

Afifa Aamer
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PERSONAL STATEMENT

Psychology graduate with specialised experience supporting individuals with ADHD, autism, anxiety, depression, trauma, stress, and burnout. I have worked in clinical, educational, and community settings across India and the UK, applying structured, evidence-based interventions grounded in CBT, DBT, REBT, and trauma-informed care. My work has focused on neurodevelopmental and emotional difficulties, with core competencies in psychoeducation, emotional regulation, diagnostic support, case formulation, and clinical report writing. I am confident in behavioural analysis, outcome monitoring, and adapting interventions to individual needs. Experienced in working independently under supervision and contributing to multidisciplinary teams in hospitals, universities, and therapeutic services.

EDUCATION

MSc Psychology: Mental Health Sciences

Queen Mary University of London | 2:1/Upper Second Class Honours | 2023 – 2024

BSc Applied Psychology

Narsee Monjee Institute of Management Studies, Mumbai, India | CGPA: 3.82 / 4.0 | 2020 – 2023

WORK EXPERIENCE

HR | Kanpai Classic, London | July 2024 – Present

- Led weekly staff meditation and grounding sessions using breathwork and mindfulness-based stress reduction (MBSR).
- Supported team members experiencing burnout through 1:1 check-ins using CBT-informed reflection and emotional regulation techniques.
- Applied psychological principles in recruitment, onboarding, and team dynamics to improve retention and morale.
- Promoted inclusive communication by adapting support for neurodiverse and multilingual staff.

Mental Health Support Worker | Equality Focus, London | Oct 2023 – Present

- Delivered 1:1 structured psychological support to neurodivergent university students (primarily ADHD and autism) to manage anxiety, emotional dysregulation, and executive functioning deficits.
- Applied DBT skills (e.g. distress tolerance, emotional regulation) and psychoeducation techniques to reduce overwhelm and improve academic coping. Used behavioural observation and functional analysis to identify triggers and tailor intervention strategies for sensory and cognitive challenges.
- Developed individual support plans based on psychological formulations and reviewed outcomes with supervising professionals.
- Maintained detailed progress notes and weekly reports to track behavioural change, engagement, and intervention effectiveness.

Clinical Psychology Intern | Mindsight Clinic, Mumbai, India | Jul – Aug 2022

- Conducted clinical interviews, psychometric testing (ADOS, BDI, GAD-7, WISC-V), and diagnostic screenings for clients with anxiety, depression, trauma histories, and personality disorders.
- Co-developed CBT- and DBT-informed treatment plans focusing on behavioural activation, cognitive restructuring, emotional regulation, and distress tolerance.
- Delivered 1:1 and small-group therapy under supervision, using psycho-education, grounding techniques, and self-compassion exercises.

Assistant Psychologist | Dimag Hospital, Agra, India | Jun – Jul 2022

- Supported inpatient and outpatient services for individuals with psychosis, PTSD, OCD, Autism and complex trauma.
- Conducted intake assessments, contributed to case formulations using the biopsychosocial model, and helped draft safety and relapse prevention plans.
- Facilitated low-intensity interventions (e.g., grounding, thought-challenging, role play) and supported family psycho-education.
- Collaborated in MDTs involving psychiatry, clinical psychology, and social work to ensure holistic care and continuity of treatment.
- Tracked clinical outcomes and supported progress documentation for medical case reviews.

Forensic Psychology Intern | Cognizavest, Bangalore, India | Jun – Jul 2021

- Conducted in-depth forensic case analyses, reviewing psychiatric reports and legal documents to identify key risk factors influencing offending behaviour.
- Assisted in forensic interviews, gathering detailed behavioural and cognitive information to develop offender profiles.
- Administered and interpreted standardised neuropsychological tests (e.g., Stroop Test, Wisconsin Card Sorting Test) to assess executive functions and impulse control, contributing to case formulations and risk evaluations.

Expressive Arts Therapy Intern | Wellness Within Reach, Bangalore, India | May – Jun 2021

- Designed and facilitated weekly individual and group expressive arts therapy sessions using tailored art projects, guided music improvisation, and therapeutic storytelling to address clients' anxiety, trauma, and self-esteem issues.
- Employed structured narrative analysis and thematic coding of client artwork and verbal reflections to evaluate emotional processing and therapeutic progress.
- Developed culturally sensitive and neurodiversity-informed therapeutic materials, adapting session content to clients' language preferences and cognitive abilities.

REBT & EFT Intern | Wellness Within Reach, Bangalore, India | Mar – Apr 2021

- Delivered REBT interventions targeting clients' core irrational beliefs by using cognitive disputation and behavioural homework to reduce anxiety and guilt.
- Facilitated EFT sessions with individuals and couples, guiding emotional release through tapping techniques and fostering attachment repair in relational dynamics.
- Conducted detailed case reviews and contributed to therapy plans by analysing client cognitive and emotional patterns.
- Trained in Progressive Muscle Relaxation and integrated relaxation strategies into broader intervention plans.

RESEARCH EXPERIENCE

- *Beyond the Screen*: AI-led personality profiling using OCEAN traits via GPT-4 and social media analysis
- *Influence of Social Media on Exercise Addiction*
- *Traditionalism vs Egalitarianism in Indian Males Across Age Groups*

CERTIFICATIONS & AFFILIATIONS

- Graduate Member – British Psychological Society (GMBPSS 69 84 93)
- Psychological First Aid – Johns Hopkins University, Baltimore, Maryland
- Positive Psychology Certificate – University of North Carolina at Chapel Hill, North Carolina, United States
- The Arts and Science of Relationships: Understanding Human Needs, University of Toronto
- Future learn: Coping With Changes: Social-Emotional Learning Through Play, The LEGO Foundation