

Happy Life Psychological Services® (HLPS) Clinic Profile:

A state-of-the-art clinic, well planned, well equipped and to provide quality mental health care facilities in all disciplines of Psychology by a well trained, experienced team of experts, to all at an affordable price with compassion and competence.

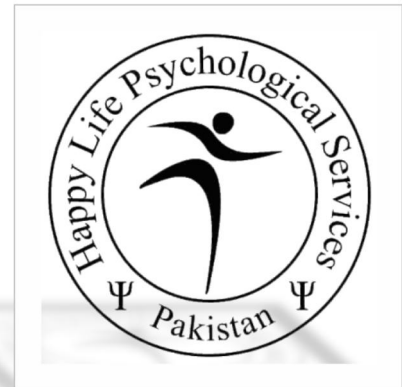
Happy Life Psychological Services (HLPS) is a project of Naveed Sultan Awan, which is a public limited company (unquoted owned 100% shares by Naveed Sultan) registered with SECP. HLPS encompasses the full array of Mental Health Services under one roof. Its registered under section of the Companies Act, 2017 (XIX of 2017) Corporate Universal Identification no 0152246, also submitted application to Islamabad Health Regulatory Authority (IHRA) for Health Care Establishments (HCE) application no 785.

It is managed and operated by professionals who guarantee the stability and continuity of the mental health care delivery system. It is equipped with state-of-the art psychological equipment and medical /Psychiatric services where needed.

HLPS is proud to have a team of highly qualified, competent and experienced mental health professionals, dedicated to the cause of healthy Pakistan. Our promise is to meet the needs of each client we are honored to serve at every time. Facilities of psychological assessment, counseling & guidance, provision of psychotherapies, provision of personality assessment including aptitude and intelligence tests are available 24 Hours, 7 days a week.

All types of Mental health issues/disorders including Neurodevelopmental Disorders, Schizophrenia Spectrum and Other Psychotic Disorders, Bipolar and Related Disorders, Depressive Disorders, Anxiety Disorders, Obsessive-Compulsive and Related Disorders, Trauma- and Stressor-Related Disorders, Dissociative Disorders, Somatic Symptom and Related Disorders, Feeding and Eating Disorders, Elimination Disorders, Sleep-Wake Disorders, Sexual Dysfunctions, Gender Dysphoria, Disruptive, Impulse-Control, and Conduct Disorders, Substance-Related and Addictive Disorders, Neurocognitive Disorders, Personality Disorders & Paraphilic Disorders Also providing Mental Health trainings, workshops and offered internships programs for students and also available for our students for all technical support they need in their practical life.

HLPS following WHO and IASC guidelines for dealing their client at all levels of including mild, moderate to severe symptoms of Mental health disorders. HLPS expert in dealinf of all disorders esnlisted in DSM-5 also providing residentatial care and providing CBT, REBT, 12 Steps facilitation, detoxification, contingency management.

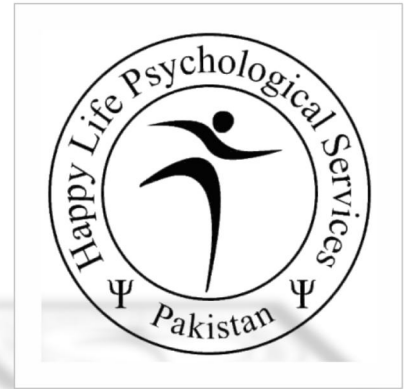


Our Services

Assessment Services

We provide a full range of psychological assessment services for children, adolescents and adults including:

- Psychological and psychoeducational evaluations
- Learning disabilities
- Attention deficit/hyperactivity disorders
- Evaluations for:
 - Depression and anxiety
 - Bipolar disorder
 - Schizophrenia/thought disorders and personality disorders
 - Dementia/memory problems
 - Relationship problems
- Evaluations to clarify diagnoses and aid in treatment planning (Diagnostic Evaluation)
- Psychological evaluation for bariatric surgery
- Psychological evaluation for pain interventions
- Substance abuse and addiction assessments



Counseling/Psychotherapy (CBT, TBT)

We provide a full range of treatment options for children, adolescents and adults including individual, group, couples, and family therapy, addressing these and other areas:

- Depression/Bipolar disorder
- Thought disorders/psychosis
- Stress and anxiety management
- Trauma recovery/Post traumatic stress disorder
- Drug and alcohol problems/addiction recovery
- Compulsive spending/gambling
- Medical and health concerns, Eating disorders
- Chronic emotional difficulties
- Relationship/interpersonal problems
- Grief and loss
- Communication problems
- Parenting and family issues
- Adjustment issues, Divorce
- Stepfamily adjustment issues
- Aging, Women's/men's issues
- Sexual problems, Gender identity/sexual orientation issues
- Smoking cessation, weight loss, healthy lifestyle changes
- Sports psychology/performance
- Job dissatisfaction/problems with motivation, efficiency, job "fit"
- Veterans readjustment

Addiction Treatment facilities at HLPS®

Addictive disorders are a group of disorders that can cause physical and psychological damage. Receiving treatment is essential for breaking the cycle of addiction. However, as a chronic disease, addiction is difficult to treat and requires on-going care.



In Pakistan, the total number of drug addicts as per a UN report is 7.6 million, where 78% are male while the rest 22% are female. The number of these addicts is increasing at the rate of 40,000 per year making Pakistan one of the most drug affected countries in the world. Drug Usage Is Increasing day by day. In Pakistan more than 800,000 people are addicted to drugs.

First steps:

The first step towards recovery is acknowledging that substance use has become a problem in the person's life which is disrupting the quality of their life. This can result from impairment in school, work, social, recreational or other important areas of function.

Once an individual recognizes the negative impact of a substance on their life, a wide range of treatment options is available.

A person with an addictive disorder requires access to treatment. For most people, treatment may last for the rest of their life. They will need to abstain from the substance on a life-long basis, which can be difficult. Treatment plans for addictive disorders will often change to meet the needs of the patient.

Treatment options for addiction depend on several factors, including the type of addictive disorder, the length and severity of use, and its effects on the individual. A doctor will also treat

or refer for treatment any physical complications that have developed, such as liver disease in a person with alcohol use disorder or respiratory issues in people with an addiction to substances which have been smoked.



Several treatment options are available, and most people experiencing addiction will receive a combination of approaches. None of the treatments for addictive disorders work for every person.

Common interventions might involve a combination of inpatient and outpatient programs, psychological counseling, self-help groups, and medication.

Detoxification

Detoxification is normally the first step in treatment. This involves clearing a substance from the body and limiting withdrawal reactions.

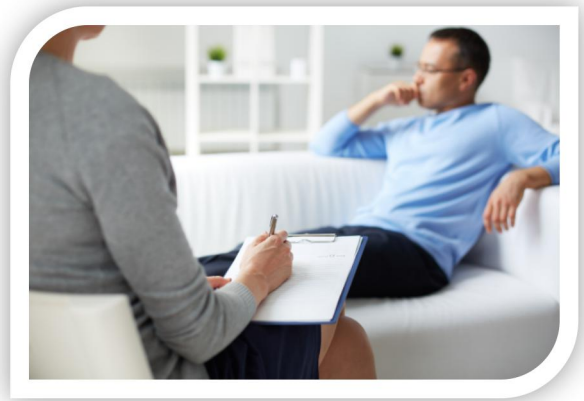
In 80 percent of cases, a treatment clinic will use medications to reduce withdrawal symptoms, according to the Substance Abuse and Mental Health Services Administration (SAMHSA).

If a person is addicted to more than one substance, they will often need medications to reduce withdrawal symptoms for each.

Counseling and Behavioral Therapies:

This is the most common form of treatment following detoxification.

Therapy might occur on a one-to-one, group, or family basis depending on the needs of the individual. It is usually intensive at the outset of treatment with the number of sessions gradually reducing over time as symptoms improve.



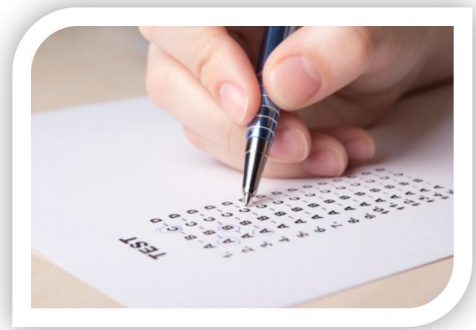
Different types of therapy include:

- Cognitive-Behavioral Therapy, which helps people recognize and change ways of thinking that have associations with substance use.
- Multi-dimensional family therapy, designed to help improve family function around an adolescent or teen with a substance-related disorder
- Motivational interviewing, which maximizes an individuals willingness to change and make adjustments to behaviors
- Motivational incentives that encourage abstinence through positive reinforcement

Counseling for addiction aims to help people change behaviors and attitudes around using a substance, as well as strengthening life skills and supporting other treatments. Some forms of treatment for addictive disorders focuses on the underlying cause of the addictive disorder in addition to behaviors characteristic of the addiction.

HLPS® Psychological Testing Services:

Psychological assessment, also known as psychological testing, a mentality test, or a psychological evaluation, is a process used to better understand a person and their overall functioning. It relies on psychometric psychology and data to understand a person's psychological or mental health status, including challenges, personality style, IQ, cognitive abilities, or achievement functioning. It aims to identify strengths and weaknesses, while considering the context of the individual and providing insight into one's performance, way of operating, and potential causes.



Psych testing is usually ordered to better understand symptoms, what is causing them, and help inform and develop a treatment plan. Testing results help determine a diagnosis and guide treatment, whether for mental health concerns, ADHD assessment, or academic performance. The actual testing and evaluation process includes a clinical interview, the administration of a variety of psychological tests, analysis and interpretation of results, report writing, and feedback.

Psychological testing at HLPS® Testing Services may include a focus on one or more of these areas:

1. **Cognitive:** This includes IQ and Achievement testing to evaluate cognitive abilities such as attention, verbal comprehension, visual-spatial ability, abstract thought, impulsivity, problem solving, etc. Often this includes an evaluation for ADHD, which may include an adult ADHD test, an ADHD test for kids, or an ADHD test for children.
2. **Emotional and personality:** this includes assessment of emotional and personality functioning such as depression, anxiety, and general personality style.
3. **Behavioral:** This includes assessment of substance abuse, trauma, abuse, self-harm, suicidal thinking, impulsivity, etc.
4. **Executive Functioning:** This evaluates self-regulation, problem solving, planning, organization, inhibition, working memory, etc.

Accommodation Letters

HLPS® Psychological Testing Services can provide recommendations to assist with school, work, or treatment strategies that may help with performance in any of these settings. Before any recommendations are provided or accommodation letters are written, a psych evaluation test will need to be conducted.

Once the testing is completed and the results are available, recommendations are often made about ways to change how things are normally done in work or school settings. If needed, an accommodation letter can also be written to advocate for suggested changes. For example: time off for treatment, altered break and work schedules (e.g., scheduling work or school around medical appointments), changes in supervisory or teaching methods (e.g., written instructions, or breaking tasks into smaller parts), extended test-taking time, delayed assignment due dates, tutoring, mentoring, varied formats (written versus visual), environment changes (if possible), and alternative formats (paper, pencil, computer, virtual, etc.) as reasonable and possible. However, it is important to know that a letter for accommodations does not guarantee that schools or workplaces will accept or implement the recommendations.



Training Facilities at HLPS:

Certificate in Clinical Psychology & Students Internships

Purpose: Students completing the Certificate in Clinical Psychology will develop an in-depth understanding of clinical psychology science, from theory to its application in the clinical setup and/or a wide variety of applied mental and behavioral health-service settings. The certificate is designed to improve student competitiveness for graduate training in applied/clinical psychology and related fields or for entry-level positions (such as behavioral technicians) in mental and behavioral health settings.

Specific Objectives:

1. To Prepare Psychologists respond in global emergencies situations e.g., earth quack, pandemics and in tsunami
2. Use of DSM5, ISAC, MHPSS Guidelines during assessment and diagnosis
3. To Prepare Psychologists for management of Risky Psychological issues e.g., Suicidal Ideation, suicidal attempt, and Management of Personality Issues
4. To Prepare Psychologists for management of Child related issues especially CSA and learning difficulties
5. Understanding Psychiatric Symptoms and Integration of psychological techniques for different disorders.
6. To prepared Psychologists for Taking clinical Interviews, assessments, diagnosing, treatment plan, reporting, data compiling and record keeping
7. Applying and interpretation of Psychological tests including V code tests (Most frequently used in Psychological Assessment) such as BDI, DASS, RISB, and various check lists for Psychological measurements
8. Learning and Applying of CBT, TF-CBT, Exposure Response Prevention, Online Telephonic Counseling, Mindfulness, meditation, guided imagery, deep breathing, PMRT
9. Furnishing Counseling skills & Therapeutical intervention.
10. Dealing of at least 5 mental health cases provided by HLPS.
11. Learn to make web based appointments page,
12. Showcase Psychologists findings of their assignments through publishing at least one case study in any Open Access Psychology Journal.
13. Enhance capacities of Psychologists for making Case History Form (according to need) generating Psychiatric profile of a client
14. Registration of profitable Psychological clinic in Pakistan
15. Mental health insurance in Pakistan
16. Psychological projects in Pakistan & Bid solicitation
17. Strengthening our own & Clinic Profile
18. Child Assessment
19. Drugs Addiction Management
20. Schizophrenia Spectrum and Other Psychotic Disorders
21. And two months practicals

Eligibility: Psychology Students & Psychologists

