

Ms. Zainub Wajid

Psychologist, Candidate Register

Email: Zainub.wajid@cruxpsychology.ca | Location: Halifax, Nova Scotia

CAREER PROFILE

I am Zainub Wajid, a registered Psychologist (Candidate Register) with a Master's in Clinical Psychology and over 3 years of hands-on experience, offering compassionate support in navigating life's challenges. I specialize in anxiety, depression, mood difficulties, personality disorders, psychosis, addictions, bipolar disorder and behavior issues, tailoring each approach to meet my clients' needs. I use techniques such as CBT, ACT, BA, IPT and psychodynamic therapy to empower clients and gently explore their emotions. My focus includes adults dealing with mood and behaviour issues, personality disorder, anxiety disorders, PTSD, depression, addiction, OCD, panic attacks, ADHD, and psychosis. My commitment to holistic care fosters growth and resilience, offering a beacon of hope in uncertain times.

PROFESSIONAL EXPERIENCE

Crux Psychology, Halifax, Canada

Psychologist (Candidate Register), Individual Contractor (October 2024 – Present)

- Providing individual therapy and assessment to clients with various mental health conditions, including anxiety, depression, PTSD, and eating disorders.
- Developing personalized treatment plans using evidence-based practices, such as CBT, ACT, IPT, BA and psychodynamic therapy.
- Working collaboratively with a multidisciplinary team to ensure comprehensive care.

Practicum Placement - Crux Psychology, Halifax, Canada

Psychology Practicum Student (May 2024 – August 2024)

- Conducted psychological assessments under supervision, gaining experience in various therapeutic interventions.
- Developed and implemented individualized treatment plans for clients with anxiety, depression, eating disorder, personality disorders, schizophrenia, psychosis, substance use disorder and mood disorders.
- Provided therapy and support to clients dealing with trauma and PTSD in a supervised setting.

Metro Community Housing Association (MCHA), Halifax, Canada

Casual Mental Health Support Worker (Complex Care) (April 2024 – October 2024)

- Applied de-escalation strategies and implemented behavior plans for clients.
- Facilitated community access and meaningful activities, encouraging self-help skills.

- Provided personal care and managed medication for clients.

The Healing Bridge, Lahore, Pakistan

Clinical Psychologist (January 2023 – June 2023)

- Conducted psychological assessments and formulated accurate diagnoses for diverse client populations.
- Developed and implemented individualized treatment plans, incorporating evidence-based therapeutic modalities.
- Provided crisis intervention, counseling, and psychoeducation to clients with various mental health concerns.

Cornerstone School, Lahore, Pakistan

Special Education Needs Therapist (October 2022 – April 2023)

- Worked as a special education needs therapist with teenagers up to age 15 years.
- Conducted one-on-one and group therapy sessions with children, applying various therapeutic techniques.
- Provided parental counseling and conducted assessments using ABLLS and other school criteria.

Willing Ways Ltd., Lahore, Pakistan

Clinical Psychologist (August 2021 – September 2022)

- Provided therapy to patients with drug addiction, schizophrenia, and bipolar disorders.
- Conducted individual, family, and group therapy sessions.
- Delivered lectures and participated in online live streams on various psychological topics.

EDUCATION

MS Clinical Psychology

Forman Christian College University, Lahore, Pakistan (September 2019 – August 2021)

BS Applied Psychology

Kinnaird College for Women University, Lahore, Pakistan (January 2014 – June 2018)

CERTIFICATIONS AND TRAINING

- Standard First Aid and CPR training (Level C) - Canada (2024)
- Food Handlers certification - Canada (2024)
- UMAB training - Canada (2024)

- ASSIST training - Canada (2024)
 - WHMIS certification - Canada (2024)
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SKILLS AND ABILITIES

- Psychological Assessment (MMPI, MCMI, SPM, WAIS, WISC, TAT, HTP, BVRT, RISB etc.)
 - Trauma-Informed Care
 - Crisis Intervention
 - Multilingual (English, Urdu, Hindi)
 - Microsoft Office Suite (Word, PowerPoint, Excel)
 - SPSS (Statistical Package for the Social Sciences)
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VOLUNTEER EXPERIENCE

- Career Counselor, Physiosol Camp by Positive, Lahore, Pakistan (July 2018 – August 2018)
- Co-op Placement, Fatima Memorial Hospital, Lahore, Pakistan (June 2017 – August 2017)
- Co-op Placement, Shaukat Khanum Hospital, Lahore, Pakistan (July 2016 – August 2016)