

Sania Ahmed

She/Her/Hers

EDUCATION

The Chicago School, Chicago, Illinois

August 2020-July 2025

APA-Accredited Program

Doctor of Psychology in Clinical Psychology (Psy.D.), Fifth-Year

Expected Graduation

June 2025

Current GPA: 3.98

Master of Arts in Clinical Psychology

June 2022

DePaul University, Chicago, Illinois

August 2015- June 2019

Bachelor of Science in Psychology, Concentration in Cognitive Neuroscience

Minor in Biological Sciences

GPA: 3.76/4.00

Honors and Awards: Dean's List all quarters in Attendance

2018 Outstanding Student Ally Award

2019 Outstanding Senior by Student Government Association

Graduated Summa Cum Laude

Immigration Status: Permanent Resident in the U.S.

July 2023

PROFESSIONAL EXPERIENCE

Utah Center for Psychological Services

September 2026-Current

Licensed Clinical Psychologist

- Conduct comprehensive psychological and neuropsychological evaluations with children, adolescents, and adults presenting with developmental, psychological, behavioral, and academic concerns.
- Integrate test results, clinical interviews, behavioral observations, developmental history, and collateral information into comprehensive diagnostic formulations and clear, accessible psychological reports.
- Conduct diagnostic evaluations addressing ADHD, Autism Spectrum Disorder, learning disorders, anxiety, mood, depression, trauma-related disorders, OCD, and other complex clinical presentations.
- Conduct comprehensive developmental disability evaluations, traumatic brain injury evaluations, and developmental disabilities evaluation, integrating interviews, behavioral observations, collateral information, and standardized assessment data to inform diagnostic formulation and treatment planning.
- Provide individualized and culturally sensitive feedback sessions to clients and families, communicating assessment findings, diagnoses, strengths, and practical recommendations.

- Provide weekly individual psychotherapy to clients presenting with diverse emotional, behavioral, relational, and developmental concerns.
- Collaborate with psychologists, clinicians, families, schools, and other professionals to support comprehensive and coordinated care.
- Develop and deliver didactic presentations to psychology trainees and clinical staff, strengthening teaching, clinical communication, and professional presentation skills.
- Participate in ongoing supervision, case consultation, and professional development to support continued growth in clinical assessment and psychotherapy.

SUPERVISED CLINICAL EXPERIENCE

Utah Center for Psychological Services

September 2025-September 2026

Postdoctoral Fellow

- Conducted comprehensive psychological and neuropsychological evaluations, integrating interviews, behavioral observations, developmental history, collateral information, and standardized assessment data.
- Developed and refined differential diagnostic and case conceptualization skills through supervision, case consultation, and integration of multiple sources of clinical information.
- Provided weekly individual therapy to individuals across the lifespan with diverse psychological, behavioral, relational, and developmental concerns.
- Trained in and administered comprehensive psychological assessment batteries, including cognitive, personality, achievement, and autism evaluations (e.g., ADOS-2 and other neurodevelopmental measures).
- Collaborated with multidisciplinary providers, families, schools, and other professionals while developing competency in consultation and coordinated care.
- Participated in ongoing supervision, case consultation, didactics, and professional development to strengthen clinical reasoning, assessment, diagnostic, and report-writing skills.
- Participated in structured didactics, assigned clinical readings, case conferences, and other training activities to expand knowledge and clinical competency across areas of professional practice.
- Applied culturally responsive, trauma-informed, ethical, and strengths-based approaches across psychotherapy, assessment, consultation, and professional training.

Shared Vision Psychological Services, Inc.

July 2024-July 2025

Clinical Psychology Doctoral Intern

- Provided weekly individual therapy to 16-18 clients across the lifespan at a not-for-profit setting
- Conducted couples, family and group therapy with clients presenting diverse concerns, including developmental disorders, complex trauma, and relational challenges, utilizing evidence-based therapeutic approaches
- Trained in parent guidance services by working closely with parents and family systems to strengthen parenting strategies, improve communication, and support family dynamics
- Administered psychological batteries (including WISC-V, WAIS-IV, D-KEFS, ADI-R, MIGDAS, Rorschach, BASC-3, TOVA, BRIEF-2, MCMI-IV, BDI-II, BAI, TAT, and other neurocognitive and projective measures) to assess for learning disorders, Autism,

ADHD and other related concerns with developmental, cognitive, socioemotional and/or neurobehavioral concerns

- Integrated neuropsychological and projective measures into comprehensive psychological assessment reports to inform clinical impressions and formulate clinical recommendations based on client context
- Assumed a leadership role within clinic's intake department by conducting weekly intake screenings, implementing policy procedures and facilitating intake meetings to ensure efficient client onboarding
- Strengthened specialized clinical skills through active participation in weekly seminars, diagnostic labs, didactics, group supervision, and monthly participation in clinical reading and early supervision consultation groups
- Involvement in program development and outreach initiatives, including creating clinical seminar presentations, making community outreach, and presenting complex cases in multidisciplinary settings to promote collaborative care
- Provided monthly clinical supervision to an extern, focusing on case conceptualization, therapeutic skill development, and professional development
- Received weekly therapy supervision from two licensed clinical psychologists to enhance therapeutic techniques and clinical decision-making
- Received weekly assessment supervision from a licensed clinical psychologist, focusing on diagnostic evaluation and assessment skills
- **Supervisors:** Sari H. Rosenberg, Psy.D., Collin Shotts, Psy.D., Olivia Kleinman, Psy.D.

School of the Art Institute of Chicago - Counseling Services

Advanced Therapy Extern

August 2023-Present

- Provided weekly individual therapy to 10-12 graduate and undergraduate students at a college setting
- Enhanced assessment skills via initial consultations and first appointments with clients
- Conducted triage services and clinical intakes, being the first line of contact for the clients
- Trained in risk assessment and intervention due to high acuity among student population
- Strengthened consultation skills through collaboration with an interdisciplinary team on a weekly basis
- Enhanced case management skills and connecting students to long-term psychiatric and therapy referrals in the community
- Attended and participated in weekly staff meetings and consulted with a team of licensed psychologists, post-docs, art therapists, nurses and social workers
- Received weekly supervision from a licensed psychologist
- Received weekly supervision from a post-doctoral intern
- **Supervisor:** Joey Rea, Psy.D.

Advocate IL Masonic Medical Center- Behavioral Health Services

Intermediate Therapy Extern

July 2022-June 2023

- Provided weekly individual psychotherapy to 14 clients across the lifespan at an outpatient community mental health center

- Conducted individual and family therapy with patients presenting with a variety of presentations, ranging from complex trauma and mood disorders to Attention-Deficit Hyperactivity Disorder and Substance Use Disorders
- Prepared and facilitated group therapy with up to 12 participants (Effective Parenting Program, Mindfulness, DBT and Social Support Group for low-functioning adults) for various mood and anxiety presentations with clients across the lifespan
- Attended and participated in group didactics on diversity and clinical approaches about topics related to working with clients within multicultural contexts and applied the knowledge gained in the therapeutic approach with clients
- Wrote integrative progress reports based on clinical intake interviews and weekly sessions
- Consulted and collaborated with supervisors and interdisciplinary teams weekly to conceptualize case and develop treatment plans which included treatment goals, timeframe to reach those goals, proposed interventions, and current progress
- Received weekly individual supervision from two licensed psychologists
- Utilized EPIC Workstation and gained experience in administering IM+CANS, PHQ-9, GAD-7
- **Supervisors:** Chemely Pomaes, Psy.D., Kevin Carrion Psy.D.

Center for Comprehensive Neurobehavioral Care

Diagnostic Extern

July 2021-June 2022

- Facilitated testing sessions in a private practice at least 3x per week primarily with children, adolescents and young adults
- Administered psychological batteries (including WISC-V, WAIS-IV, NEPSY-II, Rorschach, BASC-3, CPT-3, IGT-2, BRIEF-2, MACI-II, RCFT, D-KEFS, Conners-3, CASL-2 and other neurocognitive and projective measures) to assess for learning disorders, ADHD, language disorder, mood, anxiety and other related concerns with behavioral, academic performance and/or neurobehavioral concerns
- Observed several administrations of ADOS-2 to assess for Autism Spectrum Disorder
- Scored, interpreted data from testing sessions and integrated the client's background, contextual factors, behaviors, strengths, needs, and other background information related to overall functioning
- Wrote in-depth comprehensive psychological reports based on assessment findings, clinical interviews, client's background information, record reviews and collateral source interviews
- Conducted thorough intake sessions with caregivers and adult clients
- Provided diagnoses, feedback and recommendations to caregivers, parents and families
- Consulted and collaborated with supervisor to conceptualize case and develop treatment plans and full comprehensive assessment batteries
- Engaged in community services such as consultation to schools and making outreach for providing treatment recommendations
- Led feedback and case presentation sessions with an interdisciplinary team
- **Supervisor:** Lori G. Tall, Psy.D.

PROFESSIONAL EXPERIENCE

The Chicago School, Chicago, Illinois

Student Success Assistant

March 2022-Present

- Assist with administrative functional areas including student orientations, global engagement, comprehensive exams, first-generation, and textbooks
- Manage confidential student data and general office work including entering and managing data on spreadsheets, writing and revising reports, and creating communications with high attention to detail and sense of urgency
- Create, adapt, and distribute marketing materials including infographic design and website maintenance
- Research, improve, and develop supportive student resources for specialized populations including pregnant, parenting, and first-generation students
- Conduct academic research and data management for various projects, as needed

Garfield Park Behavioral Hospital, Chicago, Illinois

Mental Health Specialist

September 2019-June 2020

- Developed therapeutic relationships and conveyed physical and psychological status of children and adolescents in an inpatient setting
- Facilitated weekly cognitive behavioral, emotional regulation, grief and process groups with up to twenty participants
- Conducted 1:1s with acute patients for risk intervention
- Received training for Polaris unit for LGBTQ+ patients in the hospital
- Monitored and ensured patient safety at all times via continuous 15-minute observation rounds
- Utilized crisis intervention, de-escalation, redirection and responded to code situations on inpatient units
- Attended psychopharmacology lectures by Dr. Sanjay Dharmapuri, M.D. pertaining to different classes of psychotropic medication, centering needs with medication in regard to case conceptualization
- Wrote in-depth integrative mental health progress reports in accordance with specific treatment plans
- Consulted and collaborated with members of interdisciplinary team and families of children and adolescents

DePaul University, Chicago, Illinois

Resident Advisor

August 2017-June 2019

- Responded effectively to emergency situations and medical crises through collaboration with officials to maintain security
- Effectively utilized mental health training to de-escalate incidents on and off-call - be specific
- Held two monthly events based on mental health, domestic violence, diversity awareness, and safety education
- Engaged in de-escalating incidents with residents and parents on-duty nights

- Wrote in depth incident reports according to supervisory instruction
- Thrived under minimal supervision with several deadlines and worked with a staff of 15 members yearly

Summer Conference Coordinator

June 2018-August 2018

- Acted as first-point-of-contact between a diverse host of clients and management
- Planned and delegated entire summer staff around the needs of the clients
- Catered to a high volume of inbound, outbound calls from supervisors, clients and followed-up appropriately
- Exhibited organizational skills by maintaining record of equipment and ordering supplies in a timely manner

Lead Desk Receptionist

December 2017-June 2019

- Identified staffing needs of lead team and advise on filling needs appropriately
- Implemented supervisor's instructions and procedures to subordinates
- Collaborated with a diverse staff of 18 people by regular interaction and attending monthly meetings according to supervisory instructions

PsyCare Hospital, New Delhi, India

Behavior Technician

May 2014-June 2015

- Interacted with patients using therapeutic communication techniques including active listening, monitoring, assessing verbal and nonverbal patient communication needs, sharing empathy, and encouragement
- Provide direct care to clients in a one-on-one or group therapy setting to implement skill acquisition and behavior reduction treatments as directed by the supervisor
- Developed strategies that connected all activities with child's treatment plan and documented progress
- Kept detailed and accurate records and files for all admitted patients
- Provided administrative support to the Director by preparing routine correspondence, sourcing, and retrieving documents
- Participated in continuous exchange of ideas and maintained positive rapports with family service advocates, staff and external early intervention and mental health providers

RESEARCH EXPERIENCE

The Chicago School, Chicago, Illinois

Doctoral Dissertation

May 2022-Present

Title: Exercising Transformative Agency: South Asian Muslim Women Living in the U.S.

- Conducted qualitative research involving phenomenological methodology and analysis from 8 participants who identify as South Asian, Muslim and Woman
- Reviewed literature on topics including impact of structural forces on South Asian Muslim women's lives including post-colonial norms, patriarchy, traditional gender norms, Islamophobia and acculturation and identified gaps in literature regarding strengths-based approaches and exercising human agency among the population
- Conducted semi-structured interviews with the participants regarding the phenomenon of human agency in regard to their lived experiences from a strength-based lens

- Conducted thematic analysis of collected data to inform themes across participants that elicit the essence of the phenomenon of human agency
- **Chairperson:** Nancy Bothne, Ph.D., **Committee Member:** Jaleel Abdul-Adil, Ph.D.
- Dissertation Defended and Passed with Distinction: 07/01/2024

Research Clerkship

August 2020-June 2021

- Conducted a comprehensive critical literature review of APA practice guidelines pertaining to psychiatric intervention standards and psychotherapy strategies for various psychiatric disorders
- Collaborated on a youth book that provided psychoeducation regarding diagnoses, cultural implications, medication, and caregiver considerations.
- Presented the findings of the research project at the graduate fair
- **Supervisor:** Robert Foltz, Psy.D.

National Aeronautics & Space Administration, Chicago, Illinois

Research Assistant

September 2018-June 2019

- Assisted graduate students with updating ID numbers and personal information of research participants
- Conducted data analysis on personality frameworks and inculcated data changes with procedural interviews
- Maintained quality control standards to preserve the integrity of data and findings
- **Supervisor:** Suzanne Bell, Ph.D.

Chicago Health & Families Lab, DePaul University, Chicago, Illinois

Research Assistant

June 2017-January 2019

- Assisted researcher with data collection, data entries, transcription, and gained extensive research experience
- Conducted recreational activities with children aged 9-14 in underserved neighborhoods in Chicago
- Scheduled and conducted interviews with research participants
- Performed meta-analyses into research on children and learnt more in-depth about age-specific growth and development complete statement here
- **Supervisor:** Jocelyn Carter, Ph.D.

VOLUNTEER EXPERIENCE & COMMUNITY ENGAGEMENT

The Chicago School, Chicago, Illinois

Turkey-US Student Connection

March 2023-July 2024

- Connect with a student at a university in Turkey weekly over Zoom to provide emotional aid post Turkey-Syria earthquake
- Engage in exploring media pertaining to Turkish and American culture
- Utilize cultural sensitivity to provide support and learn more about Turkish culture
- Engage in shared readings focusing on individual and cultural values

Center for Autism Related Disorders, Chicago, Illinois

Behavior Support Technician

April 2019-September 2019

- Collaborated with a team of clinical supervisors to provide administrative support and triage services
- Attended seminars on applied behavior analysis didactics to implement treatment programs with clients and family systems
- Collected and recorded data on patient progress with high fidelity

Be The Match, DePaul University, Chicago, Illinois

Member & Event Planner

September 2015-November 2017

- Collaborated with recruiters to successfully plan and execute 5 events raising breast cancer awareness
- Coordinated fundraisers for charities regarding breast cancer and bone marrow cancer
- Held presentations across various campuses to build awareness around types of cancer

WE Non-Profit Organization, New Delhi, India

Student Tutor

June 2014-July 2015

- Taught children aged 6-15 regarding fundamentals of English & Mathematics
- Created and conducted recreational activities involving play time, sports and quizzes
- Collaborated with a staff of 5 to maintain student records and daily teaching activities
- Assisted students with homework, projects and test preparations
- Conducted practice tests to track progress, identify areas of improvement and helped set goals for exams

PROFESSIONAL PRESENTATIONS

Shared Vision Psychological Services, Inc.

Fall 2024

Exercising Transformative Agency: South Asian Muslim Women Living in the U.S.

- Presented dissertation topic and findings to a multidisciplinary panel including licensed clinical psychologists, social workers, teachers and speech pathologists
- Presentation centered exploration of themes related to cultural identity, empowerment, and the role of agency in shaping their personal and social narratives

School of the Art Institute of Chicago

Fall 2023

Management of Mental Health Concerns: Study Abroad

- Represented Counseling services and led an outreach presentation to current faculty members who are joining students for study abroad programs
- Outreach presentation focused on psychoeducation regarding cultural implications, grounding techniques and answering questions from the faculty panel

The Chicago School

Summer 2021

Critical Literature Review: Youth Psychoeducational Book

- Presented our findings of critical literature review of the APA practice guidelines and gold standards for psychiatric interventions at the graduate research fair
- Presentation highlighted a youth psychoeducational book created by research team and focused on diagnoses, cultural implications, medication, and caregiver considerations

CERTIFICATIONS

•Crisis Prevention Institute (CPI) Certified •CPR Certified •Mental Health First Aid •DCFS
Mandated Reporter

SKILLS

•Fluent in Hindi •Fluent in Urdu • Fluent in English •Fluent in Punjabi •Therapy Notes •Q-
Global •Q-Interactive •Skedda •Epic Workspace •Titanium •Microsoft Office •Microsoft Teams
• Microsoft SharePoint • Microsoft Excel •R Programming Software •SPSS

CLINICAL TRAININGS/WORKSHOPS ATTENDED

Mental Health First Aid Training
Mandated Reporter Training
Basic First Aid
Collaborative Institutional Training Initiative: Human Subjects Research
Crisis Prevention Institute Training
Post-Critical Incident Mental Health Seminar with The Federal Bureau of Investigation

PROFESSIONAL MEMBERSHIPS

Member of American Psychological Association (APA)
Utah Psychological Association
Member of Psi Chi, The International Honor Society in Psychology
The National Society of Leadership and Success