

Profile of assigned trainer

Senior Trainer – Ayesha Akhlaq (Karachi Based)



Experience Summary

Ayesha is a Consultant Clinical Psychologist and trainer with 8 years of experience working with employees, patients, and families. Trained in Cognitive Behavioral Therapy, Art and Play therapy, Suicide Prevention, Behavioral Intervention, Trauma Response, Child Mental Health, Psychological First Aid, Stress Management, and Interpersonal Therapy.

She has been conducting sessions on Emotional & Mental Health Awareness, Stress Management, Emotional Intelligence, Assertive communication, and Relationships as well as on personal development for employees, children, and adults.

She is a Member of the American Psychological Association and is a keen researcher with experience in monitoring and evaluation of fieldwork, research, and implementation.

Qualifications

Ayesha has an M-Phil in Clinical Psychology from the Institute of Clinical Psychology, University of Karachi, including various international and national certifications and training, such as:

- Certified training on CBT approached intervention “Thinking Healthy” Program
- Efficacy of guided meditation on stress reduction
- Empathy and Compassion, IRD and GHD
- Psychology and its implications in Business