

# AIYDA BINTH SHAFI

## MSc Psychology



### Personal Information

Birthdate: 10 - 12 - 1999  
Gender: Female  
Nationality: Indian  
Residence: Dubai, U.A.E  
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### Contact

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### About Me

I am Aiyda Bintah Shafi, holding an MSc in Psychology from Rajagiri College of Social Sciences, Kerala, and a BSc Hons. in Psychology with Counseling skills from Middlesex University, Dubai. I've completed certificate courses in ABA and RBT/IBT. I am adept at writing research papers, and well-versed in various psychological concepts and research methods. I have conducted four research projects, most of which focused on students' mental health and wellbeing. I am hardworking and dedicated and also excel in communication across different settings. I am currently seeking opportunities to expand my knowledge and skills in the field of psychology through internships and work experience.



### Work Experience

**SCHOOL OF KNOWLEDGE, SHARJAH**  
SCHOOL COUNSELOR | 08/01/2024 -  
03/12/2024

- Handling students that fall under the Special needs and disorders category as well as the gifted and talented category.
- Providing one-on-one counseling sessions for students.
- Developing IEPs, BMPs, and ALPs for students that require them.
- Taking educational sessions for students as well as staff, concerning their safety and well-being.
- Attended and has conducted sessions on child protection and safety.
- Has attended UNICEF training for providing Psychological First Aid (PFA).



## Skills

- Written and Verbal Communication skills.
- Proficiency with MS Office.
- Excellent team work.
- Good critical/analytic thinking.
- Very flexible and adaptive.
- Highly independent and confident.
- Highly self-motivated and proactive.
- Good problem solving skills.
- Good social perceptiveness.
- Languages known - English, Malayalam, Tamil (average), and Hindi (average).

### **FREELANCING, KERALA**

CONSULTANT PSYCHOLOGIST | 11/12/23 - PRESENT

- Offers counseling sessions for clients from Kerala via online platforms.
- Mostly dealing with emotional and behavioral cases.

### **MEDICAL TRUST HOSPITAL, KERALA**

INTERNSHIP | 01/07/2019 - 01/08/2019

- The opportunity to observe well-trained clinical psychologists and highly skilled staff members.

### **AMERICAN WELLNESS CENTER, DUBAI**

INTERNSHIP | 03/05/2022 - 04/06/2022

- Education sessions provided by Clinical psychologists, Psychiatrists, Counselors, Dietitians, and other professionals present at the clinic.
- Received sessions and training on Biofeedback techniques.
- Attended a symposium on Mental Health and Neurology.

### **BETHSADA HOSPITAL, KERALA**

INTERNSHIP | CONCURRENT CLINICAL TRAINING

- First hand experience of taking care of patients (adults and children) with different kinds of diagnosis as well as taking their case history and MSE.
- Organizing group sessions conducted for the patients.
- Attended daily rounds along with psychiatrists and psychologists.

### **NAIR'S HOSPITAL, KERALA**

INTERNSHIP | 01/04/2023 - 13/05/2023

- The opportunity to take the case history and MSE of patients, both children and adults.
- Had an opportunity to sit for the OP sessions of psychologist and psychiatrists and also joining them for the daily rounds.



## Education

### **BSC HONS. PSYCHOLOGY WITH COUNSELING SKILLS**

MIDDLESEX UNIVERSITY, DUBAI | 24/07/2017 - 26/09/2020

- Obtained Upper second class/Merit.
- Conducted Quantitative research - "The Effect of Instagram Addiction on Life Satisfaction and Healthy Eating Attitudes."
- Conducted Qualitative research - "I learned so much" - A structural narrative of psychology undergraduates' university stress and sense of self.
- Dissertation - "Investigating the relationship between Binge-watching and Academic stress and analysing the genres that may predict Academic stress."

### **MSC PSYCHOLOGY**

RAJAGIRI COLLEGE OF SOCIAL SCIENCES, KERALA | 23/08/2021 - 10/06/2023

- Obtained a CGPA of 4.49 (A grade).
- Obtained first rank in the 2nd Semester of MSc Psychology for the batch 2021 - 2023.
- Attended a Suicide Prevention webinar.
- Attended a webinar regarding qualitative research methodology.
- Attended an Enrichment Lecture on Assessment and Diagnosis in Mental Health Clinics.
- Completed an add-on course on PEBL.
- Completed an add-on course on Art Therapy.
- Attended training on Career Counseling and provided them for school students.
- Dissertation - "Maladaptive Daydreaming, Celebrity Worship and Academic Anxiety among college students in Kerala."

### **ABA AND IBT/RBT**

NATIONAL ACADEMY, DUBAI | 17/10/2023 - 29/11/2023