

Zainub Wajid

CAREER PROFILE

I am Zainub Wajid, with a Master's in Clinical Psychology and over 2.5 years of hands-on experience, offering compassionate support in navigating life's challenges. I specialize in anxiety, depression, mood difficulties, Personality disorders, and behavior issues, tailoring each approach to her clients' needs. I use techniques like CBT and psychodynamic therapy to empower clients and explore their emotions gently. My focus includes adults dealing with 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

The Healing Bridge Lahore, Pakistan - Private Clinic (Jan'23 - June'23)

Clinical Psychologist

- 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 - (Oct'22 - April'23)

Special Education Needs Therapist

- Worked as a special education needs therapist with teenagers up to age 15 years.
- One-on-one and group sessions with children.
- Conducted assessments using various scales and school criteria.
- Parental counselling, ABLLS application, planning yearly therapeutic goals and activities for children.

Willing Ways Ltd. - Addiction Treatment Centre Lahore, Pakistan - (Aug'21 - Sep'22)

Clinical psychologist

- incorporated therapy to patients with drug addiction, schizophrenia, and bipolar disorders.
- Conducted one-on-one sessions with patients, family sessions and group sessions (psychotherapy group)
- Provided lectures on different life-enhancing skills.
- Conducted online live streams on multiple psychological topics.

ADDITIONAL WORK EXPERIENCE

Metro Community Housing Association MCHA - (Apr'24 – present)

Casual Mental Health Support Worker (Complex Care)

- Applying de-escalation strategies in case of need
- Actively participates in Team support and safety.
- Implementing programming and behavior plans for clients.
- Facilitating community access and meaningful community activities
- Collaborating with support professionals
- Encouraging family/other support network involvement
- Verbal and physical crisis intervention, including physical containments.
- Medication management
- Providing personal care as needed

Punjab Institute of Mental Health Lahore, Pakistan - (Apr'21 - Jul'21)

Co-op Placement

- Community service for drug addicts and psychotic patients at PIMH Lahore.
- Participated in seminar presentations on community psychology.
- Conducted multiple group sessions with drug addicts and psychiatry patients.
- Conducted psychological assessment and therapeutic interventions for clients with different mental health problems.

Jinnah Hospital Psychiatry Lahore, Pakistan - (Nov'20 - Feb'21)

Co-op Placement

- Attended psychological assessment and therapy training with patients of various mental health issues.
- Worked with psychiatrists to monitor clinical progress of in-patients.
- Tasked with supervised outpatient assessment and counselling.

Govt. Shadab School For Special Education Lahore, Pakistan - (Feb'21 - July'21)

Co-op Placement

- Attended psychological assessment training at Shadab School.
- Conducted assessment using assessment tools for children.
- Actively participated in counseling students with special needs
- Applied different therapeutic techniques on clients with various psychological disorders.

EDUCATION

MS Clinical Psychology

Forman Christian College University Lahore - (Sep'19 – Aug'21)

- Assessment and interviewing skills training. Administration of child and adult
- Psychological assessment tools (SPM, WAIS, WISC, TAT, HTP, BVRT, RISB)
- Learned multiple therapeutic interventions including psychoanalysis, CBT, REBT, behavioral therapy, family therapy,
- Community psychology, and
- Pharmacotherapy.
- Research project: Relationship between perfectionism, burnout and obsessive-compulsive tendencies among female models.

BS Applied Psychology

Kinnaird College For Women University Lahore - (Jan'14 - June'18)

- Health Psychology Project
- Gender Psychology Project with LGBT Psychological Assessment Test Development Interview with Suicidal Patients exploring their life history.
- Final Year Project; Impact of physical height and gender on personality traits and rejection sensitivity among young adults.

CERTIFICATES/RELEVANT COURSES 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)
- WHIMS certification- Canada (2024)

Skills and Abilities

Technical

- Microsoft Word
- Microsoft PowerPoint
- Microsoft Excel
- SPSS (Statistical Package for the Social Sciences)

Inter-Personal

- Strong teamwork and presentation skills
- Crisis Intervention
- Social and Cultural Adaptability
- Psychological Assessment
- Trauma-Informed Care
- Hands-on counseling and therapeutic experience
- Strong Communication and Interpersonal Skills
- Multi lingual (English, Urdu, Hindi)

VOLUNTEER EXPERIENCE

Physiosol Camp by Positive Lahore, Pakistan - (July'18 - Aug'18)

Career Counselor

- Career, educational and daily life management counseling.

Fatima Memorial Hospital - Psychiatry Department Lahore, Pakistan (Jun'17 - Aug'17)

Co-op Placement

- Attended psychological assessment training at FMH.
- Participated in workshops related to defense mechanisms, stress management and anger management.
- Actively conducted counseling of out patients.
- Applied therapeutic techniques on patients with different mental health problems.

Active Citizen Project - Govt. Shadab School Lahore, Pakistan (2016)

- Organized sports activities, singing, acting competitions, mango day, and movie day events for mentally disabled children.

Shaukat Khanum Hospital Lahore, Pakistan - (Jul'16 - Aug'16)

Co-op Placement

- Organized fun activities and conducted therapeutic sessions with adolescent cancer patients.
- Organized a 'HAP' (Health Awareness Program) and assisted senior psychiatrist in therapeutic sessions.
- Psychological assessment and Intervention training with special needs children.
- Conducted seminar presentations on ADHD, autism, intellectual disability and down syndrome.
- Provided Psychoeducation for cancer patients' family members and caretakers.