

MEHWISH ZAFAR

House No 331 Block F2 Wapda Town Lahore, Pakistan (03065664616)

[Email · mehwishvirgo@gmail.com](mailto:mehwishvirgo@gmail.com)

Mehwish zafar
Clinical psychologist, Counselor and Mental Health professional
(MS, NLP, REBT and Drug Addict Professional)
Lahore, Pakistan

RE: Clinical Psychologist

Dear sir/Madam,

I am an experienced Counselor, Lecturer, CBT Therapist seeking an opportunity at your company. I have a strong track record and am looking forward to bringing my skills and abilities to the team.

My unique combination of education skills and work experience has allowed me to develop my strengths in Medicaid coordination, suicide prevention and mental health support. Because of my varied background, I am a resourceful and creative problem solver. I can always find multiple solutions to even the most complex problems.

On my enclosed resume you can see that there is a gap in my work history due to company layoffs at my previous employer where I were a skilled Clinical Psychologist, Counselor. While the period was unplanned and unexpected, I put the time to good use and am ready to get back to the workforce. Documentation and references from my former employers will show the depth of my dedication, reliability and show that I am an excellent fit for this position.

I have attached resume with additional details of my work experience and qualifications. If you have any question, please feel free to contact me.

Sincerely,
Mehwish zafar



Mehwish Zafar

**Consultant Clinical psychologist
CBT & Drug Addiction Therapist**

House #: 131 Block: F-II Wapda Town Lahore

Email: mehwishvirgo@gmail.com

Mobile #: 03065664616, 03008495130

Looking for a challenging and dynamic role in an organization that provide both the opportunity to grow and explore new avenues and where, working with due independence, I can utilize my Knowledge base and skills to perform the assigned task in the best possible manner with the aim to contribute towards organizational success and flourish professionally as well as in person

Professional Qualification

Years	Particulars	University/Institute
2014 -16	MS (Clinical Psychology)	University of central Punjab
2007-09	MSc (Clinical Psychology)	University of the Punjab

Academic Qualification

Years	Particular	Board / institute
2004-06	Graduation (Psychology)	University of the Punjab
2002-04	Intermediate (Psychology)	BISE Lahore
2002	Matric	BISE Lahore

Working Experience

Total 10 years' experience at different Collages, Clinics and Rehabs

- **Currently, I work at Clinic as a Counselor & Therapist to deal with Anxiety, depression, & conflicts related issues at patients.**

- **Work at Okara university as a Visiting Lecturer to the psychology department from fall September.**
- **work at Liaqat Hospital Drug Rehabilitation Department as a Clinical Psychologist for 2 year's back where I conduct group session, individual sessions, lecture to drug addicts on 12step.**
- **Also worked at EHSAS drug rehabilitation center as a senior clinical psychologist for 3 years where I conducted group therapy, Testing, Individual sessions and also worked on 12-steps points.**
- **Work in Zubaida Training Education Center for Special Children as a clinical psychologist**
- **Also work at Autism Resource Center to deal Autistic and ADHD children to deal then according to the Behavior Modification Strategies as a (ABA) therapist**
- **Work as a trainee psychologist at Jinnah hospital to deal Psychotic and Neurotic Patients and give them counselling and therapy according to their symptoms and diagnosis.**
- **Work in Mayo Hospitals as a trainee Clinical psychologist, where I done my best assessment, analysis and diagnosis of disorders.**
- **Work in Doctor Hospitals as a psychologist, where I done my best assessment, analysis and diagnosis of disorders.**
- **Work as a clinical psychologist in Sadia Campus an institute for special children for 6 months.**
- **One-year experience at Jinnah Educators College as a lecturer to Teach MSc Psychology students where I conducted lecture on abnormal psychology, clinical psychology, testing psychology and research methodology.**

Placements:

- 1st placement as a trainee clinical psychologist in Pakistan institute for mental health (PIMH) under supervision of Dr. Abia.
- 2nd placement as a trainee clinical psychologist in Dr. Khalida Tareen special education.
- 3rd placement as a trainee psychologist in mayo hospital under Dr. Rubina and Dr. Nazish supervision.
- 4th is in Govt special education center Lahore as a trainee clinical psychologist.

WORKSHOPS, CONFERENCES & SEMINARS:

- Certificate for participation in 2nd NATIONAL CONFERENCE ON CHILD AND

ADOLESCENT MENTAL HEALTH, the topic title is CHILD FIRST AND ALWAYS: NO EXCUSE FOR CHILD ABUSE organized by: Department of child and family psychiatry, KEMU

- Lahore September 24th 2014.
- Attend one-day workshop on MASTERING THE POWER OF HYPNOSIS FOR SELFENHANCEMENT presented under the auspices of transformation international on 16 November, 2016.
- Certificate for participation in Inter University Performing Art Competition held in UCP AUDITORIUM on 28th December, 2013.
- Took certificate for active participation in Eight Muslim Psychological Conference held from 28th to 29th October.
- Got 1st division Merit Certificate for MSc clinical psychology part 1st result from Department of psychology, Govt, M.A.O. College, Lahore.
- Certificate for Annual Dinner Management from Department of psychology, Govt, M.A.O. College, Lahore.
- Certificate of Appreciation as a RUNNER in JZT FUN RUN on “2ND ANNUAL CHARITY-BASED, AWARENESS ORIENTED MARATHON FOR THE ERADICATION OF THALASSEMIA FROM PAKISTAN” on 23rd November 2013, at UCP Sports Complex, Izmir Town, Lahore
- Attend one-week workshop of SPOKEN ENGLISH & IELTS with major components 1) speaking 2) pronunciation 3) Vocabulary.

SOCIAL WORK AT DIFFERENT SOCIETIES

Work as volunteer member at Rotary international club (Sharqi), attend club meetings, conference and plan out different projects with senior body of the club.

Projects

Awareness Campaign on Breast Cancer at Interwood company collaboration with Dr Essa Lab to delivered lecture to company Female staff

2nd Awareness Campaign at Services Shoes (HQ) Murdike, Pakistan collaboration with Dr Essa Lab to 400 female's workers on Breast Cancer.

3rd awareness Campaign on Diabetic at PSO (HQ) Lahore, Pakistan collaboration with Dr Essa Lab to their Corporate Team.

Also, work as a Vice Chairman at Save Nation Welfare Trust Pakistan to conduct food drives, cloth drives, orphanage visits and old age home visit with my team.

JOURNALS, ARTICLES & THESIS WORK:

- Also work on thesis “BODY IMAGE DISTURBANCE AND RELATIONSHIP SATISFACTION BETWEEN OBESE AND NON-OBESE MARRIED WOMEN” under supervision of Dr. Shazia Hasan.
- Work on adaptation study RELATIONSHIP ASSESSMENT SCALE (RAS) from married obese women under Dr. Shazia supervision.
- Work on adaptation study on BODY SHAPE QUESTIONNAIRES (BSQ) from married women under Dr. Shazia supervision.
- Also translation article work on EXPERIENCED CLOSE RELATIONSHIP SCALE- REVISED (ECR-R) under Dr. Shazia Hassan supervision.

Publications

Hasan, S., M. Zafar, and R. Yasmeen. “BODY IMAGE DISTURBANCE AND RELATIONSHIP SATISFACTION BETWEEN OBESE AND NON-OBESE MARRIED WOMEN”. *KHYBER MEDICAL UNIVERSITY JOURNAL*, Vol. 11, no. 1, Mar. 2019, pp. 21-25, doi:10.35845/kmuj.2019.18031. More Citation Formats

<https://www.kmuj.kmu.edu.pk/article/view/18031>

Capabilities

- ✚ Strong Motivation
- ✚ Team Work Player
- ✚ Good Communication
- ✚ Research work
- ✚ Counseling and clinical work
- ✚ Research work
- ✚ Thesis work

- ‡ Practical work
- ‡ Assignment work
- ‡ Give proper lecturer

Knowledge & Skills

- Research (Clinical)
- Work on Case Report
- Human resource management
- Industrial psychology
- Organizational psychology
- Social psychology
- MS Office
- SPSS

Personal Profile

Date of Birth	25/9/1987
Nationality	Pakistani
NIC	35302-7848404-8
Marital Status	Single

References:

References Can Be Furnished Upon Request.