

# **ANAM WAHEED**

E-mail: [anamwaheed52@gmail.com](mailto:anamwaheed52@gmail.com)

## **Objective:**

Dedicated and compassionate psychologist with 6 years of experience in clinical assessment, counseling, and therapeutic interventions. Adept at fostering a supportive and empathetic therapeutic environment to help individuals overcome challenges and enhance their mental well-being. Seeking a rewarding position where I can apply my expertise in cognitive-behavioral therapy, trauma-informed care to make a positive impact on the lives of clients while continually expanding my clinical skills and knowledge.

## **Personal Information:**

Father's Name : Abdul Waheed  
Date of Birth : 29-10-1989  
Marital Status : Married  
Nationality : Pakistani  
Religion : Islam  
CNIC NO : 35201-1930694-4  
Phone No : 0323-8853614,0423-7812253

## **Academic Qualification:**

- **MS Health Psychology** **2021**  
Lahore college for women university
- **M.Sc. Applied Psychology** **2011**  
Garrison College (Punjab University)
- **B.Ed.** **2013**  
Allama Iqbal Open University
- **B. A** **2009**  
Garrison College (Punjab University)
- **F. A** **2007**  
BISE Lahore
- **Matric (Science)** **2005**  
BISE Lahore

## **MS Thesis:**

**Title:** “*Dietary Habits, Emotional Stability and Quality of Life of Undergraduates*”

The aim of the study was to explore the influence of variables of Dietary Habits (DH) and Emotional Stability (ES) on the Quality of Life (QoL) of undergraduate students.

## **Research Interest:**

- Health Psychology
- Clinical Psychology
- Psychological Testing
- Preventive medicine

## **Practical/Field Experience:(App. 8 years)**

**Hospital/Institution:** Combined Military Hospital Cantt

**Service Nature:** Internship

**Duration:** 3 Months

**Area of Internship:** Counseling and Clinical Psychology

**Responsibilities:**

- Test administration
- Psychometric evaluations
- Counselling and psychotherapy of patients with different psychological disturbances
- Sessions on weekly basis
- Motivational lectures to indoor patients

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**Hospital/Institution:** Lahore college for Women university

**Supervisor:** Prof. Dr. Talat Sohail

**Service Nature:** Internship

**Duration:** 6 Months

**Area of Internship:** High Blood Pressure

**Responsibilities:** Two detailed case studies were done that includes

- Presenting complaints of client
  - History of present illness
  - Behavioral and psychological Assessment
  - Management plans
  - Awareness about symptoms, prevention and lifestyle modification
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**Institute: Compass Special Education**

**Service Nature: Job**

**Duration: 6 years**

**Area of Job: Educational institute**

**Responsibilities:**

- Sessions with special children
- Dealing with behavioral problems
- Worked on Cognition of special children
- To help special Childs to make them independent through trainings
- Worked on conceptual clarity of basic things
- Conducting Psychological Assessments
- Individual Counseling and Psychotherapy
- Group Therapy
- Documentation and Record-Keeping

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**Institute: Dar-e-Arqam School**

**Service Nature: Job**

**Duration: 1 year**

**Area of Job: Educational institute**

**Responsibilities:**

- Worked as class teacher
- Class management
- Counseling of students
- Participations in students' teachers' meetings

**Scientific skills and competencies:**

**Tools:** IMB SPSS, Zotero.

**Computer Skills:** MS Visio, MS office, Windows.

**Language Skills:** English (Expert), Urdu (Native Language), Arabic (Reading)

**Writing Skills:** A skilled writer

**References:**

Can be furnished on request.