

## PROFILE


A dedicated and compassionate Psychologist specializing in Cognitive Behavioral Therapy (CBT) and Rational Emotive Behavioral Therapy (REBT), providing mental health services to children having Autism, Learning disabilities, Down syndrome, and ADHD as well as counseling adults experiencing Anxiety, stress, Depression, Substance abuse, relationship issues, Obsessive Compulsive Disorder and self-esteem issues.

## SKILLS

- Empathetic listener
- Diligent
- Behavior Observation
- Patient relationship management
- Mindfulness
- Behavior Modification
- REBT and CBT
- Time management
- MS PowerPoint and Excel

## CONTACT ME


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# SHAFEENA IBRAHIM

## Counselling Psychologist

 shafeena21official.ibrahim@gmail.com

## ➤ WORK EXPERIENCE

### **Mom's Belief, Gurgaon- Child Psychologist**

Case management and Mental status Examination(MSE), Individualized Education Planning(IEP) formation, Counselling and training of children.  
-(for 1 year)

### **Moolchand Hospital, New Delhi-Intern Psychologist**

Case Handling, preparing case histories and MSE of Adults. Observing Psychological testing and Occupational therapy sessions. Cases of Paranoid schizophrenia, Bipolar disorder, substance- abuse disorder etc.  
-(for 1 month)

### **Vimhans Hospital, New Delhi-Intern Psychologist**

Case Handling, preparing case history and MSE of Adults. Detailed observation of Patient interaction. Departmental postings of in-patients. Cases of Psychosis, Schizo-affective disorder, OCD etc.  
-(for 1 month)

## ➤ EDUCATION

**M.Sc Psychology (Clinical) 2017-2019**  
Mahatma Gandhi University, Kerala

**B.A Psychology 2014-2017**  
Delhi University, Gargi College, New Delhi

## ➤ CERTIFICATIONS

**Certified CBT Therapy Practitioner 2022**  
**Certified REBT Therapy Practitioner 2021**

Transformation Academy -(Florida, US)  
Online mode

**Islamic Psychology 2023**  
Mental Health from Islamic Perspective