



An active social-pragmatic individual, with a bachelor's degree in Psychology and training in the psych Rehab domain.

## SHAHZEENA HAIDER

### Experience and professional development

- Worked as a Psychiatric Rehabilitation Practitioner at The Recovery House from Nov 2021 – May 2022
- Currently working with an NGO HOPE for depression and anxiety awareness as a content developer and host.
- Part of the project developer and management committee of the Mental Health Board for Southern region- The Aga Khan Community service Pakistan.
- Served in the community as tutor's mentor at the Prince Aly Boys Academy.
- Conducted a therapeutic session for senior citizens at an old age home in 2018.
- Have experience in research in the domains of anthropology, social psychology, and behavioral psychology.
- Prepared an IEP for a child with special needs.
- Gained experience in applying the principles Applied Behavior Analysis for behavior modification and formulated a research paper.
- Teacher and student mentor at The Ismaili Religious Education Center from 2017-contemporary.

### Education

- **University of Karachi**

M.Phil in psychology (August 2022 – contemporary)

- **Bahria University; Institute of Professional Psychology**

CGPA; 3.6 (2017-2021)

- **Habib Girls Higher Secondary School**

A\* Grade obtained with 85%. (2015-2017)

### Certifications

- Successful completion of the training of psychiatric rehab practitioner by Dr. Russel Smith at The Recovery House
- Successful completion of the thesis presented to Bahria University in 2021.
- Certification of successful internship hours and projects of psychology at Umeed-e-Nau clinic in Bahria University 2020.
- Awardee of Academic achievement scholarship certificate in 4th semester.
- Awardee of the Prime minister's laptop scheme 2017-18.
- Second position in the AKUEB Examination board across Pakistan.
- Distinctions in sociology and Education in HSSC part 1 and 2.
- Second position in the Teacher's Training program 2018-19.
- International winner of essay writing competition by HRCA 2015.

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#### Personal Statement:

I am a highly organized and dedicated human resource to provide my facilitation and services in the realms of psychology as an engaging practitioner.

### Skill Highlights

- Ability of applying therapeutic techniques in counselling.
- Formulating research papers in the domains cognitive, behavioral, social, and psychodynamic psychology.
- Strong communication
- Strong behavioral observation
- Project management
- Strong decision maker
- Complex problem solver
- Creative design
- Innovative
- Service-focused

### Languages

English

Urdu