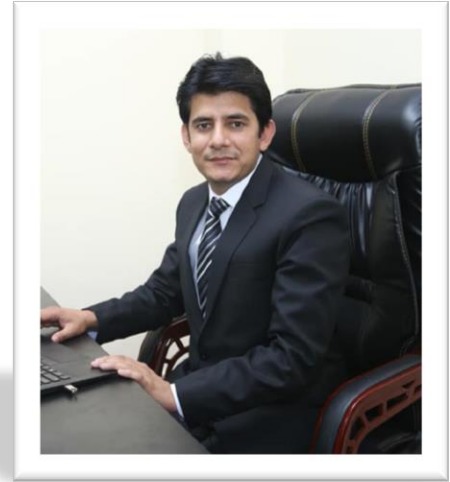


Naveed Sultan

Naveed Sultan is a skilled and experienced Consultant Psychologist with a track record of delivering high-quality services for individuals with all common emotional difficulties and those with a diagnosis of personality disorder. He is experienced in service design and delivery, the management of multi-disciplinary teams, organisational consultancy, and development and delivery of both national and bespoke training to providers in the statutory and non-statutory sector.



Having obtained a first degree in Psychology (Msc) at the Hazara University Mansehra KPK, Mphil from Riphah International University Lahore Campus, Mental Health Specialist Course from MSF Academy Netherlands, he completed his clinical training (PMDCP) at GCUF and currently doing PhD from University of Utara Malaysia. Naveed Sultan is highly experienced in the assessment and treatment of depression, anxiety, substance misuse, personality disorder, eating disorders, obsessive compulsive disorder, adjustment disorder and relationship difficulties. He works with both individuals and couples and can offer therapy in Urdu, Punjabi, Pahari & Hindko

Naveed Sultan has held a variety of clinical and managerial positions including his current one as Mental Health Activities Manager at HLPS. Last his position were Mental Health Supervisor at MSF Belgium Pakistan Mission.

He is trained in several specialist therapeutic approaches such as cognitive behavioural therapy (CBT), mindfulness-based approaches, Truma Buster Technique (TBT) and Cognitive Analytic Therapy (CAT). Naveed Sultan is the founder of Happy Life Psychological Services Pakistan that has been a provider of psychological therapy for all common emotional difficulties including personality disorder since 2011.