

Mubeena Munir

E-mail: mubeena_munir@yahoo.com

Contact No. 0321-4056713

Current Designation: Lecturer (Contract), Centre for Clinical Psychology, University of the Punjab.

Academic Qualification

Degree	Institute	Percentage/ Grade	Year
MS Clinical Psychology	Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan	CGPA 3.74	2015-2017
BS Applied Psychology (4 Years)	Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.	CGPA 3.89	2011-2015

Special Achievements

- Gold Medalist in MS Clinical Psychology at Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan
- 3rd position in BS Applied Psychology at Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.

Work Experience

- Lecturer at Centre for Clinical Psychology, University of the Punjab (15 January, 2020 – to date)
- Lecturer at Department of Professional Psychology, Bahria University Lahore Campus (16 July, 2018 – 14 January, 2020)
- Community Placement Supervisor at Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan (February, 2018- to June, 2018)

- Visiting Lecturer at Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan (October, 2017- May, 2018)
- Visiting Lecturer at Institute of Social and Cultural Studies, University of the Punjab, Lahore, Pakistan (September, 2017- January, 2018)
- Visiting Lecturer at Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan (October, 2017- January, 2018)
- Worked as Research Assistant on a funded project (3 months) at Centre for Clinical Psychology, University of the Punjab, Lahore

External Examiner

- Appointed as External Examiner for Viva-Voce Examination of “Research Methodology” at Center for Clinical Psychology, University of the Punjab on 18th June, 2019.

Clinical Experience

- Trainee clinical psychologist at Sir Ganga Ram Hospital, Lahore from April, 2016 to August, 2016
- Trainee clinical psychologist at Living Institute for Slow Learners, Centre for Clinical Psychology, University of the Punjab, Lahore from September, 2016 to February, 2017
- Trainee clinical psychologist at Child Protection and Welfare Bureau, Lahore from April, 2016 to February, 2017

Publications

- Fatima, S., Dawood, S., & Munir, M. Parenting Styles, Moral Identity and Prosocial Behaviors in Adolescents. *Current Psychology* (Impact factor: 1.468). <https://doi.org/10.1007/s12144-020-00609-3>
- Munir, M., & Younas, F. (2017). Mother’s expressiveness and behavior problems in pre-school children. *Journal of Pakistan Psychiatric Society*, 14(4), 12-15

Oral Presentations

1. Munir, M., & Dawood, S. (2019). Body Image, Emotional Dysregulation and Disordered Eating Behaviors in Overweight Adolescents. Presented at International Conference on Recent Trends in Clinical Psychology at Centre for clinical psychology, University of the Punjab, Lahore from 20th to 22nd March, 2019.

2. Munir, M., & Bashir, N. (2018). Global Developmental Delay with Hearing Impairment: A Case Study. Presented at 2nd National Conference on Special Education, University of the Punjab on 5th Dec, 2018
3. Keshf, Z., & Munir, M. (2018). Role of Happiness and Gratitude in Reducing Feelings of Loneliness. Presented at 7th International Conference on Positive Psychology: Developing a Flourishing Community (ICPP) at National Institute of Psychology, Quaid-e-Azam University Islamabad from 29th – 30th November, 2018
4. Munir, A., Dawood, S., & Munir, M. (2018). Attachment Style, Emotional Maturity and Risk Taking Behaviors in Intact and Broken Home Adolescents. Presented at Conference of Psychology at Centre for Clinical Psychology, University of the Punjab, Lahore from 6th -7th July, 2018.
5. Fatima, S., Dawood, S., & Munir, M. (2018). Parenting Styles, Moral Identity and Prosocial Behaviors in Adolescents. Presented at 1st International Conference on Social Sciences & Humanities at Kinnaird College for Women from 25th to 27th April 2018
6. Munir, M., & Dawood, S. (2018). Weight Teasing, Body Esteem and Disordered Eating Behaviors in Overweight Adolescents. Presented at 13th International Neuropsychon Conference and First National Conference on Social Psychiatry at Pearl Continental Hotel, Bhurban from 29th March till 1st April 2018
7. Munir, M., & Younas, F. (2018). Mother's Expressiveness and Prosocial Behavior in Pre-school Children. Presented at National Conference on Promoting Mental Health in Schools: A Way Forward at Institute of Clinical Psychology, University of the Management and Technology, Lahore on 17th March, 2018
8. Munir, M., & Dawood, S. (2017). Emotional Dysregulation and Disordered Eating Behaviors in Adolescents. Presented at International Conference on Health and Wellbeing at Department of Applied Psychology, Lahore College for Women University, Lahore from 11-13th Dec, 2017
9. Keshf, Z., & Munir, M. Education and Employment Struggles by Young Pakistani Graduates. Presented at 5th International Conference on Research in Education at Institute of Education and Research, University of the Punjab from 21st - 23rd November, 2017.

10. Munir, M., Ch, M. N., Khadim, A., & Amjad, N. Revisiting Bystander Effect: An Experiment. Presented at 1st International Conference at Institute of Clinical Psychology, University of the Management and Technology, Lahore from 9th-10th March, 2017.
11. Munir, M., & Younas, F. Mother's Expressiveness and Behavior Problems in Pre-school Children. Presented at 6th International Conference on Psychology of Gender in perspective: issues and challenges at National Institute of Psychology, Quaid-e-Azam University, Islamabad from 1st -2nd Dec, 2016.
12. Munir, M., & Younas, F. Delay of Gratification in Early Childhood. Presented at 7th Postgraduate Students Conference at University of the Punjab, Lahore on 24th March, 2016

Poster Presentation

- Munir, M., & Younas, F. Delay of Gratification in University Students. Presented at 14th International Conference of Psychology at University of the Punjab, Lahore, 19th-21st March, 2015

Conferences Attended

1. Attended a 3 days International Conference on Recent Trends in Clinical Psychology at Centre for clinical psychology, University of the Punjab, Lahore from 20th to 22nd March, 2019.
2. Attended 2nd National Conference on Special Education at University of the Punjab on 5th Dec, 2018
3. Attended 7th International Conference on Positive Psychology: Developing a Flourishing Community (ICPP) at National Institute of Psychology, Quaid-e-Azam University Islamabad from November 29 - 30, 2018.
4. Attended Conference of Psychology at Centre for Clinical Psychology, University of the Punjab, Lahore from 6th -7th July, 2018.
5. Moderated a Session at Conference of Psychology at Centre for Clinical Psychology, University of the Punjab, Lahore from 6th -7th July, 2018.
6. Attended National Conference on Promoting Mental Health in Schools: A Way Forward on 17th March, 2018 at Institute of Clinical Psychology, University of the Management and Technology, Lahore

7. Attended International Conference on Health and Wellbeing on 11th-13th Dec, 2017 at Department of Applied Psychology, Lahore College for Women University, Lahore
8. Attended 1st International Conference on Clinical Psychology and Developing World: Issues, Challenges and Solutions on 9th-10th March, 2017 at Institute of Clinical Psychology, University of the Management and Technology, Lahore.
9. Attended 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges on 1st-2nd Dec, 2016 at National Institute of Psychology, Quaid-e-Azam University, Islamabad.
10. Attended 6th International CBT Conference “Evidence based approaches to mental health care: Integrating Psychopharmacology and Cognitive Behavior Therapy” on 20th February, 2016 at Services Institute of Medical Sciences Lahore with Collaboration of Department of Psychiatry, Services Institute of Medical Sciences, Lahore
11. Attended 14th International Conference of Psychology (The Current Challenges for Psychology: From Crisis to Sustainable Solutions), Institute of Applied Psychology, University of the Punjab in collaboration with Centre for Clinical Psychology, Pakistan Psychological Association (PPA) and Higher Education Commission(HEC), Pakistan, Lahore, 19th -21st March, 2015
12. Attended two days International Conference of Clinical Psychology on Clinical Psychology Outside Clinic held on 2nd and 3rd April, 2014 by Pakistan Association of Clinical Psychologists and Centre for clinical psychology, University of the Punjab
13. Attended two days International Conference of Applied Psychology (ICAPP) on “Psychology and challenges of the modern world” held on 17th-18th December 2012 by Department of Applied psychology, University of the Punjab, Lahore, Pakistan.
14. Attended one day 2nd Post Graduate Students Conference 2012 on Education in Pakistan: Trends of 21st Century held on November 29, 2012 by Institute of Education and Research, University of the Punjab, Lahore, Pakistan.

Workshops Conducted/Attended

- Attended a “3 days training workshop on Projective Analysis” at Bahria University Lahore Campus from 26th July to 28th July, 2019.

- Attended a workshop on “Rational Emotive Cognitive Behavior Therapy-Basics and Beyond” at Institute of Applied psychology, University of the Punjab, Lahore, Pakistan on 2nd February, 2019
- Conducted a workshop on “Stress Management” at indigenous on-campus training under modern university governance program of HEC at National College of Arts, Lahore on 22-26th January, 2018
- Organized two days workshop on “Skill Enhancement for Teachers and Staff” at Child Protection and Welfare Bureau, Lahore from 17th and 20th January, 2017.
- Attended a workshop on “Procrastination and its Management” at Department of Applied Psychology, University of the Punjab, Lahore on 19 December, 2012.