

Hina Fatima, M.A., M.S., LPC-Associate, NCC

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Licensed Professional Counselor – Associate (LPC-Associate), National Certified Counselor (NCC)

Empathetic and dedicated clinician with dual Master's degrees in Clinical Psychology and Clinical Mental Health Counseling, blending Western and Eastern frameworks. NCE-certified and trained in psychoanalytic theory, projective assessments, dream analysis, and trauma-focused modalities (Polyvagal-informed, Brainspotting, REBT). Robust clinical experience across maternal mental health, correctional facilities, and private practice. Culturally responsive, trauma-informed, and passionate about fostering resilience and growth for diverse populations.

Education

Master of Arts in Clinical Mental Health Counseling

The University of Texas at Tyler — Tyler, TX | *Graduated 2025, CGPA 3.8*

- CACREP-Accredited Program
- Electives: *Cognitive Behavioral Therapy (Clinical Psychology)*, *Behavioral Neuroscience (Clinical Psychology)*, *Death and Dying (Clinical Psychology)*

Master of Science in Clinical Psychology

Institute of Professional Psychology, Bahria University — Karachi, Pakistan | *2011*
Graduated Cum Laude, CGPA 3.73

- Thesis: *Applied Behavior Analysis (ABA)*
- Test Construction: Inter-Intrapersonal Skill Scale (IIPAS)
- Specialized in Psychoanalytic theory, projective assessments, and dream analysis

Bachelor of Science (Botany, Zoology, Chemistry, Physics)

Government College for Women — Karachi, Pakistan | *2008*
First Division (equivalent GPA 3.6)

Clinical Experience

Licensed Professional Counselor – Associate (LPC-Associate)

Brightlight Oasis Psychiatry & Counseling – Arlington, TX | Nov 2025 – Present

- Provide high-volume outpatient psychotherapy (60+ clients/week) to a diverse caseload, primarily U.S. military veterans, through a contracted partnership with the **U.S. Department of Veterans Affairs (VA Dallas)**.
- Deliver trauma-informed care for high-acuity cases, with a primary focus on Post-Traumatic Stress Disorder (PTSD), anxiety, depression, and complex trauma presentations.
- Utilize evidence-based modalities including CBT, REBT, Brainspotting, and a Polyvagal-informed approach to support emotional regulation, trauma processing, and functional recovery.
- Conduct comprehensive risk assessments, crisis intervention, and treatment planning for clients with elevated clinical needs.
- Maintain detailed, HIPAA-compliant clinical documentation while managing a high-intensity caseload in a fast-paced setting.

Intern Counselor (Maternal Mental Health Focus)

Maternal Mental Health East Texas — Tyler, TX | Aug 2024 – Apr 2025

- Delivered individual and group therapy for mothers facing postpartum challenges, trauma, and emotional distress.
- Integrated CBT, REBT, and trauma-focused interventions into perinatal mental health support.
- Advocated for holistic, culturally responsive care.

Intern Counselor (LPC-Associate Pathway)

Mosaic Counseling Center of East Texas — Tyler, TX | Nov 2024 – Present

- Provide therapy to diverse clients using CBT, REBT, Brainspotting, psychoanalytic techniques, and dream work.
- Incorporate projective assessment interpretation and TF-CBT for trauma recovery.
- Develop treatment plans, assess risk, and maintain HIPAA-compliant records using Valant software.

Intern Counselor (Correctional Setting)

Smith County Jail — Tyler, TX | May 2025 – August 2025

- Deliver therapeutic services addressing trauma, regulation, and rehabilitation for incarcerated individuals.
- Facilitate insight-oriented therapy and psychoeducational groups with CBT and trauma-focused approaches.

Founder & Mental Health Counselor

Hope Revival Psychological Services (Regd) — 2019 – Present

- Provide integrative counseling (REBT, CBT, TF-CBT, psychoanalysis, dream interpretation).
- Host webinars, panels, and collaborative discussions to advance mental health literacy.
- Develop personalized wellness plans and offer telehealth services.

Counselor

SBHE Foundation Trust (Regd) — Pakistan | 2013 – 2014

- Conducted therapy for individuals with emotional and behavioral challenges.
- Applied CBT, psychoanalytic methods, and projective assessments.

Counseling Intern

PNS Shifa Hospital — Pakistan | Jun – Aug 2011

- Administered psychological assessments (Rorschach, TAT) and assisted in diagnosis and treatment planning.

Academic & Professional Experience

Speaker – CSOTTE 2024 Teacher Education Conference | San Marcos, TX

- Presented “*Evaluating the Impact of AI-Driven Tools such as ChatGPT on Undergraduate Students’ Academic Performance.*”

Graduate Research Assistant – K-16 Literacy Center, UT Tyler | 2023 – 2025

- Research on literacy development, mental health, and resilience; co-authoring manuscripts.

Teaching Assistant – K-16 Literacy Center, UT Tyler | 2024-2025

Volunteer – Champions for Children, Tyler, TX | 2024

- Supported families and children at an autism education conference (10 hours service).

Certifications & Trainings

- **National Certified Counselor (NCC)** – NBCC, 2025

- **LPC-Associate (Texas State Board)** – 2025
 - *In Progress*: Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) – MUSC (2025)
 - Brainspotting Training, Level 1 – 2024
 - REBT Practitioner (Beginner to Professional) – CTAA (UK), #10662322
 - CBT Essentials – Beck Institute for Cognitive Behavioral Therapy (USA)
 - Emotional Health & Well-Being Coach – IPHM (UK), #IPHMNC8898
 - NLP Associate Practitioner – ABNLP & IGNLP
 - EFT/TFT Practitioner – Priority Academy (UK)
 - Psychoanalytic Projective Assessment Training (part of M.S. Clinical Psychology)
 - Neuroplasticity Short Course – Udemy
 - SEO Content Writing – Zippy Writers
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Memberships

- American Counseling Association (ACA)
 - Chi Sigma Iota (CSI) International Honor Society for Counseling
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Skills Summary

- Individual Counseling (CBT, REBT, Brainspotting, Psychoanalysis, TF-CBT)
- Projective Assessments (Rorschach, TAT, HTP) & Dream Analysis
- Trauma-Informed Care & Maternal Mental Health
- Case Formulation & Treatment Planning
- Psychological Assessments & Report Writing
- Clinical Documentation (Valant, SimplePractice)
- Group Facilitation & Psychoeducation
- Research & Academic Writing
- Mental Health Advocacy & Psychoeducation
- SEO Content Writing & Presentations
- Canva & Digital Design