

Hidna Iqbal

Phone: 0331-4728694

Centre for Clinical Psychology
University of the Punjab, Lahore.

Email: hidna.ccpsy@pu.edu.pk

EDUCATION

- MS Clinical Psychology **CGPA 3.55** University of the Punjab 2010-12
- BS Hons Clinical Psychology **CGPA 3.7** University of the Punjab 2006-10
- FSC Pre Medical **82%** Govt. College for Women, Gulberg 2003-05
- Matriculation **83%** Sacred Heart Cathedral High School 2001-03

PROFESSIONAL EXPERIENCE

Lecturer Clinical Psychology

Centre for Clinical Psychology, University of the Punjab, Lahore (2014 to date)

Courses taught: Professional Ethics, Adult and Child Case Reports, Clinical Psychology, Post Disaster Management, Positive Psychology and Developmental Psychology.

Consultant/ Supervisor

Centre for Clinical Psychology Client Consultation for MS & ADCP clinical trainees.

Lecturer Psychology

Higher Education Department, Government of Punjab, Government Guru Nanak Degree College (W), Nankana Sahab (2012-2014)

Classes taught: Intermediate (1st year and 2nd year) and Graduation (3rd year and 4th year) and conducted practicals for both classes.

External Examiner (MSc Applied Psychology and BS (Hons) Psychology)

Institute of Applied Psychology, University of the Punjab

Special Lectures on Human Behavior and Psychology on National Channels

Lectures on: Drug Addiction, Personality and Human Intelligence

Clinical Placements

- Worked at Psychiatry ward, Sir Ganga Ram Hospital as trainee clinical psychologist
- Worked at Centre for Clinical Psychology, University of the Punjab as trainee clinical psychologist.
- Worked at The Children Hospital Lahore as a trainee child psychologist
- Worked at Fountain House Lahore as a trainee clinical psychologist
- Worked at Amin Maktab as trainee child psychologist
- Worked at Punjab Institute of Mental Health, Lahore as a trainee clinical psychologist

- Worked at INMOL Hospital as trainee health psychologist
- Worked at SOS village as a trainee child psychologist
- Worked at Child Welfare Centre, University of the Punjab, Lahore
- Worked at Willing ways, Rehabilitation centre and Sadaqat Clinic for drug addicts as a trainee clinical psychologist.

Oral and Poster Presentations at National/International Conferences

- **Demographic characteristics of men experiencing Erectile Dysfunction.** International Conference of Applied Psychology (ICAPP), 16-18 December, 2012, University of the Punjab, Lahore, Pakistan.
- **Impact of Parenting Styles and Attachment Patterns on Sibling Relationships.** 13th European Congress of Psychology (ECP), 10-13 July 2013, Stockholm, Sweden.
- **Psychosocial factors and Common Mental Disorders in men experiencing Erectile Dysfunction.** European Health Psychological Society (EHPS) 2014. Austria
- **Cognitive Behavior Therapy with Obsessive Compulsive Disorder: a single case study.** Poster presentation at National Conference on changing trends in Clinical Psychology 4th June 2015 Karachi, Pakistan.
- **Psychosocial Correlates of Erectile Disorder in Pakistan.** 14th European Congress of Psychology (ECP), 7-10 July 2015, Milan, Italy
- **Maladaptive Schemas, Intolerance to Uncertainty and Pathological Worry in Tobacco Users.** Paper presented at 9th SAARC International Psychiatric Conference 4th-6th March 2016 Islamabad, Pakistan.
- **Self Silencing in women with and without Depression.** Paper presented at IMSACON 35th Annual Conference cum Convocation 7th-9th October 2016 Mauritius
- **Tracking Interconnectedness of Sex Role Orientation, Creativity and Mental Health in Women.** Oral presentation at 3 Day International Conference on Health and Wellbeing 11th -13th December 2017
- **Perfectionism, Mattering and Loneliness in Young Adults.** Oral presentation at 1st International Conference on Social Sciences & Humanities from 25th – 27th April 2018
- **Parental Differential Treatment, Dark Triad and Sibling Relationships in Adolescents:** 13th International Conference on Child and Adolescent Psychopathology (Conference Proceedings) 6- 8 August 2018 Malaysia
- **Spiritual Intelligence, Mindfulness and Eudemonic Wellbeing in Old Adults in** Conference of Psychology 6-7 July 2018 Lahore
- **Perceived Stigma, Social Support and Adjustment in patients with Psoriasis** December 2020 at International Conference on Psychosocial Wellness and Rehabilitation at Lahore
- **Spiritual Intelligence and Stress related Growth in persons with physical Disability** at Muslim Mental Health Conference 2020 at Chicago, USA

Certifications/ workshops/ Conferences

- Organized **NLP, EFT and Hypnosis workshop by Dr Oskaan Mehmadagi**, Mindfield, UK at Centre for Clinical Psychology, University of the Punjab.

- Coordinator for **9 day training course on Eidetic Psychotherapy in collaboration with International Imagery Association, USA**, Centre for Clinical Psychology, PU, Higher Education Commission, PK and Pakistan Association of Clinical Psychologists.
- Certificate for attending workshop on **Brief Trauma Therapy by Dr Akhtar Ali Syed**, Principal Clinical Psychologist at Brothers of Charity Services, Ireland Republic.
- Organizing Committee member of **Two day International Conference on Clinical Psychology outside clinic by centre for Clinical Psychology, PU and Pakistan Association of Clinical Psychologists**
- Member organizing committee at **14th International Conference of Psychology by Pakistan Psychologists Association 19th -21st March 2015.**
- Stage secretary for **Annual Sports day, Golden jubilee celebration of Applied Psychology Department, concluding ceremony of workshops at the Centre for Clinical Psychology.**
- Attended CME Credit course on **World Mental Day at Services Institute of Medical Sciences 10th October 2015**
- Organized lecture on **Skype on Anxiety Disorders by Dr Nigar Khawaja**, Clinical Psychologist, Australia
- Certificate for attending one day workshop on **Rational Emotive Behavior Therapy in nutshell: Basic Diagnostic and intervention skills in REBT by Dr. Saima Salman**, Clinical Director at Rational Living Inc, Singapore.
- Certificate for attending one day workshop on **NVIVO software for qualitative research by Mr. Rab Nawaz Lodhi**, Bahria University Islamabad, Pakistan
- Certificate for attending one day workshop on **Screening for Depression and Planning Mental Health Interventions for People with Diabetes by Dr. Jorg W. Huber** Professor of Behavioural Health Sciences, University of Northampton,UK
- Certificate for attending three days workshop on: **significant association of conduct disorder & parental discord by Ms. Amna Tariq**, Consultant child psychologist.
- Certificate for attending one day workshop on: **What do I know and Need to know about Autism Spectrum Disorder by Dr. Umneea Khan**, Child Psychologist, University of Western Australia, Perth, Australia.
- Certificate for attending **one day National Conference on: Gender Issues in 21st Century** in Pakistan held at, University of The Punjab, Lahore
- Certificate for attending **two days International Conference on: Impact of Global Violence on Mental Health: A challenge for mental health professionals** held at Centre for clinical Psychology, University of the Punjab, Lahore.
- Certificate for attending **three days workshop on: Introduction to Imagery therapy by Dr. Jaan Taal**, an Imagery therapist from Netherlands.
- Certificate for attending **Learn to deal with Trauma Survivors by Dr Uzma Ali**, Institute of Clinical Psychology, University of Karachi 22.03.2018
- Faculty Training Program by Higher Education Commission 17-21 Nov 2014
- NEO FFI Training Workshop by Services Institute of Medical Sciences on 7 April 2018
- Supervision from Supervisee's Perspective by Dr Neelofar Rehman Consultant Clinical Psychologist Australia on 4 October 2018
- Training Workshop on Psychological First Aid by Korean Society for Trauma Intervention in November 2019

- Conducted Workshop on Effective Communication Skills at Sialkot University for Women on 9th June 2021

Research Work

- Psychological factors and Common Mental Disorders in men experiencing Erectile Disorder by Hidna Iqbal and Nashi Khan Phd
- Maladaptive Schemas, Intolerance of Uncertainty and Pathological Worry in Tobacco Users by Hidna Iqbal and Sara Ayub
- Emotional Maturity, Self Concept and Resilience in School going and Labour doing Adolescents by Hidna Iqbal and Fareeha Kanwal
- Marital Satisfaction, Anger Expression and Self Silencing in women with and without Depression by Hidna Iqbal and Fakhra Ahmed
- Differentiation of Self, Perceived Stress and Stress related Growth in mothers having children with Intellectual disability by Hidna Iqbal and Rabia Bajwa
- Appearance Anxiety, Social Interaction Anxiety and Self Esteem in females with facial hair growth by Hidna Iqbal and Wajeeha Khalid
- Sex role orientation, Creativity and Mental Health in women with traditional and nontraditional fields of study by Hidna Iqbal and Tehreem Fatima
- Sensation Seeking, Driving Anger and Driving Attitudes in Young Adults by Hidna Iqbal
- Acquisition of Urdu Consonants in Typically Developing Children by Hidna Iqbal, Nayab Zahra, Sharmeen Tarar and Prof. Rukhsana Kausar
- Impulsivity, Binge-Watching and Academic Procrastination in University Students by Hidna Iqbal & Faiza
- Perceived Stigma, Social Support and Self-Management in patients with Epilepsy by Hidna Iqbal & Ayesha Liaqat
- Perfectionism, Mattering and Loneliness in Young Adults by Hidna Iqbal & Bushra Shafique
- Parental Differential Treatment, Dark Triad and Sibling Relationships in Adolescent by Hidna Iqbal & Sahar Yaqoob
- Self stigma and Insight in Illicit Drug Users by Hidna Iqbal and Maham Aslam
- Spiritual Intelligence, Mindfulness and Eudemonic Wellbeing in Old Adults by Hidna Iqbal and Hajra Naseer
- Spiritual Intelligence and Stress related Growth in persons with physical disability by Hidna Iqbal and Aliya Gulzar
- Empathy, Personality traits and Desensitization in media personnel by Hidna Iqbal and Tamseel Saqib
- Personality traits, Empathy, Sense of Coherence and Professional Quality of life of Clinical Psychologists by Hidna Iqbal and Mariyum Arifeen
- Needs based Assessment of Sexual behaviors in children diagnosed with Intellectual Disability by Hidna Iqbal and Fakhra Ahmad
- Prevalence of Mental Health Disorders in University Students Hidna Iqbal, Ghazia Sakhawat and Ayesha
- Sexual Health Model: A Grounded Theory by Hidna Iqbal and Amna Shahid
- Group Intervention for Internally Displaced Persons enrolled in Universities by Hidna

Iqbal and Khadeeja Ahmad

- Percieved Stigma, Social Support and Adjustment in patients with Psoriasis by Hidna Iqbal and Aqsa Amin
- Parental Expectation, Academic Engagement and Mental Health of students who failed MDCAT by Hidna Iqbal and Aiza Imtiaz
- Academic Engagement, Social Support and Mental Health of IDP students by Hidna Iqbal and Sharif Shah
- Coping and Grittiness, Work Matterng and Psychological Vulnerability in Workers Of Punjab Emergency Service Department by Hidna Iqbal and Bushra Shafique
- Self Objectification, Body Esteem and Social Physique Anxiety in Media Personnels by Hidna Iqbal, Aqsa Mushtaq and Rukhsar Khan
- Self Efficacy, Academic Buoyancy and Psychological Adjustment in students from Non Punjab Provinces enrolled in Universities of Punjab by Hidna Iqbal, AttaUrRehman and Khalid
- Narcissistic Tendencies, Self Esteem and Aggressive Behaviors in students who are Theatre Actors by Hidna Iqbal and Farwa Syed

ACHEIVEMENTS

- Awarded Gold Medal for 1st position in BS Hons in Clinical Psychology 2006-2010.
- 2nd position in MS Clinical Psychology 2010-2012
- Merit 4th in Punjab Public Service Commission Exam 2012.
- Awarded Laptop on merit in Chief Minister's youth initiative.
- Top in merit and awarded 6 advance increments on the basis of performance in PU syndicate interview for selection at the post of Lecturer (2014)

SPECIAL RESPONSIBILITIES

- Information Secretary at Pakistan Association of Clinical Psychologists
- Quality Enhancement Cell Incharge at CCP, PU
- Psychological Profiling of students from all over Pakistan recruited by HEC to be sent to China.
- Member Security Team at CCP, PU
- Member MS/ADCP Coordination team (2014 to date)
- Member Student Advisory Committee (2014 to date)
- Member Client Consultation Team
- Member Testing Room/ Psychological Assessment (2014 to date)
- Focal person in Punjab Youth Festival 2014
- Incharge variety show at funfair organized at Govt. Guru Nanak Degree College (W) Nankana Sahb. (2012-2014)
- Incharge Psychology Lab at Govt. Guru Nanak Degree College (W) Nankana Sahb.
- Incharge Anti dengue committee at Govt. Guru Nanak Degree College (W) Nankana

Sahb.

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

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| • American Psychological Association | International Affiliate |
| • Pakistan Association of Clinical Psychologists | Member |
| • Pakistan Psychological Association | Life time Member |

SKILLS & ABILITIES

- Effective interpersonal communication skills.
- Fluent in English and Urdu.
- Problem solving skills.
- Providing counseling/ therapy to one who needs.
- Skilled in MS Word, Power point, Excel and SPSS