Zarin Tasnim Maisha

Clinical Psychology Enthusiast · Inquisitive

Chattogram, Bangladesh

zarintasnim0077@gmail.com | zarin-tasnim-maisha

"The only person with whom you have to compare yourself is you in the past."

Clinical Experience

Chattogram Maa-O-Shishu Hospital — *Chattogram, Bangladesh*

Trainee Psychologist (Specializing in Autism & Child Development) — *Aug. 2024 - Feb. 2025*

- Conducted comprehensive **Psychological Assessments** including **Patient History Interviews**, **Clinical Observation**, and **Behavioral Assessment**.
- Administered and interpreted standardized assessment tools such as **WPPSI-III UK**, **WISC-IV**, **Stanford-Binet**, **IBAS**, and **Reynell Zinkin Scale**.
- Utilized screening tools like **M-CHAT** and **ADCL** for early identification and assessment.
- Actively participated in **Parent Counseling** and **Multidisciplinary Discussions**, contributing to **Holistic Patient Care**.
- Developed strong clinical skills and empathy through hands-on experience in **Child Development** and **Neurodiverse Support**.

Education

Master of Public Health (MPH) — *Graduation 2027*

Premier University — *Chattogram, Bangladesh*

- Current MPH student with training in **Epidemiology**, **Biostatistics**, and **Health Administration** to solve complex healthcare challenges.

Master of Science in General Psychology — *Graduated 2023*

National University — *Chattogram, Bangladesh*

- Specialized training in **Counseling psychology**, **Health psychology**, **School psychology**, and **Positive psychology**, focusing on mental health promotion and psychological well-being.
- Skilled in **Psychological Assessment**, **Counseling Techniques**, **MHPSS approaches**, and **Evidence-based Psychosocial Interventions** to support diverse populations.
- Competent in **Client-centered Counseling**, **Emotional Support**, and **Developing Intervention Strategies** to enhance coping skills and resilience.

Bachelor of Science in Psychology — *Graduated 2022*

National University — *Chattogram, Bangladesh*

- Studied core psychological theories: **Cognitive**, **Organizational**, **Clinical**, **Developmental**, **Social**, **Abnormal**, etc.
- Learned **SPSS** for data analysis during a research methods module, and applied **One-Way ANOVA** in my final year research project.

Work Experience

Mutual Trust Bank PLC — *Chattogram, Bangladesh*

Customer Service Executive (Collection Department for SME Retail & Cards) — *Apr. 2025 - **Present***

- Manage recovery of overdue SME loan and credit card payments through client engagement and negotiation.
- Provide clear guidance on repayment options while ensuring compliance with bank policies and regulatory standards.
- Conduct sensitive financial discussions with empathy, professionalism, and discretion.
- Maintain accurate documentation and coordinate with internal teams for timely and effective case resolution.
- Strengthen negotiation, interpersonal, and problem-solving skills while gaining insights into the psychological aspects of financial obligations.

Aachol Foundation — *Chattogram, Bangladesh*

Co-lead of Operation Team — *Feb. 2024 - Oct. 2025*

- 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.

Sunshine: Space for Mental Health — *Chattogram, Bangladesh*

Human Resource Lead — *Apr. 2021 - Mar. 2024*

- 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.

Research Experience

MonoKarno Institute of Mental Health and Research *Chattogram, Bangladesh*

Research Executive *Apr. 2025 - **Present***

- Designing and overseeing research studies in the field of mental health and well-being.
- Collaborating with cross-functional teams to align research goals with institutional priorities.
- Analyzing data and translating findings into actionable strategies and reports.
- Supporting knowledge dissemination through workshops, seminars, and community engagement.

Trainings

Psychological First Aid (PFA) *Bangladesh*

Bondhu: Counseling and Psychosocial Research Centre (BCPRC) *Aug. 2024*

Completed a 3-day training on **Psychological First Aid (PFA)**, developing skills to offer compassionate support, understand emotional needs during difficult situations, and provide appropriate initial psychosocial care through effective communication and active listening.

Basic Counseling Training *Bangladesh*

Bondhu: Counseling and Psychosocial Research Centre (BCPRC) *Nov. 2024 - Jab. 2025*

Completed a comprehensive training in basic counseling. The training contents were: **Communication Skills**, **History Taking**, **Ethical Issues**, **Assessment**, **Intervention** & **Formulation**, **Psychotic Problem**, **Psychological Theory**, **Suicide Prevention**, **Group Therapy**, **Mindfulness**, **Managing Drug Addiction** and **Six Stages of Change**, & **Neurodevelopmental Disorders**.

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

Chattogram Ma O Shishu General Hospital *Oct. 2024*

Participated in a professional workshop facilitated by Dr. Toshiba Rahman, a distinguished **Child Specialist** from **Dhaka Medical College**, focusing on advanced assessment tools for autism spectrum disorder.

Research Methodology in Social Science *Bangladesh*

Centre for Research in Multidiscipline (CRM) *Jul. 2024 - Nov. 2024*

Completed this advanced course with a focus on innovative research techniques and multidisciplinary applications.

Conferences/Workshops Attended

Acceptance and Commitment Therapy *Bangladesh*

6TH Bangladesh Clinical Psychology Conference, 2023 *Sep. 2023*

Participated in a half-day workshop organized focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

Increase Your Research Impact *Bangladesh*

6TH Bangladesh Clinical Psychology Conference, 2023 *Sep. 2023*

Participated in a half-day workshop organized focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

Boost Your Emotional Intelligence *Bangladesh*

6TH Bangladesh Clinical Psychology Conference, 2023 *Sep. 2023*

Participated in a half-day workshop organized focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

Dialectical Behavior Therapy (DBT) *Bangladesh*

6TH Bangladesh Clinical Psychology Conference, 2023 *Sep. 2023*

Participated in a half-day workshop organized focused on Community Mental Health: A Key to Bridge Mental Health Gap in Bangladesh at **University of Dhaka**.

How Attachment and Parenting Style Affect Adult Relationship *Bangladesh*

University of Dhaka's Educational and Counseling Psychology Department *Oct. 2022*

Participated in a pre-conference workshop organized by department of Educational and Counseling Psychology in **University of Dhaka**.

Stuck In Your Daily Life: Finding Yourself *Bangladesh*

Bondhu: Counseling and Psychosocial Research Centre (BCPRC) *Oct. 2023*

Participated in 3rd National Webinar, a three-day program centered on the theme **Release and Find Emotional Peace**.

Volunteer Experience

6th Bangladesh Clinical Psychology Conference, 2023 *Dhaka, Bangladesh*

Volunteer *Sep. 2023*

- Led a team and actively participated in various sections of a conference.
- Enhanced knowledge of clinical psychology through the experience.
- Networked with renowned psychologists.
- Gained practical insights into the field, including ethical considerations.
- Learned from a range of case studies.

Bondhu: Counseling and Psychosocial Research Centre (BCPRC) *Chattogram, Bangladesh*

Volunteer *Jul. 2023 - Sep. 2023*

- 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

Invited Talks

The Art of Mindful Living *Chattogram, Bangladesh*

Mental Health Day, 2023 at the Department of Psychology, Chittagong College *Oct. 2023*

- 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.

Psychology of Happiness *Bangladesh*

Bondhu: Counseling and Psychosocial Research Centre (BCPRC) *Oct. 2023*

- 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.

Professional Memberships

- **Bangladesh Psychological Association**, General Member
- **Leo club of Chittagong Emerging Sandwip**, Cultural Secretary

Special Skills

- Behavioral Observation & Analysis
- Psychological First Aid (PFA)
- Psychometric Test Administration
- Case documentation & Report Writing
- Client/Parent Counseling & Education
- Exceptional Communication
- Adaptability & Flexibility
- Mandala Art

Languages

English	Professional Working Proficiency
Bengali	Native Proficiency
Chittagonian	Native Proficiency

References

- Available upon request