



PSY. SOBIA KHATEEB
FAMILY CLINIC
(Pvt. Ltd.)

**"ACTIONS FOR PUBLIC MENTAL
HEALTH & SERVICES."**



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About Company

Welcome to the Psy.Sobia Khateeb Family Clinic (PSKFC), a beacon of excellence in the realm of mental health. Committed to fostering psychological well-being nationwide, we are dedicated to extensive research, knowledge dissemination, and innovative initiatives. Beyond borders, our mission extends to the protection and promotion of mental health. We embrace a holistic approach, leveraging impactful trainings and cutting-edge methodologies. With unwavering dedication, we aim to break down barriers, initiate conversations, and bring about positive change. Join us on this transformative journey as we pave the way for a mentally healthier society with public mental health approach and reimagine sexuality .





PSY.SOBIA KHATEEB

FAMILY CLINIC

(SMC-Private Limited)



Haji Muh Khateeb

Patron-in-chief

Welcome Message

As the Patron-in-Chief, I am dedicated to championing mental health initiatives within our business. Committed to supporting our MD and CEO, I strive to create an environment that fosters well-being. By facilitating their efforts, we aim to lead the way in advancing mental health solutions. Together, we embark on a mission to promote a workplace that values mental wellness, ensuring a resilient and thriving team. Through strategic collaboration and unwavering support, we aspire to make a lasting impact in the mental health sector. Together, let us pave the way for a healthier and more compassionate future.



Syed Ahsen Raza
Chief Executive Officer

Welcome Message

As the CEO of our esteemed Mental Health Company, I am honored to lead a team dedicated to revolutionizing mental health care. At the helm, I drive our vision of fostering comprehensive well-being through innovative strategies and compassionate care. With a focus on pioneering solutions, we are committed to dismantling stigmas surrounding mental health. My leadership philosophy centers on cultivating a workplace that prioritizes empathy, collaboration, and continuous growth. Together, we strive to make a lasting impact on individuals and communities, providing a beacon of hope for those navigating the complexities of mental health. Join us on this transformative journey towards a healthier, more resilient world.



Psy. Sobia Khateeb
Managing Director

Welcome Message

As the Managing Director, I spearhead a pioneering venture dedicated to revolutionising mental health care through evidence based psychological treatment. With a profound commitment to holistic well-being, our company seeks to redefine mental health practices, offering a unique and effective approach to promoting mental resilience and balance.

Vision & Mission



Vision

All people everywhere will have access to a skilled, motivated and supported mental health professional, within a robust health system. To promote person focused health services that is integrated, comprehensive, accessible and cost effective.

Mission

To provide high quality, research based, legally defensible and scientifically sound advocacy and psychological health services, to promote the achievement of the health-related sustainable development goals and health for all.

Milestone

2022

In 2021, our mental health company marked a significant milestone by spearheading medical camps integrated with awareness activities, a robust community mental health promotion initiative, and a targeted media campaign. These endeavors reached diverse

demographics, fostering understanding zing mental health concerns. Furthermore, we proudly established our presence at the Murtaza Medical Complex Phase, Rawalpindi, providing accessible and comprehensive mental health services. This year's achievements reflect our unwavering commitment to breaking barriers, fostering dialogue, and creating a resilient, mentally healthy community. As we look ahead, we remain dedicated to pioneering impactful solutions in the mental health landscape.

2023

In 2023, our mental health company achieved a transformative milestone by pioneering medical camps integrated with awareness activities, a comprehensive community mental health promotion initiative, and a targeted media campaign.

These endeavors not only fostered understanding but also successfully destigmatized mental health concerns across diverse demographics. Operating from Islamabad and extending services to Azad Kashmir, we are proud to provide accessible and comprehensive psychological health services. These endeavors not only fostered understanding but also successfully destigmatized mental health concerns across diverse demographics. Operating from Islamabad and extending services to Azad Kashmir, we are proud to provide accessible and comprehensive psychological health services..





**INDIVIDUAL MENTAL
HEALTH CARE**



**COUPLE & FAMILY
COUNSELING**



**SPECIALIZED PSYCHSEXUAL
HEALTH SERVICES**

WHAT
WE DO



**MENTAL HEALTH TRAINING &
ADVOCACY**



IMPACT LITIGATION



MEDIA ADVOCAY

How We Work

1

We are offering Clinical Psychology Services in Rawalpindi, Islamabad, and Azad Kashmir, with global reach through our **ONLINE PLATFORM**. Our comprehensive services include screening, assessments, precise diagnoses, personalized treatment plans, and seamless referrals. Dedicated to holistic well-being, we make mental health care accessible and effective for individuals, couples, and families in these regions, ensuring support that transcends geographical boundaries.

2

WE specializes in **mental health advocacy and corporate training services**. The majority of our outreach initiatives, including talks, walks, and camps on mental health, are geared toward teaching the public about ways to prevent mental health issues. We conduct comprehensive mental health training and awareness programs for diverse groups, including children, women, youth, older adults, and transgender individuals. Our initiatives span public mental health concepts, workplace workshops, wellness activities, anger and stress management, educational projects with academia, community engagement, and collaborative programs to promote and protect mental health across various sectors.

3

WE champions mental health through **media advocacy**, leveraging social media, print, and electronic platforms. Our mission is to promote the concept of mental well-being, raise awareness about disorders, and prevent common mental health challenges. We strive to normalize conversations around mental health issues, fostering understanding and encouraging proactive management for a healthier society.

Our Program



KEH DO: Youth Focused program (18-30) on the fact that no matter what the problem is stress, drugs, alcohol, depression, anxiety, suicide, relationships, social media or others the solution always begins with realizing you are not alone and having the courage to say and ask for help. This project provides youth, educators, and parents the skills, opportunity and support to speak up and be heard on the critical topics of today. It enables youth to make positive life choices and parents and educators to support them as they navigate the journey to become healthy, confident adults. KEH DO! currently partners with over more than 10 Colleges & universities in the region. These consist of urban, suburban, public and private schools.



Our Program



WOMEN & CHILDREN TRAINING SERVICES-PSKFC

"Muje Samjo" is a comprehensive mental health program designed for children/adolescents (5 to 18) and women (30+). Recognizing the intricate connection between mental and physical well-being, the program emphasizes mental health as a crucial aspect of overall health for these demographics. Acknowledging the impact of mental health on academic, professional, and societal success, Muje Samjo initiates its outreach by offering free sessions to institutes, schools, universities, and corporate offices. These sessions aim to raise awareness about the importance of mental health in diverse settings. The program further extends its services by providing tailored group or individual consultation packages for interested parties. With a focus on holistic well-being, Muje Samjo strives to foster a supportive environment by promoting mental health awareness and offering accessible mental health services for both children/adolescents and women across various sectors.



Our Program



Together for Mental Health is a pioneering program committed to fostering collaboration and proactive engagement in mental health advocacy. We initiate stakeholder group meetings, bringing together a diverse spectrum of participants from Government, Health, Academia, Civil Society, NGO's, Private Firms, Politicians, Police, Religious Scholars, Community Workers, Students, Youth Organizations, and more. Representatives from key sectors, including Academia, Health Services, Bureaucracy, Judiciary, IT, Law Enforcement agencies, National & Internal NGOs, Social Welfare, and Community Media, converge to strategize and implement comprehensive approaches for the prevention and protection of mental health. This collective effort aims to create a supportive network that addresses mental health challenges at various levels, promoting a holistic and inclusive approach to mental well-being.



Our Program



This program's comprehensive Wellness program employs a multi-channel approach, leveraging social, print, radio, and electronic media to responsibly promote and protect mental health awareness. Through strategic partnerships with leading media outlets, we disseminate accurate information, destigmatize mental health, and showcase success stories. Social media platforms amplify our message, engaging diverse audiences. Print and electronic media feature expert insights, fostering informed discussions. Radio broadcasts offer accessible content, connecting with listeners nationwide. Together, these channels form a dynamic network, driving our commitment to destigmatizing mental health and creating a supportive, enlightened societal framework.



Our Program



IMPACT

LITIGATING PSYCHOLOGY
IN PAKISTAN - PSKFC

Impact litigation in the field of psychology for mental health promotion, protection, and prevention in countries like Pakistan involves using legal strategies to bring about significant changes in policies and practices that affect mental health. This program aims to address systemic issues, advocate for the rights of individuals with mental health concerns, and promote evidence-based interventions. In Pakistan, impact litigation can play a crucial role in shaping mental health policies, reducing stigma, and ensuring access to quality mental health services for all. It serves as a powerful tool to enhance the overall well-being of the population by challenging discriminatory practices and advocating for a more inclusive and supportive mental health framework.



Our Program



Introducing our Youngest Wellbeing Ambassador program, a groundbreaking initiative by our mental health company. At just four years old, our ambassador lends their innocent voice to champion wellbeing concepts and mental health awareness among the youngest minds. We believe in fostering a positive mental health foundation from early childhood, and our ambassador symbolizes the importance of addressing mental health from a tender age. Through engaging and age-appropriate content, we aim to destigmatize mental health, promote resilience, and instill valuable coping skills. Join us in reshaping the narrative around mental health for the next generation with our youngest advocate leading the way.



Our Program



We prioritize inclusive primary care for transgender and gender diverse individuals, countering prevalent biases in healthcare. Despite societal challenges, we forge connections and extend psychological support through outreach initiatives in transgender-friendly environments. Our scope encompasses all age groups, from children to adults, and we collaborate with families. Tailoring our approach to diverse needs, we navigate gender identity development with sensitivity. Whether in faith-based venues, hospital-sponsored spaces, clubs, or health centers, we aim to create safe spaces for exploration. Our commitment is to foster understanding and meet the unique healthcare and psychological needs of the transgender and gender diverse community.



Our Program



Our Psychosexual Counseling Services Program are designed for individuals facing sexual problems, embracing diversity in relationship status, gender identity, and sexual orientation. As a vital component of the Sobia Khateeb Family Clinic psycho-sexual program, this service is accessible to those aged 16 and above in the Hampshire area. It operates cost-free, emphasizing inclusivity and support. Seeking help is facilitated through a written referral from your GP. Our dedicated team comprises skilled psychosexual counsellor/therapists, all Accredited Members of the College of Sexual and Relationship Therapists. Rest assured, our professionals bring specialized training and experience to guide you through overcoming sexual challenges. A collaboration promoting sexual wellness with Cyntax health projects and mental well-being promotion projects as in the folk snapshots following.

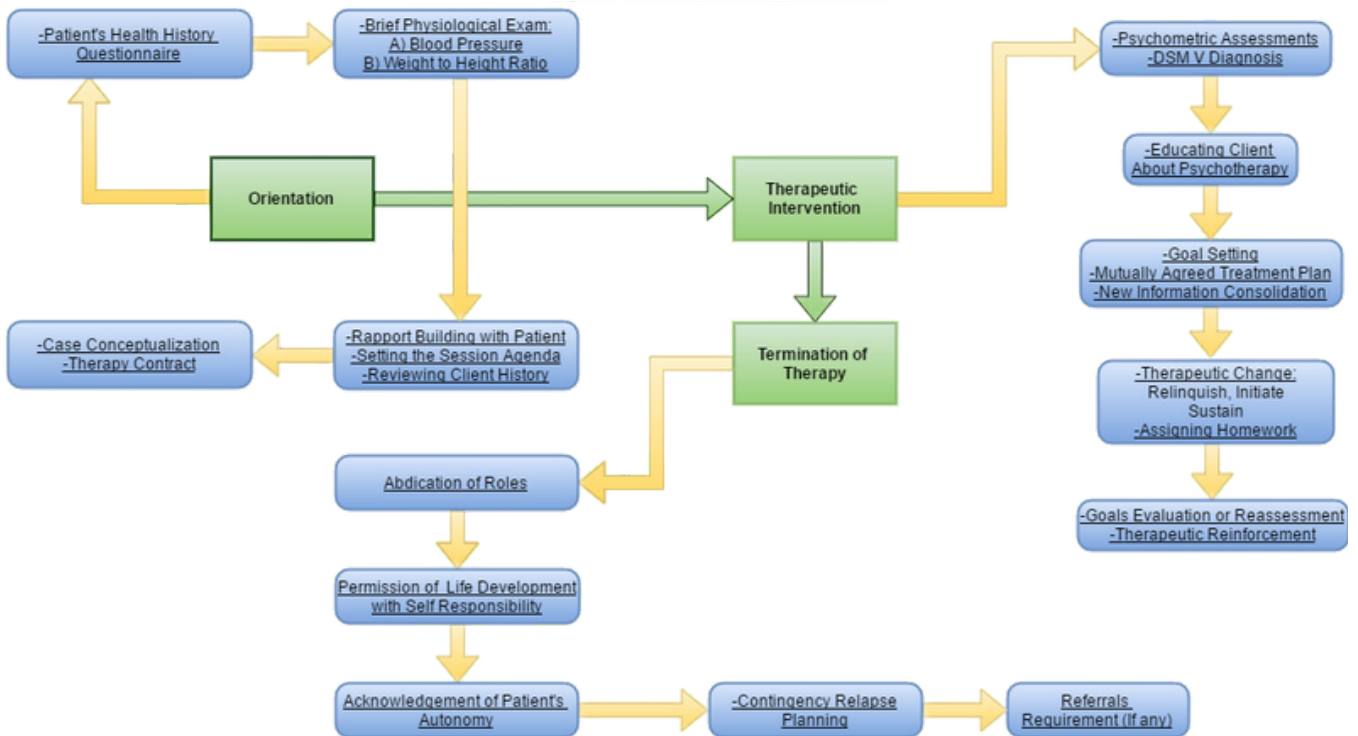


Our Program



Our comprehensive clinical psychology services program is meticulously crafted to address mental health challenges using evidence-based treatments. Rooted in scientific research, our interventions specifically target conditions like anxiety, depression, and trauma, encompassing a broad spectrum of psychological disorders. Our skilled therapists utilize leading methodologies such as cognitive-behavioral therapy and dialectical behavior therapy, tailoring these evidence-based approaches to guide clients towards positive outcomes. Collaborative sessions form the backbone of our services, providing clients with practical tools to navigate emotions, strengthen coping mechanisms, and build resilience. The integration of research-backed strategies ensures the effectiveness of our interventions, staying current with the latest advancements in the field. Our program is dedicated to promoting psychological well-being and empowering individuals on their unique journey to mental health recovery.

Treatment Structure



Our Program



Thriving with Challenges and Change

This course is suitable for people leaders, managers, and all staff. In this workshop you will:

- Gain insight into stress and its impact on performance.
- Identify positive and negative working styles and how to navigate them.
- Learn about the impacts of uncertainty and better ways to manage them.
- Develop better coping and problem-solving skills to manage workplace stress.

Cost: \$1020 +GST

Effective Communication: Be assertive, be heard & resolve conflict

Everyone experiences conflict but not everyone has the skills to resolve it effectively. This workshop will help get you there. In this workshop you will learn:

- What is assertive communication?
- Overcoming conflict avoidance
- Different types of communication
- Dealing with aggression
- Regulating emotion
- Conflict Management strategies (including case studies)
- Practical communication skills (with group activity)

Cost: \$1020 +GST for 2hr workshop

Thriving for High Performance

Learn how to develop awareness to generate thinking about the goals and values that matter to you, and what you want your life to be about.

Cost: \$65+GST for 2hr workshop

Wellbeing Strategies for Challenging Times

This workshop is designed to provide practical strategies to deal with current stresses and challenges—including global conditions that affect the workforce, such as COVID-19.

This course is suited for both Employees and Management.

In this workshop you will learn:

- The 6 wellbeing factors that we can influence, regardless of our current level of stress and challenge.
- How focusing on our values and utilizing our strengths in whichever way we can, aids us in being resilient in the face of challenges.
- Developing a mindset of Optimism to make the best of whatever does happen.
- How a lesson from research into self-compassion predicts mental health outcomes in the face of major stressors, and how to apply self-compassion. The most accessible ways to manage stress in the short and long term.

Cost: \$95 +GST for 1hr workshop

Our Program



TRAINING PACKAGES



Control your anger before it controls you

- Your physiological and psychological response when angry
- What triggers your anger
- How your anger escalates
- The process for coping with your anger
- Simple but effective anger management techniques to control your anger as it's happening
- More in-depth approaches to understand your anger process and help you stop it escalating before it even starts

Cost: \$190

Training to prevent workplace bullying

Training sessions that help individuals understand the role of language at work, allowing them to identify behavior and communication styles that could lead to complaints and also to distinguish between strong management and bullying and explore techniques that allow difficult conversations to take place in a safe way that avoids undesirable consequences.

- Understand the bullying and what workplace rules and regulation
- What to do if you are being bullied or witness it occurring
- Preventing it from happening it the best course of action.

Cost: \$95 (for 1 session).

Awareness and management of psychosexual and relationship problems

To be currently working with - or actively setting out to work with - psychosexual and relationship issues within their own practice or work place. To have completed no less than 2 of counselling or psychotherapy training or equivalent, such as social work or pastoral training.

- This needs to have encompassed both counselling skills and a variety of counselling or psychotherapy approaches.
- Management of relationship
- Discuss current and emerging therapies for sexual problems.
- Describe psychologists' efforts to include the full span of human sexuality and gender identity in new therapies for sexual challenges.
- Discuss attitudes about sex and sex therapy.

Cost: \$1050 +GST for 2hr workshop

Anxiety Management

Anxiety Management workshop will teach you how to best manage physical, emotional and mental symptoms of anxiety. This interactive workshop will discuss where anxiety stems from and its impact on your health, and you will learn strategies for managing it and eventually overcoming this issue.

- Better stress management skills
- Learn to challenge and change negative thinking
- Learn practical strategies for reducing anxiety symptoms
- Establish skills for emotional regulation

Cost: \$1020 +GST for 2hr workshop

Personality Development

If businesses or individuals want greater success, then the answer resides within the ability to improve motivation, improve the use of energy and to improve talent. Yet, almost every time, the emphasis is on talent or the hard skills with little or no focus on developing one's own personality.

- Personality Development training workshop that is designed to help emerging leaders create a more dynamic, loyal and energized personality and replicate it in their workplace. Better stress management skill.
- Learn to challenge and change negative thinking. Learn practical strategies for reducing anxiety symptoms Establish skills for emotional regulation

Cost: \$1020 +GST for 1hr workshop session).

Our Program



Psychosexual Counselling and Therapy Service Information about the service

Who is this service for?

Psychosexual Counselling is for anyone with sexual problems, regardless of their relationship status, gender identity or sexual orientation.

Can I be seen without a partner?

It's entirely up to you. If you attend with your partner you will have opportunities to talk separately and in complete confidence. If your partner doesn't want to attend, it can still be useful to talk about your problems with your counselor/therapist on your own and later be joined by your partner.

What happens at the Psychosexual Counselling clinic?

It is common to feel a bit nervous or embarrassed when talking about sexual matters. The counselor/ therapist knows this and will help you talk about your problems in a sensitive and caring way. During your first visit, the counsellor/therapist will carry out a full assessment in order to understand the problems and ensure that you receive the appropriate support. There will be no physical examination.

How Can I Get Help?

Outpatient programmes at SKF include a psychosexual counselling programme. We provide both face-to-face and online consultations. Online consultations are normally paid for in advance, with each session costing \$ 35 and no hidden fees. To allow cost effectiveness for the services and organisations we support, we do not charge per person, but rather per session. It is available to everyone above the age of 16, and can be approached directly or referred by any medical expert.

How long does Psychosexual Counselling/ Therapy take?

Each session lasts up to 50 minutes with a maximum of six visits. The number of times you need to attend will depend on the nature of your problem. Some problems may be resolved in a couple of visits, whilst others will take longer. Your counsellor/therapist will review your progress regularly with you and the treatment programme may end at any time.

Who works at the Clinic?

Psychosexual counsellors/therapists are SKO staff who have special training and experience in supporting people with sexual problems.

What are the aims of the service?

We aim to provide a confidential, friendly, and caring place for you to talk about and resolve your problems with the support of a counselor/therapist. We encourage you and/or your partner to talk openly.

Consultations Mode

Psychosexual Counselling Services are available by the following modes:

1-Online



2- Face to Face





For any further information regarding psychosexual services, please contact:

- Email: sobiakhateeb@gmail.com
- Telephone: 0304-5364611



Social Media Pages:

- /SobiakhateebOfficial 
- @psysobiakhateeb/ 

For Men:

- Erection concerns
- Loss of interest in sex
- Premature ejaculation
- Orgasm problems
- Painful intercourse
- Delayed ejaculation
- Concerns re sexuality/gender
- Relationship issues as a result of sexual difficulties



For Women:

- Loss of interest in sex
- Painful intercourse
- Vaginismus (no penetration)
- Orgasm problems
- Concerns re sexuality/gender
- Relationship issues as a result of sexual difficulties



Please tell us how you feel about the services we provide.

If you have a compliment, concern, or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0304-5364611** or email. sobiakhateeb@gmail.com, visit: www.sobiakhateebfoundation.business.site

Meet

Our Board Of Directors



Brig(R) Asif Ali SI(M)



Eng Kamar Khateeb



Dr. Tanveer Kayani



Syeda Ambreen Zahra

Meet Our Health Expert Onboard



Dr. Waheed Razaq - Psychiatrist



Psy. Heena Psychologist



Pt. Sunny Khateeb Physiotherapist



Dr. Anela Rehman M&PH Expert



Abuzar Social Media Member



Miss Sidra Media & Creative officer



Umar Awan - SWE Developer

Meet

Admin & Health Champion



Ume Rubab- MH Champion Kotli



Aliya Mehtab MH Champion AJK



Syed Hatif Saeed IT & Technical



Haider Abbas - SM & Photographer



Waseem Sattar - IT & Technology

Meet Board of Experts in Outreach



Dr. Umer Laiquat Consultant Surgoen



DN- Roomaisa Raisat - Nutritionist



Dr. Noor Ul Ain - Family Medicine



Dr. Muh Younus - General Practitioner



Dr. Aftab Rahim Public Health Expert



Dr. Arsam Rathore - Consultant Dentist



Dr. Hasnain - Pharmacist



Psy. Gul e Zehra - Psychologist



Psy. Hassan Kazmi - Psychologist

Meet OUR LITIGATION PARTNERS

Advocate Supreme
Court of Pakistan



Syed Intikhab Hussain Shah

Legal Advisor of
ministry of law &
Justice Division



Ms. Zara Arshad Hunjra

Meet

Our Mental Health Advocates

Senior Educationist, Media Expert & Former Principal Gov Pilot Boys High School Kotli Azad Kashmir



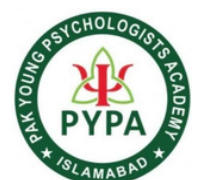
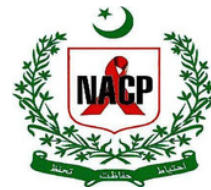
Mr. Hameed Zaidi - AJK

Leading Educationist & Program Incharge - Dr. A Q Khan Schools & Colleges



Ms. Qudsia Salar Pakistan

Meet Key actors we learn from & work with





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MMC Phase 8 Bahria Town Rawalpindi



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