

Asma Irfan

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EDUCATION

Foundation University, Rawalpindi Campus

Sep 2024 – May 2026

Masters in Clinical Psychology

- **Key Courses:** Psychodiagnosis, Psychopathology, Psychotherapy, Research & Advanced Data Analysis
- **Final Year Thesis:** Moral Injury and Depressive Symptoms Among Frontline Healthcare Workers: Role of Clinical Empathy & Perceived Stress

Bahria University, Islamabad

Sept 2021 – July 2024

Bachelor's in Applied Psychology (CGPA: 3.50/4.00)

- **Key Courses:** Clinical Psychology, Research Methodology I & II, Cognitive Psychology, DSM I & II, SPSS
- **Final Year Thesis:** Basic Psychological Need Satisfaction & Frustration, Dark Personality Tetrad, Gender Role Beliefs and Violent Extremism Among University Students
 - Conducted a comprehensive literature review on extremist behaviours and gender-role beliefs to establish the theoretical foundations for the study.
 - Collected data from a sample of university students, ensuring reliable data collection.
 - Used advanced statistical analysis to determine the relationship between variables.

WORK EXPERIENCE

Primax Medical Complex

January 2026 – Present

Clinical Psychologist

- Conducted psychological assessments and evidence-based therapeutic interventions.
- Developed individualized treatment plans, maintained clinical documentation, and provided psychoeducation.

National Skills University

February 2025 – Present

Lecturer in Psychology (Visiting Faculty)

- Delivered undergraduate psychology lectures and facilitated classroom discussions.
- Developed lesson plans, presentations, and course materials.
- Assessed student performance through assignments, quizzes, and examinations.
- Maintained course records and ensured timely grading and feedback.
- Promoted an engaging and interactive learning environment.

Foundation Hospital (Psychiatry Dept)

Oct 2025 – Dec 2025

Trainee Clinical Psychologist

- Conducted psychological assessments and case formulations under supervision.
- Assisted in delivering evidence-based therapeutic interventions and psychoeducation.
- Maintained clinical documentation and participated in multidisciplinary case discussions.

Little Learners

Aug 2025 – Sep 2023

ABA Therapist

- Implemented individualized ABA intervention plans for children with Autism Spectrum Disorder (ASD).
- Monitored client progress through behavioral data collection and collaborated with caregivers.
- Assisted speech therapists in delivering communication-focused interventions for children with ASD.

SocialSharings

March 2023 – July 2023

SEO Writer

- Researched and developed evidence-based, SEO-optimized content across diverse topics with strong attention to accuracy and clarity.
- Collaborated with editorial teams to produce high-quality content, maintaining professional standards.

SKILLS

Core: Behavioral Assessment, Research & Data Analysis, Critical Thinking, Ethical Awareness, Leadership Skills, ABA Techniques

Technical: SPSS, Telehealth Platforms Awareness, Clinical Interview, Mental Status Examination, First Aid Mental Health Provider, Suicide Gatekeeper, Public Speaking & Presentation, Microsoft Office Suite

Soft: Interpersonal Skills, Attention to Detail, Time Management, Empathy, Conflict Resolution

CERTIFICATIONS

- Foundation of International Psychiatry (Coursera, University of Melbourne)
- Psychological First Aid (Coursera, Johns Hopkins University)
- QPR Suicide Prevention Gatekeeper Program (QPR Institute)
- Life Savers Course (Pakistan Life Savers Programme, 1122)

PUBLISHED BLOGPOSTS IN PSYCHOLOGY

- [5 Reasons Why The Hustle Culture is Toxic](#) · nosidebar.com
- [Supporting A Loved One With Anxiety: How To Be an Effective Ally & Caregiver](#) · psychreg.org
- [10 Secrets of An Introvert Living in an Extroverted World](#) · introvertdear.com
- [How Anxiety Taught Me The Most Important Lesson of My Life](#) · psychreg.org
- [A Guide For Parents: Things You Should Tell Your Introverted Child](#) · introvertdear.com

ADDITIONAL EXPERIENCE

Webinar Facilitator, Content Writing (Skills4U)

- Designed and conducted a webinar on content writing for aspiring writers.

Founder & Writer, Writer's Sanctuary (Blog)

- Established and managed a literature blog, producing original creative essays and cultivating an engaged online readership.

LEADERSHIP & COMMUNITY ENGAGEMENT

Team Lead, Meras e Khizr (MEK)

Jan 2024 – Present

- Lead a team in planning and executing community welfare campaigns, including financial assistance drives and year-round ration distribution.
- Coordinate with donors, beneficiaries, and team members to ensure transparent delivery of aid.
- Manage campaign planning, team meetings, and operational logistics to support individuals and families in need.

Digital Volunteer, AlKhidmat Foundation Pakistan

Sept 2022 – Nov 2022

- Developed digital awareness content for flood relief and humanitarian campaigns.
- Contributed to social media campaigns and hashtag movements to increase public outreach.
- Collaborated with volunteer teams to support effective digital communication during disaster response.

VOLUNTEER WORK

Intake Officer & Content Creator, Mental Health Aymen Foundation

April 2025 – Present

- Create awareness posts regarding mental health problems for social media platforms.
- Evaluate incoming referrals, assess the urgency of a client's needs, and connect them with the most appropriate level of care.