

CURRICULUM VITAE

PERSONAL INFORMATION

Name: Dr. Saima Dawood Khan
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ACADEMIC QUALIFICATION

2008 Ph. D in Clinical Psychology, Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan

1998 – 2000 Advanced Diploma in Clinical Psychology (got 2nd position) from Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan

1994 – 1997 Master's in Applied Psychology (1st Division) from Department of Applied Psychology, University of the Punjab, Lahore, Pakistan

1991 – 1994 B.A. (1st Division) from Lahore College for Women, Lahore, Pakistan

TEACHING EXPERIENCE

| Duration | Designation | Institution |
|-----------------------|---------------------|---|
| Dec, 2008 to date | Assistant Professor | Centre for Clinical Psychology, University of the Punjab, Lahore. |
| Aug, 2000 – Nov, 2008 | Lecturer | Centre for Clinical Psychology, University of the Punjab, Lahore. |
| Dec, 99 - Aug, 2000 | Research Scholar | Centre for Clinical Psychology, University of the Punjab, Lahore. |

Other Formal Training and Education

| No | Name & Place | Type of Training | Duration | | Certificate / Diploma |
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| | | | From | To | |
| 1 | <u>Faculty Development Workshop Series</u> organized by Academic Staff Association, University of the Punjab, Lahore. | Training Workshops | 17 th June, 1997 | 20 th June, 2007 | Certificate |
| 2 | <u>Annual Training Course</u> organized by Department of Psychiatry, King Edward Medical College, and Mayo Hospital, Lahore | Recent Advances in Psychiatry | 25 th May, 1998 | 30 th May, 1998 | Certificate |
| 3 | <u>Training Course</u> sponsored by University of Missouri – Columbia, International Center for Psychosocial Trauma, (ICPT), organized by Fountain House, Lahore | Training Course in Trauma Psychology | January, 2000 | | Certificate |
| 4 | <u>Information Technology Workshops: SPSS</u> organized by Human Resources Development Centre, University of the Punjab, Lahore | Training Workshop | 13 th August, 2002 | 3 rd September, 2002 | Certificate |

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| 5 | <u>Evaluation of PANSS (Positive Negative Syndrome Scale)</u> , sponsored by Janssen-Cilag organized by Department of Psychiatry, Services Hospital, Lahore. | Training Session | 16 th April, 2003 | | Certificate |
| 6 | <u>'The Status of Psychology' in Pakistan</u> held at Bara Gali, organized by Department of Psychology, University of Peshawar. | Workshops and Seminars | 27 th July, 2003 | 31 st July, 2003 | Certificate |
| 7 | <u>HRDC Faculty Development Workshop Series</u> organized by Institute of Administrative Sciences, University of the Punjab, Lahore. | Workshop Series | 26 th February, 2005 | 28 th February, 2005 | Certificate |
| 8 | <u>Role of Women in Drug Abuse Prevention</u> organized by Anti Narcotics Force, Punjab in Collaboration with Narcotics Affairs Section, U.S. Embassy, Islamabad. | Workshop | 15 th April, 2005 | 16 th April, 2005 | Certificate |
| 9 | <u>Mapping Techniques</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) and Punjab AIDS Control Programme at Avari Hotel, Lahore. | Workshop Series | 2 nd August, 2006 | 5 th August, 2006 | Certificate |
| 10 | <u>Report Writing</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) and Punjab AIDS Control Programme at Avari Hotel, Lahore. | Workshop Series | 3 rd October, 2006 | 4 th October, 2006 | Certificate |
| 11 | <u>Integrated Biological and Behavioural Surveillance</u> jointly organized by Canada – Pakistan HIV / AIDS Second Surveillance Project (HASP), National AIDS Control Programme (NACP) and Punjab AIDS Control Programme at Avari Hotel, Lahore. | Workshop Series | 7 th November, 2006 | 10 th November, 2006 | Certificate |
| 12 | <u>Research Methodology: From Ideas to Publication</u> organized by World Psychiatric Association (WPA), Zone-15 in collaboration with Pakistan Psychiatric Research Centre (PPRC), World Federation for Mental Health (WFMH), South Asian Forum (Pakistan Chapter) & Pakistan Psychiatric Society (PPS) | Workshop | 24 th November, 2007 | | Certificate |
| 13 | <u>CBT for Anxiety Management Using a Manual</u> organized by World Psychiatric Association (WPA), Zone-15 in collaboration with Pakistan | Workshop | 25 th November, 2007 | | Certificate |

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| | Psychiatric Research Centre (PPRC), World Federation for Mental Health (WFMH), South Asian Forum (Pakistan Chapter) & Pakistan Psychiatric Society (PPS). | | | |
| 14 | <u>Seminar on Research Methods</u> by Dr. John Rose, University of Birmingham, UK organized by Government College University, Lahore under HEC – BC Academic Link Activities. | Workshop | 24 th April, 2007 | Certificate |
| 15 | <u>Seminar on Intervention for Learning Disability & Dementia</u> by Dr. Jan Oyeboode & Dr. John Rose, University of Birmingham, UK organized by Government College University, Lahore under HEC – BC Academic Link Activities. | Workshop | 25 th April, 2007 | Certificate |
| 16 | <u>Rorschach Comprehensive System</u> conducted by Dr. Ana Maria Tuset Bertran From University of Barcelona, Spain organized by Frontier Women University, Peshawar. | Workshop Series | 27 th -30 th November, 2007 | Certificate |
| 17 | <u>Faculty Orientation Program, 2008</u> organized by organized by Human Resources Development Centre, University of the Punjab, Lahore. | Workshop Series | 23 rd May, 2008 | Certificate |

OTHER RELEVANT FACTS

- Awarded Roll of Honour in 1993 by Lahore College for Women, Lahore.
- Co-ordinator of the Training Programme: Advanced Diploma in Clinical Psychology since March, 2000 -2010 & BS (Hons.) in Clinical Psychology in September, 2004 through present at the Centre for Clinical Psychology, Punjab University, Lahore.
- Panel Member of Admission Committee at Centre for Clinical Psychology, University of the Punjab, Lahore since February, 2000.
- Worked as Data Analyst on a Research Project entitled 'Development of Screening Tools' conducted by Child Care Resource Centre, College of Home Economics, Gulberg, Lahore with the collaboration of UNICEF (2001)
- Resource Person for the Biannual Mothers' Training Program at SOS, since April, 2001.
- External Examiner for setting of Paper: Abnormal Psychology at Islamia University, Bahawalpur (2003, 2005)
- Involved in teaching of Course Counseling for Women in Distress at Department of Women Studies, University of the Punjab, Lahore (November, 2003-March 2004).
- Member of a Free Counseling Psychological Services for Working Women at Sanatzar (June, 2002 – June, 2003).
- Member of Organizing Committee of 'Health Mela' organized by University Health Centre (28th – 30th March, 2005).

- Member of Organizing Committee for 'Awareness Campaign' organized by University Health Centre (October 10, 2005).
- Worked as a Consultant Clinical Psychologist at Sheikh Zayed Hospital & Federal Post Graduate Medical Institute, Lahore for the Psychological Management of Earthquake Victims (October, 2005)
- Member of National Curriculum Revision Committee in Psychology organized by Higher Education Commission at Regional Office, Lahore (September, 2005 – December, 2005).
- Assisted in writing Chapter on "Status of Psychology in Pakistan" for the "Handbook of International Psychology" Published in August 2005 by Brunner/ Routledge, New York, USA.
- Assisted in writing Chapter "Psychology of Adolescent Behavior in Pakistan" for Encyclopedia of Adolescence, which was published in August, 2008 by Brunner/ Routledge, New York, USA.
- Member of Board of Studies, Faculty of Life Sciences, University of the Punjab, Lahore. (2006-2008).
- Developed PC-I (Feasibility Report) for Strengthening the Academic and Research Facilities at the Centre for Clinical Psychology, University of the Punjab, Lahore.
- Developed PC-I (Feasibility Report) for Academic and Research Block of Centre for Clinical Psychology, University of the Punjab, Lahore.
- External Examiner for Master's Research Thesis at Institute of Social and Cultural Studies, University of the Punjab, Lahore (December, 2008)
- External Examiner for setting of Paper: Abnormal Psychology at Peshawar University, Peshawar (2008)
- Visiting Faculty at Institute of Administrative Sciences, University of the Punjab, Lahore (March, 2009- May, 2009).
- External Examiner for Master's Research Thesis at Department of Psychology, University of Gujrat, Gujrat (November, 2009)
- Member, Board of Studies, Department of Psychology, Lahore Collgee for Women University, Lahore.
- Member, Board of Studies, Department of Psychology, Kinnaird College University, Lahore.
- Working as a General Secretary of Pakistan Association for Clinical Psychologists.

ORGANISING AND ADMINISTRATIVE EXPERIENCE

Member of Organizing Committee of the Conferences

- Sixth National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 20 -22, 2000.

- Seventh National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 20- 21, 2002
- Eighth National Conference of Pakistan Association of Clinical Psychologists (Regd.) held on April 9 - 11, 2004.
- National Conference on Gender Issues in 21st Century in Pakistan on May 16, 2007 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- International Conference on Impact of Global Violence on Mental Health: A Challenge for Mental Health Professionals on June 27-28, 2008 organized by Centre for Clinical Psychology, University of the Punjab, Lahore.

Workshops conducted as a Resource Person

Orientation Workshop on Child Development Screening Tool organized by Child Care Resource Centre, Government College of Home Economics, Lahore.

Application of Rational Emotive Behaviour Therapy (REBT) on Psychiatric Patients held in July, 2003 at Bara Gali, organized by Department of Psychology, University of Peshawar.

Workshops on '**Ethical Issues**' and '**Questionnaires of Level-I and Level-II**' (August, 2006) of the Mapping Phase of HIV / AIDS Second Generation Surveillance in Pakistan in a series of Two days Workshops for of the training of Field Staff in Five Cities of Punjab: Lahore, Multan, Faisalabad and Sargodha for HIV / AIDS Second Generation Surveillance Project funded by Canadian International Development Agency (CIDA).

Workshop on '**Sampling Techniques**' '**Ethical Issues**' and '**Handling Refusals**' (November, 2006) of IBBS Phase of the Project entitled "HIV / AIDS Second Generation Surveillance in Pakistan" in a series of Three days Workshops for of the training of Field Staff in Five Cities of Punjab: Lahore, Multan, Faisalabad and Sargodha for HIV / AIDS Second Generation Surveillance Project funded by Canadian International Development Agency (CIDA).

Resource Person for the workshop on **Stress Reduction and Emotional Literacy** on January 6, 2009 conducted by Psychiatry Department, Sir Ganga Ram Hospital, Lahore for the training of Grade-19 Officials at National Management College, Lahore, Pakistan.

Resource Person for the workshop on **Rational Emotive Behaviour Therapy for MDM Supervisors** on August 27-29, 2009 conducted by Me'decins du Monde-Pakistan, working in collaboration with Social Welfare Department, Punjab, Lahore.

Resource Person for the workshop on **Rational Emotive Behaviour Therapy for MDM Volunteer Psychologists** on January 8-9, 2010 Lahore organized by Me'decins du Monde-Pakistan, working in collaboration with Social Welfare Department, Punjab, Lahore.

Resource Person for the workshop on **Rational Emotive Behaviour Therapy for MDM Volunteer Psychologists** on January 23-24, 2010 at Palladium Guest House, Islamabad organized by Me'decins du Monde-Pakistan, working in collaboration with Social Welfare Department, Punjab, Lahore.

RESEARCH PUBLICATIONS

| No | Research Paper | Name of Journal | Date of Publication |
|----|---|---|--|
| 1 | Impact of Females' Education on their Marital Adjustment | Pakistan Journal of Psychology (PJP) | June-Dec, 1997 pp. 27-38 |
| 2 | Socio-economic Status: A Factor in Marital Adjustment | Pakistan Journal of Psychology (PJP) | June-Dec, 2000 pp. 43-51 |
| 3 | Development of an Indigenous Scale for Emotional Intelligence | Pakistan Journal of Psychology (PJP) | June-Dec, 2007 pp. 15 - 24 |
| 5 | Religiosity and Psychopathology | Proceedings of the Conference: Terrorism and Extremism: Social-Psychological Perspectives organized by National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad | October 15 – 17, 2008 Pp. 238-245 |
| 4 | Level of Frustration Tolerance and its Relationship with different Psychopathologies | Pakistan Journal of Psychology (PJP) | June, 2009 pp.29-38 |
| 6 | Standardization and Validation of Symptom Checklist-R | Pakistan Journal of Clinical Psychology (PJCP) | July, 2009 pp.21-32 |
| 7 | Personality Traits of Prison Inmates and their vulnerability towards psychopathologies | RANZCP 2009 Congress on 'Living in Interesting times' held at Adelaide Convention Centre, Adelaide, Australia on May 24-28, 2009. | Presented and now in Press |
| | Parenting styles, Parental Acceptance and Rejection and vulnerability of Adolescents towards Depression | RANZCP 2010 Congress on 'A Shared Endeavour' (May 2-6, 2010), Sky City Convention Centre, Auckland, New Zealand | Presented |
| | Self Image in relation to adjustment of the Adolescents and their vulnerability towards different Psychopathologies | RANZCP 2010 Congress on 'A Shared Endeavour' (May 2-6, 2010), Sky City Convention Centre, Auckland, New Zealand | Accepted for Poster presentation |
| 8 | Emotional Intelligence, Psychological Well Being and Conflict Resolution among professionals working in Pakistan | Joint Conference of the 17th Annual International Conference on Advances in Management & 3rd Annual International Conference on Social Intelligence | Accepted for Oral presentation but due to delay in HEC grant, could not present it |

RESEARCH WORK (SUPERVISED of ADCP but not yet published)

- A study of Demographics of Schizophrenia reported in Govt. Hospital for Psychiatric Diseases, Lahore.
- Construction and Validation of Matching Familiar Figure Test (MFFT).
- Development of Local Norms for Offer Self Image Questionnaire (OSIQ) for Adolescents.
- Relationship of Self Image with different Psychopathologies.
- Psychological Appraisals of Parents of Mentally Retarded Children: An Analysis
- Efficacy of Behavior Therapy in the Treatment of Obsessive Compulsive Disorders.
- Development of an Individualized Educational Programme for Autistic Children.

- Development of the Norms for Bender Gestalt Test on Pakistani Psychiatric Population.
- Religiosity and REBT Philosophies: Are two Interlinked?

RESEARCH SUPERVISION OF MS IN CLINICAL PSYCHOLOGY

- The Symptoms of Personality Disorders in Pakistani Culture and Prevalence Estimates for Non Clinical Population of Lahore
- Relationship between Perceived Parental Rearing Behaviors, Attachment Patterns and Anxiety Disorders among Adolescents
- Predictors of Relapse from Patients and Caregivers' Perspective in Chronic Illnesses: An Analysis
- Development of Adolescent Version of the Scale for Emotional Intelligence for Adults
- Achievement Test of Urdu for Children (6-8) Years
- Social-Psychological Correlates of Psychological Well Being among Adolescents in the Era of Terrorism