

Zarin Tasnim Maisha

TRAINEE PSYCHOLOGIST



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Mogoltuly, Agrabad, Chittagong, BD

Objective

As a fresh graduate psychology student, I am passionate about exploring the complexities of human behavior and thought processes. I am also a warm and supportive listener who values building strong, trusting relationships with others. I believe that my combination of knowledge, skills, and personal qualities makes me an ideal candidate for any role that requires empathy, communication, and critical thinking. My ultimate goal is to make a positive impact on individuals and communities by using psychological insights to improve mental health and well-being.

Education

PASSING YEAR
2024

Bachelor of Science (BSc)
National University (Chittagong College)
Subject: *Psychology*

PASSING YEAR
2018

Higher Secondary School Certificate (HSC)
Agrabad Mohila College
Group: *Science*

PASSING YEAR
2015

Secondary School Certificate (SSC)
Silver Bells Kindergarten & Girls' High School
Group: *Science*

Experiences

AUG 2024 -
PRESENT

Trainee Psychologist (Specializing in Autism and Child Development)
Chattogram Ma O Shishu Hospital

- Conduct developmental screenings, observe child behaviour, and assist in personalized therapy plans.
- Collaborate with multidisciplinary teams to provide holistic care.
- Provide counseling and guidance to parents, helping them understand and address their child's developmental needs effectively.

FEB 2024 -
PRESENT

Co-lead of Operation Team
Aachol Foundation

- Communicate effectively with diverse groups, maintaining punctuality and dedication to support the operations team. Manage teams with strong communication skills and responsible behavior.
- Demonstrate leadership skills, public communication, and empathetic behavior while working under pressure. Excel in teamwork, critical thinking, and problem-solving capabilities.

Regularly attend meetings, adhere to organizational rules, and take responsibility during emergencies. Passionate about mental health and willing to volunteer.

APR 2021 -
MAR 2024

Human Resource Lead

Sunshine: Space for Mental Health

- Joined as a volunteer, and progressed to HR Head over three years, demonstrating patience, punctuality, empathy, and a strong skill set.
- Gained extensive knowledge and experience in leadership qualities while serving the organization.
- Played a key role in enhancing HR practices, contributing to the overall growth and success of the organization.

JUL 2023 -
OCT 2023

Volunteer

Bondhu

- Volunteered for 4 months, gaining expertise in organizational skills, psychological career guidance, and marketing policies.
- Developed communication, human resource management, and technical skills through hands-on experience.

Conferences

SEP 2023

6th Bangladesh Clinical Psychology Conference, 2023
Organized by: Bangladesh Clinical Psychology Society (BCPS), University of Dhaka

OCT 2022

Psychology Conference, 2022
Theme: Psychology for Human Wellbeing
Organized by: Bangladesh Psychological Association (BPA), University of Dhaka

Training Experiences

JAN 2025

Basic Counseling Training

Description: Successfully completed comprehensive training in **Basic Counseling at Bondhu, Bangladesh**, from November 2024 to January 2025, focusing on foundational counseling skills, ethical practices, and psychological assessment techniques.

OCT 2024

Social Communication Questionnaire (Bangla) & Parent Interview for Autism- Clinical Version (PIA-CV)

Description: Participated in a professional workshop at **Chattogram Ma O Shishu General Hospital**, facilitated by **Dr. Toshiba Rahman, a distinguished Child Specialist from Dhaka Medical College**, focusing on advanced assessment tools for autism spectrum disorder.

NOV 2024

Course on Research Methodology in Social Science

Description: Completed an advanced course on **Research Methodology in Social Science at the Centre for Research in Multidiscipline (CRM)**, Bangladesh, from July 2024 to November 2024, with a focus on innovative research techniques and multidisciplinary applications.

SEP 2023

Acceptance and Commitment Therapy

Description: Participated in a half-day workshop organized by the **6th Bangladesh Clinical Psychology Conference, 2023**, focused on **Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at University of Dhaka**.

SEP 2023	<p>Increase Your Research Impact</p> <p><i>Description:</i> Participated in a half-day workshop organized by the 6th Bangladesh Clinical Psychology Conference, 2023, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at University of Dhaka.</p>
SEP 2023	<p>Boost Your Emotional Intelligence</p> <p><i>Description:</i> Participated in a half-day workshop organized by the 6th Bangladesh Clinical Psychology Conference, 2023, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at University of Dhaka.</p>
SEP 2023	<p>Dialectical Behavior Therapy</p> <p><i>Description:</i> Participated in a half-day workshop organized by the 6th Bangladesh Clinical Psychology Conference, 2023, focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at University of Dhaka.</p>
AUG 2023	<p>Job Readiness Training</p> <p><i>Description:</i> Participated in a four-day workshop from Career Hub Powered by BRAC</p>
OCT 2023	<p>Stuck In Your Daily Life: Finding Yourself - (Theme: Release and Find Emotional Peace)</p> <p><i>Description:</i> Participated in 3rd National Webinar, a three-day long webinar organized by Bondhu: Counseling and Psychosocial Research Centre (BCPRC).</p>
OCT 2022	<p>How Attachment and Parenting Style Affect Adult Relationship</p> <p><i>Description:</i> Participated in a pre-conference workshop organized by department of Educational and Counseling Psychology in University of Dhaka.</p>

Invited Talks

OCT 2023	<p>The Art of Mindful Living</p> <ul style="list-style-type: none"> Facilitated a workshop organized by Mental Health Day, 2023 at the Department of Psychology, Chittagong College, Chattogram. Delivered a one-hour speech on the topic "Mindfulness and Mental Health Awareness", effectively communicating key concepts to a large audience.
OCT 2023	<p>Psychology of Happiness</p> <ul style="list-style-type: none"> Participated as a presenter in the Student Presentation of Bondhu: Counseling and Psychosocial Research Centre (BCPRC) under the skill development program. Delivered a presentation on the topic "Psychology of Happiness" focused on enhancing understanding and application of psychological principles to promote well-being.
AUG 2023	<p>Emotional Intelligence</p> <ul style="list-style-type: none"> Facilitated a one-hour long workshop on the topic "Emotional Intelligence and It's Role in Personal & Professional Success". Organized by the Sunshine-Space for Mental Health on virtual platform.

Languages

- **Bengali** – Native Proficiency
- **English** – Professional Working Proficiency
- **Chittagonian** – Native Proficiency

References

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Signature
