

Naveed Sultan

Position: Mental Health Activities Manager
Organization: Happy Life Psychological Services Islamabad
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Summary of Qualifications:

- PhD Scholar (University of Utara Malaysia) Impact of culture, gender differences & seasonal differences on suicide rate, enlightened influence through emotional self-efficacy among teenage and young adults of Pakistan.
- Post Magistral Diploma in Clinical Psychology from Govt College University Faisalabad.
- Masters of Philosophy in Applied Psychology with focused Clinical Psychology. Research conducted on Parenting styles, gratitude, resilience and suicidal ideation in adolescents.
- Responsible for all Mental Health activities on response of Covid19 in MSF Covid19 ward.
- Five+ years' experience clinical supervising mental health, medical, and psychosocial support clinicians and counselors in medical based settings
- 9+ years providing direct clinical service for children, adolescents and families in clinical and community based settings using evidenced based treatment approaches
- Experience in strategic planning for Mental Health programs, proposal and budget development and writing of multi-sector grants for funders/stakeholders
- Extensive experience in training and capacity building for mental health and psychosocial support staff, medical and management teams in a variety of evidenced based individual and group intervention models
- 9+ years' experience implementing/managing global mental health and psychosocial support programs, for INGOs in complex resource limited and culturally diverse settings
- English: fluent, Pashto: fluent, Urdu: Fluent, Hindi & Punjabi: Native
- Excellent communication, interpersonal, diplomacy skills in cross cultural contexts
- Strong presentation skills and computer proficiency in Microsoft Office (i.e. Word, Access, Excel, Power Point)

Education:

Doctor of Philosophy in Psychology

Continued

University of Uatara, Kotalumpur, Malaysia

- Concentration: Impact of culture and gender differences & seasonal differences on suicide rate, enlightened influences through emotional self-efficacy among teenage and young adults of Pakistan

Post Magistral Diploma in Clinical Psychology (PMDCP)

October 2021

Government College University Faisalabad.

- Concentration: Clinical Psychology, Psychotherapies:

Masters of Philosophy in Applied Psychology

August 2019

Riphah International University Islamabad, Lahore campus

- Concentration: Parenting styles, gratitude, resilience and suicidal ideation in adolescents.

Mental Health Specialist**July 2018**

Medicines Sans Frontiers, Amsterdam, Netherlands

- Concentration: Mental Health in Emergencies course

Bachelors of Psychology with Honors**April 2016**

Virtual University of Pakistan, Abbottabad Campus

- Concentration: 3 Months internship at Helping Hands Rehabilitation Center Timergara

Master of Psychology**March 2011**

Hazara University Mansehra, Garden Campus

- Concentration: Unemployment as a factor of suicidal ideation in Hazara division.

Professional Experience

Mental Health Supervisor**08-February- 2016 to Present***Médecins sans Frontières (MSF), Belgium, Pakistan Mission*

- Conducted brief intervention with diverse post-partum clients and persistent mental illness,
- Assessed postpartum & ante partum clients for domestic violence, depression, and substance abuse
- Administered culturally sensitive individual and group treatment models to clients of various backgrounds and religions
- Provided clinical counseling and bereavement services for women who experienced abortion, miscarriage, stillbirth, neonatal death and child custody loss
- Actively participated in interdisciplinary team meetings with obstetrics and gynecology physicians, nurses, domestic violence and trauma counselors, and psychiatrists
- Provided referrals to community-based agencies and non-profit organizations
- Referred clients to domestic violence and family shelters and arranged their transport from hospital
- Provide biweekly clinical supervision through various approaches: individual and group meetings, shadowing and observational feedback, and verbal and written annual performance reviews
- Deliver technical oversight and relevant training presentations for all mental health and psychosocial, protection activities implemented by MSF project on a variety of individual and family evidence based clinical approaches in complex humanitarian settings
- Responsible for the, training, evaluation, and professional development of the staff under the Mental Health in hospital based settings
- Create culturally sensitive training presentations and guidance protocols on how to respond to high risk sexual violence, trauma, and suicide cases for women, children including men and boys
- Establish, promote and enhance referral pathways between MSF Mental Health department and local/INGO's.
- Actively monitor and support the development of MHPSS monitoring and evaluation tools and databases
- Responsible for all Mental Health activities at MSF Timergara project.

Program Officer (Counseling)**12 March 2014- 04 February 2016***Sahil, Islamabad, Pakistan*

- Provided ongoing assessment and direct therapeutic services to children and their families/ caregivers, in a variety of settings such as home, school, Jeet healing center and community
- Provided assessment, treatment, and case management for children and adolescents in the *Sexual Assault Treatment Program* who had experienced sexual or gender based violence, grief and loss
- Employed a variety of mental health and attachment-based interventions (i.e. CBT, DBT, TF-CBT, solution focused therapy, interaction guidance, play therapy, narrative therapy, mindfulness)
- Facilitated and led various child and family therapeutic groups for vulnerable children and families
- Developed, implemented, and evaluated treatment plans
- Maintained a high level of clinical competence and extensive knowledge of child and youth development
- Participated in individual clinical supervision

- Participated in professional/ program development/ staff training, clinical training opportunities
- Contributed as a valued member of an interdisciplinary team which includes resource consultants, psychologists, psychiatrist, supervisory and management staff
- Created and lead a variety of diversity and cultural competency trainings and workshops for staff and senior management teams as a member of Sahil Islamabad
- Delivered consultative, negotiation, solution focused therapeutic and mediation services for clients, case managers, and service providers
- Provided extensive case management services to ensure coordination and delivery of service meet changing needs of clients and families
- Engaged in mental health outreach and program advocacy to community organizations, local conferences, community partners, and local school boards
- Actively participated in the monitoring and evaluation of the Children's regional Mental Health respite programming
- Responsible for expanding the funding portfolio, allocating funding, and meeting budget mandates
- Maintained comprehensive case records and data for all referrals in accordance with the Centre's standards and timelines and participated in individual clinical supervision

Counseling Officer

4 January 2013-31 March 2014

Rahnuma FPAP, Chakwal

- To provide information to the population on mental health issues on the ways how to deal with possible mental health difficulties.
- To visit families in their home (youth facility centers) to discuss the importance of mental health care (psycho education).
- To identify potential clients with difficult coping process.
- To refer patients to other specialists whenever necessary. (i.e.: psychiatrist) and family helath hospital
- To provide individual and/or group counselling for clients (adults/children).
- To support coping process of the clients and mobilize their inner resources for processing traumatic experience and finding new life perspective.
- To provide ongoing monitoring of client's status and maintain client's documentation (files) accurately.
- To collect statistical data about sessions and counselling activities on weekly basis.
- To participate in weekly staff meetings and regular attendance at counselling sessions.
- To receive regular on-the-job training and clinical supervision by the managers and supervisors
- To maintain at all times a respectful attitude towards clients, colleagues, other professionals and staff.

Clinical Psychologist

01 January 2012-01 March 2013

Helping Hands, Chakwal Pakistan

- Mapping of children with Intellectual disability in Chakwal, and Lower Dir.
- Mapping of available services for children with Intellectual disability
- Conduct psychological assessments and/or tests for diagnostic purposes for children with Intellectual disability
- Develop an individualized treatment plan for each child.
- Educate family members on what they can do for their child or how to respond to certain behaviors.
- Recommend rehabilitation or intervention programs to overcome child issues.
- Provide complete documentation and records of assessments and treatments according to in-house policies.

- Identify psychological, emotional or behavioral issues at DHQ Hospital Bagh AJK
- Identify Sexual and gender based violence cases and supports them.
- Diagnose psychological, emotional or behavioral disorders
- Develop and implement treatment plans and therapeutic processes
- Help clients define goals and plan action to achieve personal, social, educational and vocational development and adjustment
- Monitor client progress through regular meetings or sessions
- Assess, plan, prepare and conduct capacity building trainings and project trainings for different groups from Govt., local NGO's, CBO's and community.
- Administer and implement Program activities in accordance with the Rahnuma.
- To supervise and facilitate the GBV cases in the disaster affected areas and prepare emergency response based on the assessment.

Professional Development(WORKSHOPS, WEBINARS, CONFERENCES & TRAININGS ATTENDED)

Title: Psychological First Aid & Safe referral of GBV Survivors Sponsor: International Medical Corp, at Timergara Conducted by: International Medical Corp	December 2019
Title: Mental Health Specialist Course Sponsor: Medicines Sans Frontiers Belgium Conducted By: Medicines Sans Frontiers Amsterdam, at Netherlands	July 2018
Title: Issues of Gender and Violence against Women for MSF Staff Sponsor: Medicines Sans Frontiers Belgium Conducted By: Rozan at Islamabad	August 2018
Title: <i>Dimensions of Gender Based Violence in Disaster situation</i> Sponsor: Medicines Sans Frontiers Belgium Conducted By: Rozan at Islamabad	May 2017
Title: Therapist Self Care training Speaker: Muhammad Farooq, University of California, at Islamabad Sponsor: Sahil Islamabad	April 2015
Title: Training of Helpline staff on Youth Sexual and Reproductive Health Issues Sponsor: Sahil Islamabad	August 2014
Title: Trauma Buster Technique Speaker:Rehan Webster (TBT Developer) at Islamabad Sponsor: Sahil Islamabad	October 2014
Title: Training on HIV AIDs and SRH (STIS, RTIs) Administrator: Church World Services at Murree Hills Sponsor: Sahil Islamabad	April 2014
Title: Training on Basic and advance counseling skills	January 2013

Sponsor: Rahnuma FPAP
Conducted By: Rozan at Lahore

Title: **Training on Gender Base Violence**
Sponsor: Rahnuma FPAP
Conducted By: Rahnuma FPAP at Muzafarabad, AJK

May 2011

Title: **Media and Gender (GBV)**
Sponsor: Hazara University
Conducted By: AKS

October 2010

Clinical Psychology Training during PMDCP:

Psychotherapies:

- Intensive brief psychotherapy (Malan)
- Brief psychoanalysis (Alexander and French)
- Rational Emotive Behavior psychotherapy (Albert Ellis)
- Behavior Therapy
- Cognitive Therapy (Aron Beck)
- Client Centered Therapy (Carl Rogers)
- Humanistic Approach (Albert Ellis)
- Existential Psychotherapy (Irvin Yalom)
- Reality Therapy (William Glasser)
- Transactional Analysis
- Experimental approaches (various techniques of behavior therapy)
- Multimodal Behavior therapy (Carl Rogers)

Diagnosis and Use of DSM-5:

- Substances-related disorders
- Disorders usually first diagnosed in Infancy, Childhood and Adolescence
- Schizophrenia & other Psychotic disorders
- Mood Disorders o Somatoform Disorders
- Factitious Disorders o Anxiety Disorders o Dissociative Disorders
- Sexual and Gender Identity Disorders
- Eating Disorders
- Impulse-Control Disorders
- Sleep Disorders o Adjustment Disorders
- Delirium, Dementia, Amnesia and other Cognitive Disorders
- Personality Disorders

Clinical Interviewing:

- Types of Interview
- Psychometric Aspects of Interview
- Cultural Aspects of the interview
- Case History Data

Administration, Scoring, Interpretation of Psychological Tests:

- Neuropsychological Tests.
- Intelligence Tests
- Personality Tests

Psychodiagnosis & Assessment:

Interpreting and Reporting of Projective Tests and Batteries

- Inkblot Techniques
- Pictorial Techniques
- Verbal Techniques
- Autobiographical Memories

Test Construction

- Item Selection
- Scale Construction
- Standardization
- Norming the Psychological Tests
- Test Publication and Revision

Ethical Issues in Psycho diagnosis

- Users' Qualification and Professional Competence
- Responsibilities of the Test Publishers
- Protection of Privacy
- Confidentiality o Communicating the Test Results
- Testing Diverse Populations

Trainings & Workshops Conducted:

- Conducted Seminar on CBT in Jehlum Pakistan. December 2019
- Psychological First Aid Training conducted at ,Medicines Sans Frontiers OCB Timergara (2018)
- Mindfulness training conducted at MSF (2018)
- How to deliver Bad News in Humanitarian Setting series of Trainings conducted at DHQ Hospital Lower Dir. (2018)
- Conducted training session on scope of Psychology in Pakistan at Positive Pakistan office Islamabad. September 2018.
- Mental health and its Importance seminar conducted at Hazara University Mansehra October 2015
- Intellectual disabilities and parents responsibilities,(Symptoms, causes and treatment) Helping Hands 2016
- More than 50 trainings conducted all over Pakistan on Mental Health and Adolescent health. (2014-15)
- More than 12 training conducted on HIV/AIDS at Muzaffarabad, Islamabad, Lahore, Sukkur, Jaffarabad, NosheroFeroz& Moro (Sindh). (2015)
- Appeared Voice of America Radio program on Mental Health and usage of Internet. (2018)

Research and Publications (Academic and professional researches)

- Unemployment as a factor of suicidal ideation published in IJMRA 2013
- Parenting Styles, Gratitude, Resilience and Suicidal Ideation in Adolescents accepted for publication in JAPP

References available upon request