

**Saba Ehsaan**

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**PERSONAL INFORMATION**

- Husband's Name: Muhammad Haris
- Domicile: Punjab
- Marital Status: Married
- Nationality: Pakistani

**OBJECTIVE**

I hope to become a part of a dynamic team that will give me a leading edge to work effectively in diverse situations, as well as the opportunity to contribute as a vital asset by cultivating my full potential.

**Consultant Clinical Psychologist/ Counselor**

<ul style="list-style-type: none"> <li>♣ Psycho-diagnosis</li> <li>♣ Child/Adult Assessment</li> <li>♣ Personality Assessment</li> <li>♣ IQ/ Behavioral Assessment</li> <li>♣ Marital Therapy Assessment</li> </ul>	<ul style="list-style-type: none"> <li>♣ CBT/REBT Therapist</li> <li>♣ Couple Therapy</li> <li>♣ Family Counselor</li> <li>♣ Research</li> <li>♣ Psychological Testing</li> </ul>	<ul style="list-style-type: none"> <li>♣ University Campus Counselor</li> <li>♣ School Counselor</li> <li>♣ Management with Special Children</li> <li>♣ Neuro/Cognitive Psychology</li> <li>♣ Behavioral Intervention with children and Adults</li> </ul>
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**EDUCATION**

- [2022-2025] **PhD in Clinical Psychology (continued)**  
Govt. College University Lahore (GCU)
- [2016-2017] **1. B.Ed**  
Allama Iqbal Open University  
Obtained Marks (546/900) 61%

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## **2. MS in Clinical Psychology**

[2014-2016] With the thesis titled “perceived favoritism and academic motivation among university students” Under supervision of Dr. Mahwesh Arooj Naz  
Obtained GPA is 3.10/4.00  
Govt. College University Lahore (GCU)

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## **3. Master in Applied Psychology (1<sup>st</sup> Division + 3<sup>rd</sup> topper)**

[2011-2013] With the thesis titled “Spirituality and life satisfaction among university teachers” Under supervision of Dr. Shabbir Ahmad Rana  
Obtained Marks (849/1200) 71%  
Affiliated with Punjab University

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## **5. Bachelors (1<sup>st</sup> Division)**

Obtained Marks (526/800) 66%  
[2009-2011] Govt. College for women, Sheikhpura  
Affiliated with Punjab University Lahore

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## **6. Intermediate (1<sup>st</sup> Division)**

Obtained Marks (677/1100) 62%  
[2007-2009] Govt. College for women, Sheikhpura  
BISE Lahore, Attested with the board of intermediate Lahore Pakistan

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## **7. Matriculation (1<sup>st</sup> Division)**

Obtained Marks (574/850) 68%  
[2005-2007] Govt. Girls School No.1 Sheikhpura.  
BISE Lahore, Attested with the board of intermediate Lahore Pakistan

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### **Additional Qualifications/Courses**

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Completed training in Focused Acceptance and Commitment Therapy under the guidance of Dr. Russ Harris  
Achieved a PTE English test score of 70 in each component

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## WORK EXPERIENCE

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Working as Lecturer at Lahore Leads University Lahore (March, 2018-continue)

Worked as Visiting Lecturer at Hajvery University (April 2017-March 2018)

5 years 7 months work experience as lecturer at Rawal Medical College School of Nursing (July 2012 to February 2018).

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6 months of Internship in Punjab Institute of Mental Health, Lahore.

3 months internship as trainee therapist in Fountain House Lahore

3 months internship as trainee therapist in Special Education School at Johar Town Lahore

3 months internship as a trainee student counselor in Central Model School Lahore

3 months internship as a trainee student counselor at GC University Lahore

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## Publications

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Ullah, H., **Ehsaan , S.**, Shahzadi, M., & Unbrin, A. (2024). Personality Traits, Self-Esteem, and Anger Expression among University Student. *Journal of Policy Research*, *10(3)*, 223-229. DOI:<https://doi.org/10.61506/02.00338>.

Shahzadi, M., Hafeez, S., Jabeen, M., **Ehsaan , S.**, & Asif , N. (2024). Parental Influence on Adolescent Substance Use: A Systematic Review. *Pakistan Journal of Applied Psychology (PJAP)*, *3(2)*, 337–355. <https://doi.org/10.52461/pjap.v3i2.1771>

Sanober Khanum, Sehar Shahid, Mafia Shahzadi, **Saba Ehsaan**, & Nazma Noreen. (2023). The Relationship Between Physical Appearance Comparison, Body Dissatisfaction, and Aggression among University Students. *Pakistan Journal of Society, Education and Language (PJSEL)*, *10(1)*, 460–470. Retrieved from <https://pjssel.jehanf.com/index.php/journal/article/view/1355>

Imran, H., **Ehsaan , S.**, Shahzadi , M., & Imtiaz , M. (2023). Association of Alexithymia, Loneliness and Psychological Distress among University Students. *IUB Journal of Social Sciences*, *5(2)*, 373–380. <https://doi.org/10.52461/ijoss.v5i2.2397>

Shahzadi, M., Hafeez, S., Abbas, Q., **Ehsaan, S.**, & Sarwar, U. (2022). The leading role of Motivational Intervening, Motivational Enhancement Therapy and Cognitive Behavior Therapy in the treatment of patients with substance use disorders: A Systematic Review. *Pakistan Journal of Medical Association*.

Abbas, Q., Shahzadi, M., **Ehsaan, S.**, Shahzadi, M., & Mazhar, R. (2022). Health-Related Anxiety, Generalized Anxiety, Obsessive Compulsive Tendencies, And Covid-19 Anxiety

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- Anjum, W., Anjum, F. A., Chahal, F. M., **Ehsaan, S.**, & Mahmood, S. (2021). An Investigative Study on Antecedents and Consequences of Runway among Street Children: The Stakeholders' Perspective. *Indian Journal of Economics and Business*, 20, 4. <http://www.ashwinanokha.com/resources/v20-4%20-%2021-148.pdf>
- Anjum, W., Chahal, F. M., Kazmi, S. M. A., **Ehsaan, S.**, Qazi, Z., & Mahmood, S. (2021). Socioeconomic and Psychological Determinants of Runway among Street Children: A Thematic Review. *Webology* (ISSN: 1735-188X) <http://www.webology.org>
- Anjum, W., Mahmood, S. Qazi, Z., **Ehsaan, S.**, & Ullah, A. (2020). Work-Life Balance, Spiritual Well-being, and Life Satisfaction among Residents of General Surgery. *International Journal of Innovation, Creativity and Change*. Volume 14, issue 7. [https://www.ijicc.net/images/Vol\\_14/Iss\\_7/16237\\_Ullah\\_2020\\_E\\_R.pdf](https://www.ijicc.net/images/Vol_14/Iss_7/16237_Ullah_2020_E_R.pdf)
- Ehsaan, S.**, Naz, M.A. (2019). Development of an Indigenous Perceived Favouritism Scale for University Students . *Pak. J. Psychol. Res.*, 34(4), 715-733. <https://doi.org/10.33824/PJPR.2019.34.4.39>

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### **Webinars Organized, Attended and Conducted**

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Webinar Attended on Psychology of Relationship Conducted by Dr. Wahida Anjum on 8<sup>th</sup> July 2021, Department of Psychology, Lahore Leads University.

Webinar Attended on Stress Screening and Management in COVID-19, Hosted by Dr. Wahida Anjum and the guest speaker was Dr. Qasir Abbas on 24<sup>th</sup> June 2021, Department of Psychology, Lahore Leads University.

Webinar hosted on Positive Parenting the guest speaker was Dr. Qasir Abbas and hosted by Ms. Saba Ehsaan Department of Psychology, Lahore Leads University.

Webinar hosted on secrets of happy life conducted by Ms. Maria Idress and hosted by Ms. Saba Ehsaan on 4<sup>th</sup> august, 2021, Department of Psychology, Lahore Leads University.

Webinar hosted on Clinical Assessment in Clinical Psychology conducted by Ms. Sadia Khan and hosted by Ms. Saba Ehsaan on 20<sup>th</sup> august, 2021, Department of Psychology, Lahore Leads University.

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### **Research Paper Presentation in International Conferences**

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- Presented poster presentation at an international conference on the current challenges for psychology (19<sup>th</sup> -21<sup>st</sup> march 2014)
  - Presented oral presentation at a national conference on the current challenges for psychology at Comsats University Lahore (24<sup>th</sup> Sep 2016)
  - Presented oral presentation titled Work-Life Balance, Spiritual Well-being, and Life Satisfaction among Residents of General Surgery at International Islamic University Islamabad, Pakistan (12<sup>th</sup> -13<sup>th</sup> October 2022).
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### **Participation in International Conferences**

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- Participated in the international conference on indigenizing clinical psychology (16-17 Jan 2016).
  - Participated in the national conference on the indigenizing clinical psychology (16-17 DEC 2015).
  - Participated in the Drug Addiction National Symposium ( 08-09, May 2015)
  - Participated in the international conference on clinical psychology outside the clinic (2<sup>nd</sup> -3<sup>rd</sup> April 2014).
  - Participated in the international conference on the current challenges for psychology (19<sup>th</sup> -21<sup>st</sup> march 2014)
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### **Workshops Conducted and Organized**

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- Conducted workshop on “Mastering the art of psychological scale development in Lahore Leads University (24-04-2024)
  - Organized workshop on Understanding Cognitive Behavioral Therapy and Invited Ms. Sanam Khalid as guest speaker at Lahore Leads University (2023)
  - Workshop organized at Lahore Leads University Lahore on “understanding about addiction and preventive strategies” (14 November 2018)
  - Conducted workshop at Superior group of College Sheikhpura on multi-dimension (26 May 2017)
  - Conducted workshop on clinical training work for workers at the rehabilitation center at Fountain House Lahore (13<sup>th</sup> to 18<sup>th</sup> June 2015)
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## **Workshops Attended**

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- Attended Teacher Training organized by HEC and hosted by Punjab University (12-14<sup>th</sup> July, 2021).
- Attended a workshop on Advanced Statistical Analysis and SPSS (10<sup>th</sup> July 2021)
- Attended a workshop on Rorschach ink blot testing (7-9<sup>th</sup> August 2020)
- Attended a workshop on Mixed Method Strategies (4<sup>th</sup> Feb 2016)
- Participated in workshop on “world mental health day & Dignity in Mental health” (10<sup>th</sup> Oct 2015)
- Attended one-day training workshop on practical implications of transactional analysis part 2 (15<sup>th</sup> April 2016)
- Attended a one-day training workshop on CBT for OCD by Muhammad Aslam Fountain House (17<sup>th</sup> Jan 2015).
- Attended one day workshop on CBT with OCD conducted by Cyma Salman (17<sup>th</sup> march 2014)
- Attended one-day training workshop on practical implications of transactional analysis part 1 (15<sup>th</sup> April 2015)

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## **Awards**

- Awarded as “Hardworking and Efficient Employee” by 786 outsource resourcing, Lahore, Pakistan (2017).
- Awarded with a “Merit Laptop and Certificate” from Prime Minister Punjab (2012).

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## **TECHNICAL SKILLS**

- Excellent typing skill
- Good command over SPSS
- Good command over MS Office (Word and PowerPoint)

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## **PERSONALITY HIGHLIGHTS**

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- Fluent in English, (IELTS Pass, 2 March 2019) Urdu and Punjabi
  - Hardworking, Enthusiastic and Optimistic
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- Multi-tasking, Confident and ability to lead
  - Good Communication skills
  - Good Management skills
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### **HOBBIES & INTERESTS**

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- Outdoor hobbies: attending learning workshops and conferences, outing family and friends
  - Indoor games: Badminton, word search games and solving queries games
  - Reading books, Holly Quran or newspaper
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### **REFERENCES**

Dr. Shabbir Ahmad Rana  
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