

KHOLA TAHIR
Clinical Psychologist
MS (CCP-PU), BS (CCP-PU)
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EDUCATION

MS in Clinical Psychology	2015-2017
Centre for Clinical Psychology, University of the Punjab, Lahore	3.59/4.00 CGPA
Bachelors of Science (Hons.) in Clinical Psychology	2011-2015
Centre for Clinical Psychology, University of the Punjab, Lahore	3.51/4.00 CGPA
Intermediate with Biology, Chemistry, Physics.	2010-2011
Government College for Women Gulberg, Lahore	909/1100 Marks
Matriculation with Biology, Chemistry, Physics.	2009
Cathedral High School No. 4, Lahore.	951/1050 Marks

TEACHING EXPERIENCE

- Worked as a Visiting Faculty from September, 2017 till January, 2018 in Institute of Applied Psychology, University of the Punjab.
- Worked as a Visiting Faculty from September, 2017 till January, 2018 in Centre for Clinical Psychology, University of the Punjab
- Worked as a Special Needs Assistant (SNA) at The New School TNS-, Beaconhouse Gulberg, Lahore from 3rd September, 2018 till 15th January, 2019
- Worked as a Lecturer at Kinnaird College for Women from 16th January, 2019 – 31st December, 2019.
- Currently working as a Lecturer at Centre for Clinical Psychology, University of the Punjab from 6th January, 2020.

TRAINING EXPERIENCE

Shadab School for Special Children

Placement (October 2014 to February 2015)

- Experience of psychological assessment and devising management plan for the clients with Developmental Disorders and Intellectual Difficulties.

Fountain House, Lahore

Placement (March 2015 to July 2015)

- Psychological assessment and management of clients with Mood Disorders, Psychosis and Addiction Clients.

Sir Ganga Ram Hospital, Lahore (Ward and Outdoor)

Trainee Clinical Psychologist, (April 2016 to September 2016)

- Psychological assessment and management of clients with Psychotic & Neurotic Problems on Adult Psychopathology's Placement.

Child Protection and Welfare Bureau, Lahore

Trainee Clinical Psychologist, (April 2016 to January 2017)

- Counselling experience with Homeless, Abandoned, Lost or Runaway Children having Emotional Behavioral Problems, Academic Problems, Externalizing and Internalizing Problems.

Services Hospital, Lahore

Trainee Clinical Psychologist (October 2016 to January 2017)

- Experience of psychological assessment and devising management plan for the children with emotional problems or other Mental Disorders.

Trainee Client Consultant at Centre for Clinical Psychology, Punjab University

(February 2017 up till now)

- Psychological assessment and management of clients with Neurotic Problems.
- Research project including the topic selection, proposal presentation in front of Degree Graduate Committee, data collection, analysis outline and thesis write up.

SCHOLARLY EXPERIENCE

RESEARCH PROJECTS CONDUCTED

Researched on ***“Sexual Functioning, Body Image, and Marital Intimacy in Women with Breast Cancer”*** done at University of the Punjab, Lahore in 2017.

Researched on ***“Pain Severity, Illness Appraisal, and Pain Acceptance in Patients with Chronic Pain”*** done at University of the Punjab, Lahore in 2015.

Research Group Project on ***“Post Traumatic Stress Disorder and Coping among people after a Terrorist Attack”*** done at University of the Punjab, Lahore in 2014.

RESEARCH PROJECTS SUPERVISED

- ***“Paranormal Beliefs, Religiosity, and Psychological Wellbeing among OCD patients”*** Co-supervised at Kinnaird College for Women, Lahore, 2020
- ***“Near Death Experience: A Case Study”*** Co-Supervised at Kinnaird College for Women Lahore, 2019
- ***“Imposter Phenomena, Future Anxiety and Self-Handicapping Tendencies among Government and Private Universities Lecturers”*** at Centre for Clinical Psychology, University of the Punjab.
- ***“Effort Reward Imbalance, Work Motivation and Job Satisfaction among Special Education Teachers”*** at Centre for Clinical Psychology, University of the Punjab.

WORKSHOPS CONDUCTED

Skills training of the staff on how to deal with various problems faced by the children who are homeless and abandoned.

MANUAL DEVELOPMENT

Manual is developed in order to deal with problems faced by staff in community setting while dealing with children

WORKSHOPS/SEMINARS ATTENDED

- Workshop on ***“The Art of Influencing people”***
- Workshop on ***“Mindfulness”***
- Workshop on ***“Stress Management”***
- Seminar on ***“Hypnosis”***

- Seminar on “Social Skills Training”
- Faculty training on “Peace Narrative”

CONFERENCES ATTENDED/PRESENTED

- 1st International Conference “*Clinical Psychology and Developing World :Issues Challenges and Solutions*”
- 14th International Conference of Psychology “*The current challenges for Psychology: From Crisis to Sustainable solutions*”
- International Conference of Clinical Psychology “*Clinical Psychology Outside Clinic*”
- 1st International Conference of Psychology “*Health Psychology and its issues*”
- International Conference of Psychology, Lahore College for Women University
- International Conference of Applied Psychology: Practices and Interventions
- 1st International Conference on “*Islamic Perspectives in Modern Psychology*” [moderator of scientific session]
- 2nd International Conference on “*Social Sciences and Humanities*” [moderator of scientific session]

PUBLICATIONS

- “Worrying about worry: A Generalized Disorder Case Study” in Journal of Professional Psychology, Practice and Research
- “Mediating role of Body Image between Sexual Functioning and Marital Intimacy in Pakistani Women with Breast Cancer.” in Psycho-Oncology [in revision]
- Families are bitter splits that hurts: A qualitative inquiry towards understanding the impact of family issues in Functional Neurological Symptom Disorder in Psychiatric Quarterly (Submitted)

REFERENCES

- Dr. Urusa Fahim (Academic Dean of Humanities and Social Sciences, Kinnaird College for Women Lahore)
- Prof. Dr. Nashi Khan (Director, Department of Psychology, Rashid Latif Medical College, Lahore)
- Ms. Humaira Naz (Assistant Professor, Centre for Clinical Psychology, University of the Punjab)