

EDUCATION

2010	Post Doctorate, Institute of Psychiatry, Kings College London, UK
2008	Ph.D, University of Health Sciences, Lahore. Pakistan.
2007	Fellow, Indian Medical Sciences Academy, India.
1988	Master of Science in Clinical Psychology, University of London, Institute of Psychiatry, London, UK.
1984	Master of Science in Psychology, University of the Punjab, Lahore, Pakistan.
1978	Bachelor, University of Multan, Multan, Pakistan.
1976	Intermediate, Government College for Women, Sahiwal, Pakistan.
1974	Matriculation, St. Mary's Convent High School, Sahiwal, Pakistan.

CURRENT TITLES

- Senior Clinical Psychologist, Punjab Institute of Mental Health, Lahore. Pakistan.
- Chartered Clinical Psychologist, Infertility and Advisory Center, Hameed Latif Hospital, Lahore. Pakistan.
- Chartered Clinical Psychologist, Surgimed Hospital, Lahore. Pakistan.

LICENSURE

- British Psychological Society, UK.
- Register of Chartered Psychologists, UK.
- New Zealand Psychologists Board. Wellington, New Zealand.

THERAPEUTIC APPROACH

- Behavior Therapy
- Cognitive Behavior Therapy
- Sex Therapy

WORK EXPERIENCE

- 1983-1984 : Trainee Clinical Psychologist, Fountain House, Lahore. Clinical work involved group therapy with schizophrenic patients and psychiatric Rehabilitation.
- 1985-1986 : Trainee Clinical Psychologist, Child & Family Psychiatry Unit, King Edward Medical College, Lahore. Clinical work involved behavioral assessment and behavioral intervention with children suffering from all kinds of emotional and behavioral problems, psychiatric disorders and learning disabilities.
- 1986-1988 : Trainee Clinical Psychologist, Institute of Psychiatry, Maudsley & Bethlem Royal Hospital, London, UK.
- 1988-1989 : Consultant Clinical Psychologist, Lahore Brain Center, Lahore. Clinical work involved psychological assessment and intervention of out patient's clients suffering from Adult Psychiatric Disorders.
- 1988-2003 : Visiting Faculty, Center for Clinical Psychology, University of the Punjab, Lahore. Teaching Behavior Therapy and Clinical Psychology to students of Advanced Diploma in Clinical Psychology.
- 1988-2003 : Clinical Supervisor, Advance Diploma in Clinical Psychology, Center for Clinical Psychology, University of the Punjab, Lahore. Clinical Supervision of students of Advanced Diploma in Clinical Psychology.
- 1989 – Date : Senior Clinical Psychologist, Health Department, Government of Punjab, Lahore.
- 1989-1994 : Chartered Clinical Psychologist, Department of Psychiatry, Allama Iqbal Medical College, Services Hospital, Lahore. The clinical work involved psychological assessment and intervention of patients with Adult Psychiatric Disorders specially Anxiety Disorders, Depressive Illness, Sexual Dysfunctions and Eating Disorders. The therapeutic approach followed was Cognitive Behavior Therapy.
- 1990-1994 : Lecturer (Part Time), School on Nursing, Allama Iqbal Medical College, Services Hospital, Lahore. Teaching Applied Psychology to the Post Graduate nurses in Psychiatry.
- 1990- 2004 : Visiting Faculty, Department of Psychology & Applied Psychology, University of the Punjab Lahore. Teaching Behavior Therapy and Clinical Psychology to students of MSc in Applied Psychology.
- 1990–2003 : Member Selection Committee for the Candidates of Advanced Diploma and MPhil in Clinical Psychology, University of the Punjab, Lahore.
- 1992-2004 : External Examiner, University of the Punjab, Lahore. Acting as an External Examiner for post graduate and post masters examinations in Applied and Clinical Psychology.
- 1992-2004 : Internal Examiner, University of the Punjab, Lahore. Acting as an Internal Examiner for post graduate and post masters examinations in Applied and Clinical Psychology.
- 1994-Date : Chartered Clinical Psychologist, Punjab Institute of Mental Health, Lahore. The clinical work involves dealing with in and out patients with Adult Psychiatric Disorders. Presently working as Incharge Rehabilitation Program of Schizophrenic Patients. The therapeutic approach followed is mainly Behavior Therapy.
- 1994-1996 : Deputy Chief Executive, Hameed Latif Hospital, Lahore. Dealt with all kinds of administrative affairs of the hospital.
- 1994-Date : Visiting Consultant Clinical Psychologist, Hameed Latif Hospital, Lahore. Out patient referral of patients with Anxiety Disorders, Depressive Illness, Sexual Dysfunctions and Eating Disorders.
- 1994-1996 : Honorary Training Consultant, Highnoon Laboratories Ltd., Lahore. Teaching selling skills to the Pharmaceutical filed force.
- 1994-Date : Visiting Chartered Clinical Psychologist, Infertility and Advisory Center, Hameed Latif Hospital, Lahore. Clinical work involves counseling of Infertile Couples and Sex Therapy for Sexual Dysfunctions.
- 1997- 2008 : Student Counselor, Lahore University of Management Sciences (LUMS) Lahore. Counseling of students with emotional and academic problems.

- 1999- 2003 : Visiting Faculty, M.Phil in Clinical Psychology, Center for Clinical Psychology, University of the Punjab, Lahore. Teaching Clinical and Behavior Therapy to the students of MPhil in Clinical Psychology.
- 2001- 2003 : Visiting Faculty, PhD in Clinical Psychology, Center for Clinical Psychology, University of the Punjab, Lahore. Teaching Clinical and Behavior Therapy to PhD scholars.
- 2001 – 2005 : Visiting Faculty, MPhil & PhD in Psychology, Department of Psychology & Applied Psychology, University of the Punjab, Lahore. Teaching Clinical and Counseling Psychology to MPhil & PhD scholars.
- 2005 – Date : Visiting Faculty, Department of Behavioral Sciences, Fatima Jinnah Women University, The Mall, Rawalpindi. Teaching Cognitive Behavior Therapy to Post Graduate students of Behavioral Sciences.
- 2009 - 2010 Post Doctorate Fellow, Institute of Psychiatry, Kings College London, University of London, UK.

HONORS & CERTIFICATES

- Oration: Dr. K. N. Rao Memorial Award. Annual Conference of International Sciences Academy, 12th – 13th October, 2008. Dubai. UAE.
- Certificate of Appreciation. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. Pakistan.
- Certificate for Best Performance. Punjab Institute of Mental Health, Lahore. Pakistan.
- Status of Chartered Clinical Psychologist, British Psychological Society, UK.
- Best Supervisor Award, Center for Clinical Psychology, University of the Punjab, Lahore.
- First Position in M.Sc. Psychology, Lahore College for Women, University of the Punjab, Lahore. Pakistan.
- Certificate of Appreciation, Kinnard College for Women, Lahore. Pakistan.
- Certificate of Appreciation, Government College for Women, Sahiwal, Pakistan.
- First Position in Secondary School Examination, St. Mary's Convent High School, Sahiwal, Pakistan.
- First Prize in English, Government College for Women, Sahiwal, Pakistan.

REGISTRATION / CERTIFICATION

- Registered Chartered Clinical Psychologist, British Psychological Society, England. February 1992.
- Registered Psychologist, New Zealand Psychologists Board. Wellington, New Zealand. August 2000.
- Fellow, Indian Medical Sciences Academy, India. Nov. 2007.

SPECIALIZATION & RESEARCH INTERESTS

- Sexual Dysfunctions, Depression, Obsessive Compulsive Disorder, Fear & Phobias, Psychiatric Rehabilitation, Eating Disorders and Sexual Health in Men & Women.

PROFESSIONAL SOCIETIES

(By election or honor)

- Chartered Clinical Psychologist, British Psychological Society, UK.
- Fellow, Indian Medical Sciences Academy, India.
- Ex. General Secretary, M.IN.D. Organization, Lahore.

(By Membership)

- Health Professional Council (HPC), UK.
- Full Member, British Psychological Society, UK.
- Member, Register of Chartered Psychologists, UK.
- Registered Professional, NFER-Nelson, UK.
- Member, Graduate Society, University of London, UK.

COURSES / WORKSHOPS

- Refresher Workshop on Rational Emotive Behavior Therapy: Assessment & Intervention. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. December 2004.
- Reiki: Application & Treatment Level I. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. 28th May, 2005.
- Reiki: Application & Treatment Level II. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. 4th June, 2005.
- Developing Counseling Package for Victims of Domestic Abuse. Dept. of Psychology & Applied Psychology, University of the Punjab and University College London, UK. 26th March 2004.
- Information Technology Workshop. SPSS. Human Resource Development Center, Institute of Administrative Services, University of the Punjab, Lahore. August 2002- September 2002.
- Workshop on Innovative Treatment Techniques. Center for Clinical Psychology, University of the Punjab, Lahore. December 2002.
- Workshop on Direct Observation as Clinical and Research Methods. Department of Special Education, University of the Punjab, Lahore. April 2002.
- Training Course in Trauma Psychology, University of Missouri – Columbia. February 2002.
- Workshop on Learning and Developmental Disabilities: Assessment and Intervention. Center for Clinical Psychology, University of the Punjab, Lahore. February 2000.
- Training Workshop on Projective Techniques. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. April 2000.
- Training Workshop on Post Traumatic Stress Disorders. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. April 2000.
- Financial & Accounting Tools for Small Business – Lahore University of Management Sciences (LUMS) Lahore. June 1996.
- Training Course on Recent Advances in Psychiatry. Dept. of Psychiatry, Allama Iqbal Medical College, Lahore. February 1994.

WORKSHOPS CONDUCTED

- Workshop on "Psychoanalysis" at the Dept. of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi. 2006
- Workshop on "Cognitive Behavior Therapy" at the Dept. of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi. 2006

- Workshop on "Behavioral Skills" at the Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. June 2005.
- Workshop on "Behavioral Skills" at the Center for Clinical Psychology, University of the Punjab, Lahore. June 1989.
- Workshop on "Dyslexia" at the Center for Clinical Psychology, University of the Punjab, Lahore. September 1990.

PRESENTATION IN NATIONAL & INTERNATIONAL CONFERENCES

- Demographic Characteristics and Family Correlates of Dhat Syndrome Symptoms in Pakistan. *Annual Conference of International Medical Sciences Academy, (IMSACON 2008)*, 12th – 13th October, 2008, Dubai. UAE.
- Comparison of Symptom Manifestation in Dhat Syndrome Patients in Relation to Parental Strictness. *The Second International Congress on Acceptance, Rejection and Resilience, ISIPAR*, 3rd July -6th July, 2008. Crete, Greece.
- Manifestation of Dhat Syndrome in the context of Pakistan. *Annual Conference of International Medical Sciences Academy*, 2nd Nov. - 4th Nov. 2007. Manipal. India.
- Implications of Dhat Syndrome in Pakistan. *65th ICP Annual Convention of Council of Psychologists*, 11th August – 14th August, 2007, San Diego, CA, USA.
- Efficacy of Token Economy for Schizophrenia in Pakistan: A Single Case Study. *64th Annual Convention of International Psychology*, 10th July – 13th July 2006, Kos, Greece.
- Psychosocial Impacts of Infertility. *Annual Conference of International Medical Sciences Academy*, 3rd – 5th Nov. 2006. Lahore. Pakistan.
- Efficacy of Behavior Therapy with Post Traumatic Stress Disorder: A Single Case Study". *1st International Conference of SAARC Psychiatric Federation*, 2nd Dec – 4th Dec. 2005, Agra, India
- Factor Structure of Dhat Syndrome Symptom Checklist. *International Conference on Applied and Community Psychology: Trends & Directions*. 26th -28th February 2005. Haridwar, India.
- Dhat Syndrome and Its Psychological Implications: An Ongoing Study. *WPA Regional & Inter Zonal Meeting*. 16th Sept. - 20th Sept. , 2004, Lahore. Pakistan.
- Student Counseling Services. *Symposium at the Dept. of Psychology & Applied Psychology*, April 6th, 2004.
- University of the Punjab, Lahore.
- Rehabilitation of Schizophrenics: A Review of Eight Cases. *13th International Psychiatric Conference*. January 25th – 28th, 2002, Rawalpindi, Pakistan.
- Rehabilitation of Female Schizophrenics: A Review of 8 Case Reports and its Implications. *Sixth National Conference of Pakistan Association of Clinical Psychologists*. 22nd April –23 April, 2000, Lahore, Pakistan.
- Psychosocial Impacts of Infertility on Pakistani Couples. *15th World Congress on Fertility & Sterility*. 1995, France.

RESEARCH PUBLICATIONS

- Khan, N, and Kausar,R.(2007). Efficacy of Behavior Therapy with Obsessive Compulsive Disorder: A Single Case Study. *Pakistan Journal of Psychology*, 38, (1), 3-10.
- Khan, N and Kausar,R.(2006). Efficacy of Token Economy with schizophrenia in Pakistan: A Single Case Study. *International Perspective in Psychology. Proceedings of the 64th Annual Convention of International Council of Psychologists*. 10th July- 13th July, 2006. Kos, Greece.
- Khan,N and Kausar,R.(2006).Psychotherapeutic Intervention for Post-Traumatic Stress Disorders: A Single Case Study. *Proceedings International Conference Earthquake 10/8 Social, Human & Gender Issues*. Organized by Fatima Jinnah Women University, Rawalpindi and University of Azad Jammu & Kashmir, Muzzafarabad, Jan 15-17, 2006.Pp.145-155.
- Khan, N, Kausar,R and Chaudhry,R. (2005). Factor Structure of Dhat Syndrome Symptom Checklist. *Applied and Community Psychology: Trends and Directions*; 2: 596-600.Sarup & Sons, Delhi, India.
- Khan, N. (2005). Dhat Syndrome in relation to Demographic Characteristics. *Indian Journal of Psychiatry*; 47: 54-57.
- Khan,N, and Kausar,R. (2005).Efficacy of Cognitive Behavior Therapy with Panic Disorder: A Single Case Study, *Pakistan Journal of Psychology*, 36,(2),11-22.

POST GRADUATE RESEARCH PROJECTS

- Measuring the Functional Communication of Down's Syndrome with Normal Controls. M.Sc. Clinical Psychology, UK, 1988. (University of London, UK).
- The Effect of Sibling Position on the Development of Personality. M.Sc. Psychology, 1984. (University of the Punjab).
- The Effect of Environment on the Self-Concept of Borderline Psychotics. M.Sc. Psychology, 1984. (University of the Punjab).
- The Effect of Advertisement on the Sale of Goods. M.Sc. Psychology, 1984. (University of the Punjab).
- A Personality Test for the Measurement of Extroversion & Introversion Trait in Male & Female Graduate Students. M.Sc. Psychology, 1984. (University of the Punjab).
- Report of Ghazali Personality Inventory. M.Sc. Psychology, 1984. (University of the Punjab).

INTERVIEWS IN NEWS PAPERS

- Dhat Syndrome, Times of India, Nov. 2007
- Rehabilitating the Mentally Ill. The Nation. June 10, 2001
- Hope for the Mentally Ill. The News. August 5, 2001
- Split from Realities. The News. April 6, 1997
- World Senior Citizen Day. Daily Nawa-e-Waqat. September 29. 2003
- The Cry of a Woman. The Friday Times, September 27, 1990
- Sahat – aur - Sakoon: An Audio Cassette for Relaxation and Better Thinking. Pakistan Times
- Hysteria in Women. Roznama Pakistan. December 1990.
- Effect of Environment on Psychological Health. Roznama Mashriq. October 1994

NEWS PAPER FORUMS

- "Khawatein Ki Nafsaiti Bemarian". Pakistan Forum.
- "Bachoon Say Badsaloki" Session in Awami Waqle.
- Infertility in Men. Roznama Jang. October 10, 1998.
- Infertility is Treatable. Roznama Jang. September 19, 1998.

ACTIVITIES ORGANIZED

- IMSACON 2008, (Organizing Secretary). International Medical Sciences Academy Annual Conference, Dubai, UAE. October 2008.
- Refresher Workshop on Rational Emotive Behavior Therapy: Assessment & Intervention. Dept. of Psychology & Applied Psychology, University of the Punjab, Lahore. December 2004.
- Workshop on Developing Counseling Package for Victims of Domestic Abuse. Link Program of DFID, Department of Psychology & Applied Psychology and University College London, UK. March 20, 2004.
- Basant Mela for Psychiatric Patients. Punjab Institute of Mental Health. Lahore. February 16, 2002. (Masawaat, Daily Khabrain, Business Recorder, The Nation, Nai Akhbaar).
- Basant Mela for Psychiatric Patients. Govt. Hospital for Psychiatric Diseases, Lahore. February 2001.
- 7th National Conference of Pakistan Association for Clinical Psychologists. April 2002. Lahore. Pakistan.
- Establishment of an NGO, M.IN. D Organization for Mentally In Distress. Frontier Post. December 1992.
- Workshop on Assessment and Intervention for Children with Learning and Developmental Disabilities By Dr. Maria Callias, Consultant Clinical Psychologist, London, UK. Center for Clinical Psychology, University of the Punjab, Lahore. February 2000.
- Musical Evening with Atta Ulla Khan Esa Khalvi organized for the fund raising for Psychiatric Patients at the Alhamra Art Council, Lahore. 1992.
- Psychiatric Out Patient Clinic established for M.IN.D organization at the Mazaar of Haji Sheer in Burewala. October 1992.

NEWS PAPER PUBLICATIONS

- Anorexia Nervosa. The Pakistan Times. January 6, 1998.
- Nuclear Bombs. The Nation. August 11, 1998.
- Less Security with N- Test. Dawn. August 8, 1998.
- Nuclear Bombs. The Muslim. August 12, 1998.
- Remembering Dr. Zamzan. The Nation. Feb. 19, 1997.
- In Memory of Dr. Zamzan. The News. March 1, 1997.
- Just Friends. The Nation. September 5, 1997.
- Princess Diana. The News. September 6, 1997.
- Please Respect the Relationship. Business Recorder. September 6, 1997.
- Privatizing the First Women Bank. The Nation. September 22, 1997.
- Privatization of First Women Bank. Business Recorder. September 21, 1997.
- First Women Bank. Dawn. September 21, 1997.
- First Women Bank. The Muslim. September 21, 1997.
- Save Women's Bank. The Friday Times. October 17-23, 1997.
- A Tragedy of First Women Bank. Business Recorder. October 31, 1997.
- Massacre of First Women Bank. The News. November 7, 1997.

COMPUTER KNOWLEDGE

- Microsoft Windows 7 (Professional)
- Microsoft Office XP 2007(Professional Edition)
- SPSS.17.0

LANGUAGES

- English
- Urdu
- Punjabi

REFERENCES

Available on Request
