

Naima Mukarram
Clinical Psychologist

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City: Kasur

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Nationality: Pakistani

Education

2021-23	MS in Clinical Psychology, Center for Clinical Psychology, Punjab University, Lahore.
2020-22	B.ed (1.5) Years, Allam Iqbal Open University, Islamabad.
2022-21	Advance Diploma in Clinical Psychology, Center for Clinical Psychology, Punjab University, Lahore.
2017-19	Master in Applied Psychology, Institute of Applied Psychology, Punjab University, Lahore.
2015-17	Bachelor, Govt Syed Chiragh Shah Degree College, Kasur (Punjab University Lahore).
2013-15	Intermediate, (BISE Lahore).
2010-12	Matriculation, Govt Girl High School, Kasur (BISE Lahore).

Therapeutic Approach

- Cognitive Behavior Therapy (CBT)
- Behavior Therapy(BT)
- Dialectical Behavior Therapy (DBT)

Specialization / Research Interests

- Neurodevelopmental Disorders in Children, Obsessive Compulsive and related Disorders, depressive disorders, anxiety disorders, drug and substance abuse disorders, Mood disorders, schizophrenia and other psychotic disorders, somatic symptoms and related disorders, feeding and eating disorders, elimination disorders, sleep-wake disorder, sexual dysfunctions, disruptive impulse control, and conduct disorders, and personality disorders.

Work Experiences

2023-Present	Working as Lecturer Psychology in Afro Asian Institute, Lahore.
2022-23	Research Assistant in Center for Clinical Psychology University of the Punjab, Lahore.
2021-22	Trainee Clinical Psychologist in Centre for Clinical Psychology, Punjab University, Lahore.
2021-22	Mental Health Awareness Training at MAO College, Govt Girls Islamia College Cooper Road Lahore, and Different departments of Punjab University, Lahore.
2021-22	Stress Management Training at Police Communication Officers Academy, Lahore.
2020-21	Trainee Clinical Psychologist in Living Institute of Slow Learners
2020-21	Trainee Clinical Psychologist in Punjab Institute of Mental Health, Lahore.
2019-21	Psychology Lecturer at Seerat-e-Mustaqeem (SM) Academy, Kasur.

Courses/Certificates/Workshops

2021	Certificate of Appreciation, Mental Health Awareness, from Center for Clinical Psychology, Punjab University, Lahore.
2019	Character Certificate, Institute of Applied Psychology, Punjab University, Lahore.
2017	Certificate of Honor, Govt Syed Chiragh Shah Degree College, Kasur
2017	Character Certificate, Govt Syed Chiragh Shah Degree College, Kasur
2016	Certificate of Participation, Workshop of Population Welfare Department, Govt of the Punjab.
2016	Certificate of 2 nd Position in Essay Writing Competition, Workshop of Population Welfare Department, Govt of the Punjab.
2013	TEVTA Short Course of Domestic Tailoring, Punjab Board of technical Education, Lahore.
2012	Character Certificate, Govt Girls High School, Kasur.
2010	Certificate of Participation in Speech Competition on Peace Bring Prosperity Organized by Peace & Communal Harmony program HAC Alliance Kasur/Human Friends Org.
2007	Certificate of participation in 20 Days Training Workshop in child Library, Computer, Electronics, and art and Craft in Hobby Club, Kasur.

Graduate Research Project

2019 Self-Compassion, Gratitude and Quality of life in Nurses of Intensive Care Units (ICU), Institute of Applied Psychology, Punjab University, Lahore.

Computer/Apps Knowledge

- Microsoft Office 2010,3013 (Profession Edition)
- IBM SPSS Statistic 21
- Knowledge of different Mobile and Computer Apps.

Languages

- Urdu
- English
- Punjabi

References

- Available on Request