

# Komal Saleem

Clinical Psychologist



## PROFESSIONAL SUMMARY

- Currently working in Sindh Integrated Emergency & Health Services as Counseling officer.
- Visiting Faculty Lecturer in Federal Urdu University for Arts, Science & Technology.
- Worked as Clinical Psychologist in Willing Ways Karachi. "Willing Ways Rehabilitation Centre"
- Affiliated with Aga Khan Health Service for Community Service.
- Affiliated with "Karachi Counseling Clinic" as Trainer.
- Worked as Special Education Instructor at "Dynamics of Mind"
- Worked as content writer at "Aspire Education Consultant"
- Worked as freelance at TechAlian Incorporation.
- Thesis Write up with adaptation of Santa Clara Religion Faith Questionnaire.
- Internship of Psychology at "PNS Shifa Hospital Karachi" Feb 2021-Apr21
- Internship of Psychology at "Dynamics of Mind" Feb2021-Apr21
- Internship of Psychology at "JPMC Karachi" Nov2021-Jan21
- Internship of Psychology at "JPMC Karachi" Dec2019-Jan20
- Worked as Instructor at : Mudassir Coaching Centre"2018-19
- Worked as Class Teacher for 1 Year at "The Smart School" 2016-17



## PROFESSIONAL EXPERIENCE

### Counseling officer

Sindh Integration and Health Service Present

- Evaluating the caller's clinical history and mental health status.
- Provide education and counseling on psychiatric conditions, mental health problems, stress due to chronic diseases, and social distresses according to the recommended counseling guidelines.
- Advise caller by providing specific tips for future relapses of the mental health complications.
- Create awareness about key mental health problems and health education on preventive measures.
- Refer the callers to the proper mental health hospital and medical facilities depending on the diseases and problems by using health directory.
- Keeping up to date medical developments and researches in the mental health and disease management plans.
- Conduct online and onsite mental health screening by using standard protocols and tools.
- Assist in the organization and facilitation of the stress management workshops and other mental health sessions internally and for external customers.



## CONTACT

### Phone

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### Email

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### Address

House No 1127, St No 17 Near Fatima Jinnah Dental College DHA phase 1 Karachi.



## EDUCATION

**Bahria University,  
Karachi| Mar 2022-Jan 2024**

*Mphil, Clinical Psychology*

**FUUA  
Karachi|**

*Bs, Psychology, 2021*



## COMPUTER SKILLS

Microsoft Office (Word,

PowerPoint & Excel)

Internet Surfing, Blogging



## CERTIFICATION:

- Certificate of “Lead Volunteer” In Karachi Down Syndrome Program Carnival 2023.
- Diploma of “Clinical Psychologist” from Dynamics of Mind, Karachi.
- Certificate in “PsychoDiagnostic And Psychological Assessment” from National Research Toms State University, Russia
- Certificate in “Inspiring Leadership Through Emotional intelligence” from Case Western Reserve University, Ohio USA
- Certificate in “Positive Psychiatry and Mental Health” from The University of Sydney, Sydney Australia
- Participated in “Session of Dealing with Difficult People by NIPD”
- Participated in “Conference of Diffability –A Path towards Possibility”
- Certificate of Appreciation “World Memon Foundation of Personal Grooming”
- Certificate of Appreciation “World Memon Foundation of Mix Cooking”
- Participated in “Debate Competition/Youth Awareness Conference”
- Language Course From “Domino English Learning Centre”
- Inter Classes Tournament“ Govt College for Women Shahra e Liaquat Karachi”



## Membership:

- Member of“ Mental Health and Education Centre”(MHEC) Karachi”
- Member of International Society of Substance Use professional (ISSUP) as Lead Volunteer.



## Publication:

- Publication of “Adaptation of Santa Clara Religious Faith Questionnaire” in Journal of Pakistan psychiatry society(JPPS)



## PERSONAL INFORMATION

### Father’s Name

Muhammad Saleem Awan

### D.O.B

22<sup>nd</sup> May 1996

### CNIC

42301-6720098-2

### Marital Status

Single

### Religion

Islam

### Nationality

Pakistan