

DR. MUJEEBA ASHRAF, MBPsS
Assistant Professor

CONTACT DETAILS

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EDUCATION

PROFESSIONAL ACADEMIC QUALIFICATIONS IN PSYCHOLOGY

Year	Qualification	Institution
2015	PhD in Social Psychology	University of St. Andrews
2010	MS in Clinical Psychology	University of the Punjab Lahore Pakistan
2002	Advance Diploma in Clinical Psychology	University of the Punjab Lahore Pakistan
2000	Masters in Psychology	Government College University Lahore Pakistan

ACADEMIC QUALIFICATIONS

Year	Qualification	Institution
1998	Bachelor of Arts	Lahore College for Women Lahore Pakistan
1996	FA (equivalent to Leaving Certificate)	Lahore College for Women Lahore Pakistan
1994	Matric (equivalent to Junior Certificate)	Queen Mary College Lahore Pakistan

RESEARCH

My principal research interest is laid in the field of Social and Clinical Psychology. During my Ph.D I had explored "Experiences of Muslim Second generation immigrants in Britain" which was based on mixed method research design, and I developed my expertise in the qualitative and quantitative research methods. The whole process of developing my research project is not only enhanced my research skills but also give me a confidence to build a research project whose foundations are not already lied. I have particular expertise in using different research related softwares (e.g., SPSS, and NVIVO, R) and different research engines (e.g, PubMed; PsycINFO) for literature review .

Areas of Research Interests:

Gender bias, patriarchy and religion, role of Social Identity in minority groups, war of Terror, , inter group processes and inter group behaviour, power, conflict, prejudice and discrimination, Resiliency, Coping, mental health.

PUBLICATIONS

- Personality dimensions, positive emotions and coping strategies in the caregivers of people living with HIV in Lahore, Pakistan (2016). International Journal of Nursing Practice.
- Coping and mental health of parents of patients of obsessive compulsive disorder (OCD) (2014). Psy-PAG Quarterly, 93, 46-49
- Childhood neglect and abuse in addicts and non-addicts in Lahore, Pakistan (2013). Pakistan Journal of Clinical Psychology.
- Expressed emotions and Locus of control of the Parents of the Patients of schizophrenia (2010) in Pakistan Journal of Clinical Psychology.
- Prevalence of Dyslexia in Secondary School Students in Lahore (2011) in Pakistan Journal of Psychological research

Publication Under review

- Development of an Indigenous Islamic Belief Questionnaire (xxxx) in Pakistan Journal of Clinical Psychology.

REVIEWER

International Journals

- AIDS Care
- Psychology Health and Medicine
- International Journal of Nursing Practices

Local Journal

- Journal of behavioral Sciences

PROFESSIONAL MEMEMBERSHIPS

- Graduate Member of British Psychological Association UK
- Graduate Member of Psychological Society of Ireland
- Life time Member of Pakistan Psychological Association
- Member of Pakistan Clinical Psychologist Association (PACP)
- Executive Member: PACP from 2008-2010

SCHOLARSHIPS & AWARDS

- Higher Education Commission (Pakistan) faculty development scholarship (7 Million PKR)
- The Charles Wallace Pakistan Trust (£1000)
- A Conference Bursary by Psychology Postgraduate Affairs Group (PsyPAG) (£100)

External Linkages

Organizing International Video Conferencing:

- Organized the video conference between Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan and the School of Psychology and Neurosciences, University of St Andrew. Lecture was given by **Professor Stephen David Reicher** "Revisiting conformity: moving on from Milgram and Zimbardo".
- Organized the video conference between Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan and the School of Psychology and Neurosciences, University of St Andrew. Lecture

was given by **Janie Brooks, IELT coordinator** on “Literature review for the Psychology research student”.

Organizing one week Visit of Foreign Research Scholar:

- Inviting the foreign research scholar, **DrSaima Noreen, Lecturer**, Goldsmiths, University of London for a week for delivering lecture and workshop on various topics: Higher education in West, writing up for publication, Disseminating your research to public, and conference presentation.

WORK EXPERIENCE

Work Experience in Scotland, UK

February 2011- 2015

Part Time: Tutoring and Demonstration

University of St. Andrews, UK.

- Part time lab demonstrator at school of Psychology September 2012- April 2013.
- Part time lab demonstrator at School of Biology September 2013- December 2013

Job Responsibilities: To assist course instructor, to answer the quires of the students during lab, and to mark assignment.

Voluntarily work:

Amina: The Muslim Women’s Resource Centre, Dundee, UK (April 2011 –June 2012)

- **Activities:** to attend help-line calls, to help in managerial work, and to display stalls in different conferences.

School of Psychology, University of St. Andrews

- **Activity:** to engage the general public in activities during ‘open mind event’.
- **Activity:** to engage 60 ten year olds engageon the subject of the Psychology of Space Travel.

Work Experience in Pakistan

Full Time Job:

University of the Punjab Lahore, Pakistan.

- A Full time faculty atDepartment of Applied Psychology: 25th November, 2010 till to date

Job Responsibilities: To supervise the Master’s student at their Clinical Placement

- A Full time faculty at Centre for Clinical Psychology: 9th December 2005 to 24th November 2010

Job Responsibilities: to teach (undergraduate, graduate and postgraduate), Course Coordinator for Postgraduate Diploma, Arranged educational and recreational trips, organized conferences, walk, charity carnival, lectures, head of sports committee, member of admission committee, purchased committee, discipline committee, stock taking (Library and psychological test) Supervise case conference and research at undergraduate and postgraduate level

Mayo Hospital Lahore, Pakistan

- May 2004 – December 2005 work at Mayo Hospital Lahore, Pakistan as a Clinical Psychologist

Job Responsibilities: to assess and to give psychotherapy to Clients, give case presentations and article presentations in a team.

Govt. Degree College for women Hajipura

- Sep 2002- April 2004 Lectureship at Govt. Degree College for women Hajipura Sialkot, Pakistan.

Job Responsibilities: to teach (undergraduate and graduate), to conduct exams at college level and at board and university level as a superintendent, to organize events like fun fair, debate competitions etc.

AREAS OF TEACHING:

Qualitative research, Clinical Psychology, Social Psychology, Cross- Cultural Psychology, Psychopathology, Child Development, and Psychometric Assessment.

Visiting Teaching Faculty and Clinical Psychologist

Teaching Faculty

- Centre for Clinical Psychology, University of the Punjab, Lahore.
- Department of Psychology, University of Sargodha Lahore Campus.
- Business Administration, university of Management and Technology.

Clinical Psychologists

- Centre for Clinical Psychology
- Kipling
- Child guidance School
- Kipling
- Husnaian Medical Complex.

AREAS OF CLINICAL EXPERTISE

Psychological assessment for children and adults

Psychotherapy for adults (Depression, Anxiety disorders, and Family and marital therapy)

EXPERIENCE OF SUPERVISING ACADEMIC RESEARCHES

Advanced Diploma in Clinical Psychology (ADCP)

- Ashraf, M. & Afzal, I (2007). Coping Style and Expressed Emotions in the Parents of Schizophrenia
- Ashraf, M. & Yahya, A (2007). Coping Style and Mental Health of the parents of patients of Obsessive Compulsive Disorder.

Bachelor in Clinical Psychology (Bs.Hons)

- Ashraf, M & Amjad, A. (2009). Development of an Indigenous Islamic Belief Questionnaire.
- Ashraf, M & Shamz, B. (2009) Mental Health and Quality of life of Eczema, Psoriasis and Acne Patients
- Ashraf, M & Moaiz, F (2009) Childhood Sexual Abuse and Neglect in the addicts and non addicts
- Ashraf, M. & Mahmood, U (2009) Comparison of "Typology" of the Patients of Depression and Non-Depressive Individuals

Collective Supervised Academic Researches

- Prevalence of Posttraumatic Stress Disorder in the Female Survivors of the Earth Quake Victims of 8th October 2005.(ADCP)
- Prevalence of Posttraumatic Stress Disorder in the Male Survivors of the Earth Quake Victims of 8th October 2005. .(ADCP)
- Prevalence of Posttraumatic Stress Disorder in the Female Survive Children of the Earth Quake Victims of 8th October 2005. (ADCP)
- Prevalence of Posttraumatic Stress Disorder in the Male Survive Children of the Earth Quake Victims of 8th October 2005. (ADCP)
- Prevalence of Psychological Disorders in the Lahore City. (BS. Hons)
- Relation of Academic Achievement with Mental Health and Intellectual Ability in Students of University of the Punjab, Lahore

RESEARCH PAPER PRESENTATION

Recent

Symposium

- “Managing and challenging adversity: Marginalized people's constructive responses to group-related conflict, stereotypes and exclusion”
- “Bicultural value conflicts in Muslim second generation immigrants” British Psychological Society (Social Section) 2012 at University of St. Andrews, UK.

Paper Presentation

- Religion and Bicultural value conflicts among Muslim second generation immigrants, International society of Political Science (ISPP) 2014 at Rome, Italy.
- Religion and Bicultural value conflicts among Muslim second generation immigrants” British Psychological Society (Social Section) 2013 at University of Exeter, UK.

Poster Presentation

- “Personality dimensions, positive emotions and coping strategies in the care givers of the people living with HIV/AIDS” British Psychological Society (Clinical Division) 2012 at University of Oxford, UK.

Previous

- Topic “Development of local norms of the resiliency questionnaire of the students of the Punjab University Lahore” in 16th International Psychiatry conference.
- Topic “Mood Disorder and Creativity” in 12th Pakistan Psychological Conference.
- Topic “Depression among working people: with respect to Socio Economic Class” in 8th Conference of Muslim Psychological Conference .
- Topic “The Prevalence of Dyslexia in the Middle School Students of Lahore City of Pakistan” in 10th Pakistan Psychological Association Conference.
- Topic “Criticism and Controllability in the Parents of Schizophrenia” in 5th International Symposium of Psychiatry.
- Topic “Prevalence of Post Traumatic Stress Disorder in the Female and Male Survivors of the Earth Quake Victims of 8th October 2005” in 1st International Conference on Psycho trauma.
- Topic “Coping and expressed emotions in the relatives of Schizophrenic Patients” in 9th Muslim Psychological Conference.
- Topic “Coping and Mental Health of the parents of patients of Obsessive Compulsive Disorder” in International Conference with collaboration of Mayo hospital in March 2009.
- Topic: Childhood Sexual Abuse and Neglect in the addicts and non addicts Individuals.3rd International Conference on Developmental Psychology in October 2009.
- Topic: “Non Pharmaceutical long term treatment of the patients of the dementia especially with Alzheimer disease” in November 2009.

WORKSHOPS CONDUCTED

- How to Write Thesis (2014)
- Mindfulness Based Stress Reduction(2014)
- Focused group design (2013)
- Grounded Theory (2012)
- Poster and oral presentation (2012)
- Effective Dealing with Guilt (2007)
- Management Of OCD (2006)
- Classification of DSMIV and ICD-10 (2001)

LECTURE DELIVERED

- Differential diagnosis of Autism (2007)
- Social Skill Training for Special Education (2008)
- Behavior Modification for Special Children (2008)
- Identification and Assessment of Autism (2009)
- Management of Autism (2009)
- Management of Mental Retardation (2009)
- Developmental Milestones (2010)
- Eating and Sleep Disorders in Special Children (2010)
- Assessment of learning Problems and Construction of Checklist (2010)

WORKSHOPS ATTENDED

Summer School at University of Edinburgh, Scotland, UK 2012

- NVIVO-10
- AQMEN training course ----- Regression Modeling

At University of Dundee, Scotland, UK 2012

- Regression Analysis Using R.

At University of St. Andrews, Scotland, UK: (2011-2013)

- Endnote: An introduction
- Writing literature review
- Writing skills - Coherence, structure and argumentation
- Editing your own writing
- Structural Equation Modelling
- Lying with Statistics
- Preparing posters
- Microsoft Power point 2010: Fundamental Skills
- Microsoft PowerPoint 2010: Advanced Features
- Microsoft Word 2010: Advanced document management
- Tutoring & Demonstrating in the Sciences: An introduction
- Assessment & Academic Misconduct (Science): An introduction

At Centre for Clinical Psychology, University of the Punjab, Pakistan (2001-2010)

- Dissertation Writing by Dr. Saiqa Khan (Karachi, Pakistan)
- Data Analysis in Qualitative Research By Dr. UrsaFahim (UK)
- Stress and stress management by Sadia Akram-Pall (USA).
- Past life regression by MaqboolBabri (Lahore, Pakistan)
- Dementias Assessment and management by Dr. Zahid Mahmood (Scotland)

- Teaching method used with slow learners by Abdul Shakoor (Sialkot, Pakistan)
- Epilepsy by Dr. Haroon Rashid Ch. (Lahore, Pakistan)
- Rational Emotive Behavior Therapy by Saima Salman. (USA)
- Therapeutic uses of Mental Imagery by Dr. Anees Sheikh.(USA)
- Healing power of Imagination Dr. Anees Sheikh.(USA)
- Psychology of Death and Dying Dr. Anees Sheikh.(USA)
- Psychology and Spirituality Dr. Anees Sheikh.(USA)
- Psychology of Happiness Dr. Anees Sheikh.(USA)
- Skill based training on Suicide risk management by Professor Linda Gask (U.K.)
- Cognitive therapy for psychoses evidence base. By Professor David Kingdon. (U.K.)
- Autism by “ Kiran Zahra” (Kuwait)
- Imagery in Clinical Practice 14 days workshop conducted by Dr. Jan Taal (Holland)
- Place of Formulation in Psychological Therapy conducted by Dr.Amra Rao (UK)
- Psychosis and its Psychological Management” conducted by Dr. Imran I. Haider
- Neurolinguistic Programming Conducted by Lord Dr. Shuawkat Nawaz Khan (UK)