

CURRICULUM VITAE

Dr. OMAMA TARIQ
Assistant Professor/ Clinical Psychologist

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ACADEMIC QUALIFICATION:

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| 2015-2019 | PhD, University of Brighton, UK |
| 2008-2010 | MS Clinical Psychology, Centre for Clinical Psychology, University of the Punjab, Lahore |
| 2004-2006 | MSc (Second position) in Applied Psychology with specialization in Clinical Psychology, University of the Punjab |

PAPERS PUBLISHED:

1. Chaudhry, M. N. & **Tariq, O.** (2021). Locus Of Control, Delay Of Gratification And Adherence To Treatment In People With Diabetes. *Pakistan Journal of Social Research*, 3 (3) 141—151
2. Hassan, H., & **Tariq, O.** (2018). Disordered Eating Patterns and Body Image Perception Among Athletes and Non-Athletes. *Pakistan Journal of Professional Psychology: Research and Practice*, 9, 1-16
3. Munawar, K., & **Tariq, O.** (2017). Exploring Relationship Between Spiritual Intelligence, Religiosity and Life Satisfaction Among Elderly Pakistani Muslims. *Journal of Religion and Health*, DOI: <https://doi.org/10.1007/s10943-017-0360-x>.
4. Javed, Z., & **Tariq, O.** (2016). Career-decisions, Self-efficacy and Self-esteem among Students of Private and Government Academic Institutions. Pakistan. *Journal of Social and Clinical Psychology*, 14 (2), 42-46
5. **Tariq, O.**, & Kausar, R. (2015). Parental Acceptance-Rejection and Interpersonal Problems in Patients with Conversion Disorder. *Journal of Behavioural Sciences* 25 (1) 19—38
6. Arshad, A., & **Tariq, O.** (2013). Parental Bonding and Current Thought Processing in Relation to Physical and Emotional Abuse. *Journal of Behavioural Sciences*. 23(3) 87-101
7. Nasim, F., & **Tariq, O.** (2013). ICAPP 2012 conference proceeding on Psychological distress and quality of life of working and non-working menopausal women. *Journal of Behavioral sciences*.13-26

PROFESSIONAL MEMBERSHIP AND VOLUNTEER

Jan -2015 till date	Professional member and speaker of Diabetes UK
Jan-2015 till date	Graduate member of British Psychological Society, UK
Jan-2012 till date	Professional member Academy of Cognitive Therapy, USA
	Professional member of Pakistan Association of Clinical Psychologist Pakistan
17-Sep-2016	Volunteered for Diabetes UK fundraising event Big Collection Hove
07-Jun-2016	Attended a Diabetes UK Speaker training at Diabetes UK office,
18-Nov-2017	Volunteer work for South Asian community for Diabetes UK, crawley
Jan 2020 till date	Professional member of American Diabetes Association, USA
Jul 2019 till date	Professional member of European health psychology society, Europe

WORKSHOP CONDUCTED

15 Jan 2020	Focus Your Research Writing Time: some handy skills to facilitate Research Writing for Academics conducted in Applied psychology, University of the Punjab, Pakistan
13-Jul-16	Gave a talk for Diabetes UK in Woodlands, Beacon Road, Crowborough, East Sussex, UK

CONFERENCES, SEMINARS AND WORKSHOPS ATTENDED

1. Poster Paper presented online in EHPS-People living with type 2 diabetes in Pakistan: Nutritional practices and family roles at 35th Annual Conference of the European Health Psychology Society August 25 2021
2. Attended online workshop on CBT- essential of CBT (completed an 8 hour / 4 week Cognitive Behaviour Therapy online course on Essentials of CBT offered by Beck Institute for Cognitive Behaviour Therapy in Aug 04 2020.)
3. Attended online workshop course on CBT weight loss (online completion of CBT for Weight Loss and Maintenance virtual workshop, beginning on November 7, 2020 and ending on November 8, 2020).
4. Attended online workshop course on CBT- and anxiety (completed a 16 hour / 8 week online course on CBT for Anxiety offered by Beck Institute for Cognitive Behavior Therapy in Sep 22 2020.)
5. Attended online workshop course on CBT and depression (completed a 16 hour / 8 week online course on CBT for Depression offered by Beck Institute for Cognitive Behavior Therapy in Nov 17 2020.)
6. poster presented online at American Diabetes association, 80th scientific session, Virtual experience, 12-16 June, 2020 which was Title: "Going for a Walk as the Only Option": Are Medical Diabetes Guidelines Relevant to People with Diabetes in Pakistan When It Comes to Physical Activity?
7. Attended a two-day peace workshop in Jan 2020 held in university of the Punjab.
8. CBT workshop on essential of CBT (completed an 8 hour / 4 week Cognitive Behaviour Therapy online course on Essentials of CBT offered by Beck Institute for Cognitive Behavior Therapy in Aug 04 2020.)

9. CBT workshops on weight loss (online completion of CBT for Weight Loss and Maintenance virtual workshop, beginning on November 7, 2020 and ending on November 8, 2020).
10. CBT workshop on anxiety (completed a 16 hour / 8 week online course on CBT for Anxiety offered by Beck Institute for Cognitive Behavior Therapy in Sep 22 2020.)
11. CBT workshop on depression (completed a 16 hour / 8 week online course on CBT for Depression offered by Beck Institute for Cognitive Behavior Therapy in Nov 17 2020.)
12. Pakistan Diabetes UK presentation Attended and presented Diabetes UK Professional conference on March 2018 at ExCeL London, UK, organized by Diabetes UK
13. *Attended and also presented* a poster at British Psychological society, Division of health psychology Annul conference, 6-8 sept, 2017 at Mercure Holland house, Cardiff, UK
14. *Presented in the competition "Opposite Attract" and also a part of conference organising committee on 15—19 May 2017, Festival of Postgraduate Research, University of Brighton, UK*
15. Part of Research Writing Group, University of Brighton, UK on 28 Jan-16 to 29 Mar-17
16. Attended two days training on NVivo Training, University of Brighton, UK on 18 Jul-16 to 19 Jul-16
17. Attended Diabetes UK Professional conference on 2—4 March 2016 at Glasgow, Scotland, organized by Diabetes UK
18. Attended Doctoral College Flamer, Eastbourne and Brighton Business School PGR conference 2015 held on 21st and 22nd July 2015 by Brighton University
19. Attended Diabetes UK Professional conference on 11—13 March 2015 at London excel, organized by Diabetes UK
20. Attended Pedagogic Research conference by Centre for Learning and Teaching, University of Brighton on Friday 6 February 2015
21. Attended Bayesian lecture by Zoltan Dienes, School of Psychology and Sackler Centre for Consciousness Science, University of Sussex, Brighton, UK 2015 4.
22. Attended a 5 days international conference on Beyond Prevention and Intervention: Increasing wellbeing by European Health Psychology Society held from August 26th—30th, 2014 in Innsbruck, Austria
23. Attend 2 days international conference on Social Psychology by Department of Psychology, Government College University from 20th May 2014—21st May 2014.
24. Attended 2-day International Conference of Clinical Psychology, University of the Punjab on 2nd and 3rd April 2014 and the theme of the conference is "Clinical Psychology Outside the Clinic" University of the Punjab, April 2014
25. Moderator in session of Mr. Akhtar Ali Syed entitled "De-colonized mind in era of hypercolonism" International Conference of Clinical Psychology on 2nd and 3rd April 2014 and the theme of the conference is "Clinical Psychology Outside the Clinic" University of the Punjab, April 2014
26. Completed an 8 days' workshop on "EIDECTIC THERAPY CERTIFICATION

WORKSHOP” by Mr. Akhtar Ali Syed, Principal Clinical Psychologist, Ireland held from 20th March to 28th March 2014, organized by Center for clinical psychology, PACP, institute of applied psychology and HEC held in CCP

27. Attended a One-day Lecture on REBT organized by Centre for Clinical Psychology, University of the Punjab, 17th March 2014.
28. Attended the 3rd Asian- pacific conference on psychosocial rehabilitation and 8th International Psychiatric Conference Avari Lahore Nov.1-4, 2013
29. Attended a one-day workshop on Leadership development held at Lahore fort, consisting of 6 CPD hours, jointly organized by ICMA Pakistan-Lahore branch council and Tread stone (professional Developmental Center March 3rd, 2013
30. Attended a two-day workshop on “motivational interviewing” organized by Centre for Clinical Psychology, University of the Punjab, 18th—19th March 2013.
31. Conference on “Psychology and Challenges of the Modern World” organized by Department of Applied Psychology, University of the Punjab. 17-18th December 2012
32. Moderator in session of psychosexual issues at International conference of applied psychology (ICAPP-2012), University of the Punjab, Lahore on 18 December 2012
33. Completed 4 hours’ workshop on hypnosis conducted by Mr. Maqbool babri US certified Hypnotist on Pre-conference workshop at International Conference of Applied Psychology, University of the Punjab, Lahore, 15th December 2012
34. One day workshop on “Designing Qualitative research” by Dr Urusa Fahim, California, USA, organized by Centre For Clinical Psychology, University of the Punjab. 13th December 2012
35. Completed 6 hours training in the Trauma Buster Technique for Post-traumatic Stress illumination, by Rehana Webster, EFT Master, September 2012 at Sahil Organization.
36. Completed workshop on “Post Disaster Psychological Management of Children” by Unni Marie Heltne, Specialist in clinical psychology, Centre of Crisis psychology, Norway and Elin Male, Licensed clinical psychologist, Centre of Crisis psychology, Norway at Department of Applied Psychology & Centre for Clinical Psychology, University of the Punjab, 22—24th April, 2012
37. Workshop on “Pediatric Palliative Care and Pain Management” by Prof. Tahir Masood, Patron in Chief, Prof. Ahsen Waheed Rathor, Patron, Prof Agha Shabbir Ali, Chairman & Dr. Mahwish Faizan, secretary, Children Hospital & Institute of Child health Lahore, 19th December, 2011, at Children Hospital, Lahore.
38. Workshop on “Management of Autism Spectrum Disorders” by Prof. Dr. Jill Taylor, Dean, Faculty of Social Sciences, Karakaram International University, 22nd February 2011, at Department of Applied Psychology, University of the Punjab, Lahore.
39. A workshop on “HRDC New Faculty Orientation Program” issued by Human Resource Development Center, Institute of Administrative Sciences, University of the Punjab, 5-8, July 2011.

40. A workshop on “What Do I know and Need to Know About Autism Spectrum Disorders” by Dr Umneea Khan, University of Western Australia, Perth, Australia on 11 January, 2011 at Center for Clinical Psychology, University of the Punjab, Lahore.
41. A one-day workshop on “Research Management” jointly organized by HEC, Quality Enhancement Cell & Institute of Quality and Technology Management, 12 November 2010 at Institute of Quality and Technology Management, University of the Punjab
42. A one day workshop on “Attention Deficit Hyperactivity Disorder” by Dr. Anjum Bashir, consultant child psychiatrist and president British Pakistan Psychiatric Association and Dr Asifa Zainab, consultant child psychiatrist at North Hampton, U.K, at Special Education and Training Centre, 23rd December, 2010.
43. A two day workshop on Art therapy for trauma victims by Dr. Farnes Anderson, USA, at Department of Applied Psychology, University of the Punjab, 21-22nd October, 2010.
44. National Psychiatric conference on “Bipolar Affective disorder: The current Perspective in Pakistan” at Services Hospital Auditorium, 14th February 2009
45. Conference on “New Trends in Psychological Research” organized by Department of Applied Psychology, University of the Punjab. 5-7th April 2007
46. Two days conference on “Disasters Impact on Mental Health and Its Psychosocial Rehabilitation” organized by Pakistan Psychiatric Society in collaboration with South Asian division, Royal College of Psychiatrist and British Pakistan Psychiatric Association, 16-18, December 2006
47. Completed two days training in counselling skills under the supervision of Mr. Faisal Mahmood, counsellor from University of Birmingham, U.K., 2005
48. Attended lecture on Autism and Asperger’s syndrome, delivered by Dr. Faisal Azeem from University of Pennsylvania, USA, arranged by the Department of Psychology and Applied Psychology, University Of Punjab Lahore. 2005
49. Attend lecture on Expressed Emotions delivered by Dr. Kausar Suhail, Head of the Department, G.C.U., Lahore. 2005

ORAL AND POSTER PRESENTATION

1. Poster Paper presented online in EHPS-People living with type 2 diabetes in Pakistan: Nutritional practices and family roles at 35th Annual Conference of the European Health Psychology Society August 25 2021
2. Poster presented on locus of control, delay in gratification and adherence to treatment in overweight patient with diabetes by Ms Musifirah Nasr Chaudhry and Ms Omama Tariq on Diabetes UK Professional conference on 2—4 March 2016 at Glasgow, Scotland, organized by Diabetes UK
3. Oral presentation on PhD research proposal on “assessing and evaluating the feasibility of delivering a family based intervention to improve diet and physical activity” in

Doctoral College Falmer, Eastbourne and Brighton Business School PGR conference 2015 held on 21st and 22nd July 2015

4. Oral presentation on psychological well-being and personality traits among students living in nuclear and joint family system by Ms Faiza Naeem and Ms Omama Tariq at the international conference on social psychology by department of psychology, government college university from 20th May 2014—21st May 2014.
5. Oral presentation on Disordered Eating Patterns and Body Image Perception among Athletes and Non-Athletes by Ms Huma Hassan and Omama Tariq international conference on Social Psychology by Department of Psychology, Government College University from 20th May 2014—21st May 2014.
6. Oral presentation on Interpersonal Values and Interpersonal Problems In The Patients With Conversion Disorder by Ms Zuha Tasfeen and Ms Omama Tariq at the International Conference of Clinical Psychology, University of the Punjab on 2nd and 3rd April 2014 and the theme of the conference is “Clinical Psychology Outside the Clinic”
7. Poster presentation on Temperament and School Readiness in Kindergarten Students by Ms Zainab Raza and Ms Omama Tariq at International Conference of Clinical Psychology, University of the Punjab on 2nd and 3rd April 2014 and the theme of the conference is “Clinical Psychology Outside the Clinic”
8. Oral presentation on Interpersonal Problems and Symptoms Severity in Patients with Conversion Disorder by Ms Omama Tariq and Dr Rukhsana Kausar on Saturday, 2nd November 2013 at 8th International Psychiatric Conference Avari Lahore Nov.1-4, 2013
9. Oral Paper presented on Parental Bonding and Current Thought Processing in Relation to Physical and Emotional Abuse by Ms. Arooj Arshad and Ms. Omama Tariq on at International conference of Applied Psychology (ICAPP-2012), University of the Punjab, Lahore on 18 December, 2012
10. Poster Paper presented on Psychological Distress Influencing Quality of Life of Women during Menopause by Ms. Farhana Nasim and Ms. Omama Tariq on at International conference of Applied Psychology (ICAPP-2012), University of the Punjab, Lahore on 18-19 December, 2012

SYMPOSIUM

1. Assessment of well-being and ill-being in Pakistan by Prof. Dr. Rukhsana Kausar and Ms. Omama Tariq at European Health Psychology Society, 16—20 July, 2013
2. General perception of diabetes, social support and outcome expectancies related to adherence among people with type 2 diabetes by Ms Bushra Suri and Ms Omama Tariq in an international conference on Beyond Prevention and Intervention: Increasing wellbeing by European Health Psychology Society held from August 26th—30th, 2014 in Innsbruck, Austria

THESIS SUPERVISED

2010—2014

Supervised 29 students enrolled in BS/MSc courses

2020—2021

Supervised 1 student enrolled in Mphil course

RESEARCH GRANTS

- Research grant approved by Research Evaluation Committee, University of the Punjab. Metacognition and critical thinking in University students (2013—2014)
- Research grant approved by Research Evaluation Committee, University of the Punjab. Academic Stress Experienced and Coping Strategies Utilized By University Students (2012)
- Research grant approved by Research Evaluation Committee, University of the Punjab. Academic Procrastination, Personality Traits and Perfectionism in University Students (2011)

CLINICAL INTERNSHIP:

- 6 months training in adult section in Jinnah Hospital, Lahore, Pakistan
- 4 months training in child section in Services Hospital, Lahore, Pakistan

COMMUNITY WORK:

- Two months community work at The Citizen Foundation (TCF), Lahore 2013
- One year community participation in Mental Health (training and Rehabilitation) program at Half Way House (Dar-ul-Sakoon), social welfare department, Lahore, 2011

WORK EXPERIENCE

2014 and on wards	Assistant professor of Applied Psychology, University of the Punjab, Lahore
09-07-2009—2014	Lecturer, Institute of Applied Psychology, University of the Punjab, Lahore.
29-03-2007—05-07-2008	Tutor/ Instructor, Department of Psychology, Virtual University, Lahore

VISITNG FACULTY

23-09-2013—01-12-2014	Center for clinical Psychology, University of the Punjab, Lahore, Pakistan
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ADMINISTRATIVE DUTIES

15-12-2013—25-12-2014	Member of Board of studies, Institute of Applied Psychology, University of the Punjab
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