

AROOSA NOREEN

Special Education Teacher & Behavior Therapist

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PROFESSIONAL SUMMARY

Dedicated Special Education Teacher and Behavior Therapist with more than eight years of experience supporting neurodiverse learners across school, clinical, and home settings. Skilled in designing and delivering individualized education programs and ABA based interventions for students with autism, ADHD, Down syndrome, and other developmental or behavioral needs. Proven track record leading therapy teams, conducting ABLLS R and VB MAPP assessments, and partnering with families and educators to drive measurable academic and behavioral progress. Experienced in both in person and remote or home based therapy delivery.

CORE COMPETENCIES

Individualized Education Programs (IEP) Development • ABA Therapy & Behavior Intervention Planning • ABLLS R and VB MAPP Assessment • Progress Monitoring & Data Driven Reporting • Parent Training & Counseling • Staff Supervision & Training • Assistive Technology & Classroom Adaptations • Tele Therapy & Remote Instruction • IDEA Compliance • Public Speaking & Research

PROFESSIONAL EXPERIENCE

Special Education Teacher

Sep 2024 - Present

Arlington Public Schools, Randolph Elementary School, Arlington, VA

- Deliver differentiated instruction aligned with individual student needs and IEP goals across inclusive and self contained classroom settings.
- Provide small group and one on one instruction, applying assistive technologies and classroom adaptations to support diverse learners.
- Develop and maintain compliant IEPs in accordance with IDEA and district guidelines.
- Conduct ongoing progress monitoring and assessments, communicating results to families and multidisciplinary teams.
- Participate in IEP meetings, contributing data driven recommendations for student growth.

Clinical Director and Head of Behavior Therapy Department

Oct 2021 - Jul 2024

Ask an Occupational Therapist (AOT), Islamabad

- Directed ABA therapy services for children with autism, ADHD, and other developmental needs.
- Prepared clinical reports, individualized home programs, and ABLLS R assessments.
- Supervised and trained a team of ABA staff, ensuring consistent quality of care.
- Delivered parent training and counseling to strengthen at home intervention strategies.

Lead Behavior Therapist

Feb 2023 - Present

Down Syndrome Club Pakistan, Islamabad

- Deliver ABA therapy sessions tailored to children with Down syndrome.
- Develop progress reports and individualized home programs.
- Conduct ABLLS R assessments and provide ongoing parent training and counseling.

Lead Behavior Therapist

Apr 2019 - Oct 2021

Behavior and Special Education Services, Islamabad and Rawalpindi

- Conducted ABA sessions for children with autism and ADHD, developing individualized home plans.
- Completed clinical reports and ABLLS R assessments.
- Trained and supervised ABA staff and delivered parent counseling and training.

Senior Behavior Therapist

Jan 2018 - Mar 2019

Ammar Autism Resource Centre Islamabad (AARCI)

- Delivered ABA therapy for children with autism and ADHD.
- Developed behavior training programs and individualized home plans.
- Conducted parent counseling sessions to support consistent progress.

Clinical Psychology Intern

Jul 2016 - Oct 2016

Wapsi Drug Treatment and Rehabilitation Center

- Conducted diagnostic evaluation and treatment planning for clients.
- Assisted in delivering REBT and CBT sessions and completed clinical reports.

Clinical Psychology Intern

Nov 2017 - Dec 2017

Armed Forces Institute of Mental Health (AFIMH), Rawalpindi

- Observed psychometric assessments and therapy sessions and attended lectures on clinical psychology and non pharmacological interventions.
- Delivered presentations on psychological disorders and assisted with parent counseling.

Organizational Psychology Intern

Green Leads School System and College

- Conducted career counseling and student screening.
- Planned and implemented behavior therapy programs.

CERTIFICATIONS AND LICENSES

- Provisional Special Education License, Commonwealth of Virginia Department of Education, USA, Issued July 2025
- Board Certified Assistant Behavior Analyst (BCaBA) coursework, Behavior Momentum India, Feb 2021 to Dec 2021
- International Behavior Analyst (IBA), supervised training, May 2023 to Dec 2023
- Registered Behavior Technician (RBT), 40 hour training program

EDUCATION

BS in Psychology

Sep 2013 - Aug 2017

International Islamic University, Islamabad

- CGPA 3.88 out of 4.00

Intermediate, Pre Medical

Jan 2010 - Dec 2012

Global College of Sciences, Federal Board

Matriculation

Jan 2007 - Dec 2009

SLS Montessori and High School, Federal Board

RESEARCH AND ACHIEVEMENTS

- Teaching children with autism to imitate gross motor actions: a single case study.
- Interventions to reduce head banging behavior in children with autism: a single case study.
- Relationship between self efficacy and life satisfaction among university students.
- Relationship between perceived social support and self esteem among young adults.
- Stigmatization of mental illness among families with healthy individuals versus families with a mentally ill individual.
- Served as a signature analyst in a psychological camp held at International Islamic University.

ADDITIONAL TRAINING AND WORKSHOPS

- ABLLS R and VB MAPP training under BCBA Mansur Chaudary.
- Workshop on schizophrenia, gender dysphoria, paraphilic, and conduct disorders, BOATS.
- Introduction to TEACCH structured training, led by Farah Amanat.
- Anger management workshop delivered by Dr. Kanwal Qaisser, IIQL.

- Seminar on Dialectical Behavior Therapy, NUML.
- Workshops on hypnosis and on therapeutic techniques for stress management.

HONORS AND RECOGNITION

- Ideal Employee, Ask an Occupational Therapist Institute, April 2024
- Most Disciplined Employee Award, October 2020
- Employee of the Month, August 2018