

**Nasma Hassan**

**Location: Dubai, UAE**

**Telephone: +971 523142676**

**Email: [nasma.hassanm@gmail.com](mailto:nasma.hassanm@gmail.com)**

## Professional Profile

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Psychology professional with a background spanning non-profit leadership, clinical mental health services, and adolescent wellbeing. I integrate evidence-based practice with strong communication and programme development skills to deliver impactful interventions and foster inclusive, collaborative environments.

## Core Skills

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- Diversity and Inclusion
- Multi-tasking and Quick Problem-Solving Skills
- Research Skills (SPSS)
- Project Management
- Building Therapeutic Relationships
- Resilience and Effective Communication

## Career Summary

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**Jan 2025- July 2025    Consultant Psychologist at Psyshare, Kochi**

- At Psyshare, I delivered individual counselling sessions addressing issues such as anxiety, depression, stress, relationship difficulties, and adjustment challenges.
- Applied evidence-based therapeutic approaches (CBT, person-centred therapy, MI) tailored to client needs.

- Collaborated with a multidisciplinary team to design and implement client-centered care plans, while maintaining detailed case documentation.

### **Apr 2024- Apr 2025    Student Counselor at The Choice School**

- At The Choice School, I provided individual and group counseling sessions for students in grades 11 and 12, focusing on mental health, academic concerns, and personal development.
- I designed and conducted wellbeing programs for students, parents, and teachers, including sessions on peer pressure, conflict resolution, and mental health awareness.
- As a Student Counselor, I developed and implemented strategies to assess and improve the mental health and wellbeing of students, including one-on-one conversations and collaborative discussions with parents and teachers.

### **Apr 2022- Present    Founder and Director at Spotlight**

- At Spotlight, I am responsible for planning, organising, and directing the service's operations and performance in providing a 24/7 crisis helpline, emotional support chat, and care navigation services.
- As the Founder, I built the service along with its policies and procedures, while managing the day-to-day operations and implementing said policies.
- I lead and manage the management team, legal team, and the first response volunteers at Spotlight, while also overseeing their recruitment process and establishing the strategic direction of the service.

### **Nov 2022- Feb 2023    Trainee Psychologist at Heyy. Life**

- At Heyy, I was responsible for providing evidence-based interventions such as SFBT to people with various SEMH needs via chat.
- I helped clients better understand their circumstances and set goals accordingly, while also being a venting moderator.
- However, I directed the clients to seek appropriate help for severe clinical concerns.

**Mar 2021- Mar 2022    Healthcare Assistant at Potters Bar Clinic, Elysium Healthcare**

- As a Healthcare Assistant at a Tier 4 LSU CAMHS and acute adult mental health services, I was an integral part of the therapy team, providing information and insight into the service user's mental state and working with psychologists, nurses, OTs, etc.
- I supported patients emotionally, helping them control and understand their feelings, especially in times of difficulty, while also assisting in reintegrating our service users into the community.
- Dealt with patients who suffer from personality disorders, bipolar disorders, substance misuse issues, learning disabilities, eating disorders, and other acute mental health conditions.

**Dec 2020- Nov 2021    Volunteer at Circles South East**

- As a Volunteer, I supported ex-sexual offenders reintegrate back into society.
- Provided a structured community intervention for sex offenders and sexual perpetrators.
- Interacted with ex-sexual offenders every week to offer them support while they reintegrated into society.

**Aug 2019- Oct 2019    Psychology Intern at Police Station**

- Gained first-hand exposure to police operations by observing officers, interacting with victims and offenders, and studying case histories to understand community dynamics.
- Assisted with data management and research, contributing to accurate documentation and case tracking.
- Acquired practical knowledge of legal processes including case filing, FIR (First Information Report), IPC (Indian Penal Code), and more processes in the Criminal Justice System.

## Educational Qualifications

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- **MSc Forensic Psychology (2:2)**  
Goldsmiths, University of London, 2020-2021
- **BSc Psychology (70.80%)**  
St. Aloysius College, Elthuruth, 2017- 2020
- **AISSCE (80.4%)**  
International Indian School, Dammam
- **AISSE (7.4 CGPA)**  
International Indian School, Dammam

## Additional Certifications

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- **Research Methods: A Practical Guide to Peer and Community Research**  
King's College London, Present
- **Advanced Diploma in Cognitive Behavioural Therapy**  
Alison, Present
- **Foundations of Gender-Transformative Approaches**  
UNICEF, 2023
- **Project Management Foundations**  
LinkedIn Learning, 2023
- **Foundations of Diversity, Equity, Inclusion and Belonging**  
LinkedIn Learning, 2023
- **Introductions to ACEs and Early Trauma**  
UK Home Office, 2022
- **Investigative Interview Training**  
FPU, Goldsmiths University of London, 2021
- **Diploma in Health and First Aid**  
St. Aloysius College, Elthuruth, 2020
- **Body Language-Key to Professional Success**  
IIT, Roorkee (NPTEL), 2019

## Other Achievements

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- Conducted a training session for Janamythri Police Officers on Psychological First Aid, Anger and Stress Management, and Effective Communication in Kollam District, Kerala.
- Conducted a wellbeing workshop for school children from 8th grade to 10th grade on “How to tackle exam stress”, at Veluthampy Memorial High School, Ambalappura, Kerala.
- Conducted a psychosocial support camp and wellbeing workshop at Punalur Janamythri Police Station, Ashraya Bhavan, and Sharanalaya Kareepra for senior citizens as a part of the Prashanthi Scheme under the Kerala Government.
- Featured in various digital and offline media such as The New Indian Express, Mathrubhumi, My Radio 90 FM and more for my work at Spotlight and my expertise in the subject matter.
- Gave a series of interviews for The Cue Studio as a part of their Break The Stigma series, talking about the stigma that abuse victims face, trauma bonding, and the long-term consequences of abuse.