Smart Strategies"

BS Applied Psychology (Bahauddin Zakariya University, Multan)

10/2015 - 07/2019

CGPA: 3.78

CERTIFICATIONS	<i>Conducted workshop on PUBG Addiction in School Children</i>	<i>Attended 1stInternational Conference on “current trends in psychology: security issues in Pakistan & its psychological implications”</i>	<i>Attended 6th international psychiatric conference on CBT</i>	<i>Attended workshop on Hypnotherapy</i> <i>Attended workshop on “HTP Projective psychological Test”</i>
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ACHIEVMENTS Received Rector and Dean Merit Awards

PUBLICATIONS **Psychological Burden of Infertility, A Men’s Perspective; An interpretative phenomenological Analysis**
Submitted to Pakistan Journal of Medical Sciences

Social Repercussions and coping strategies of Men with Infertility; A Qualitative Study
Submitted to Pakistan Journal of Medical Sciences

REFERENCES Available on request
