

Curriculum Vitae

PERSONAL INFORMATION

NUZHAT-UL-AIN

03364160881

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PERSONAL STATEMENT

My aim is to work in a professional environment where I can learn and apply my knowledge at best and serve in the field of psychology and promote indigenous trends through research and clinical practice.

PROFESSIONAL EXPERIENCE

Dec, 2019-present

Research Scholar

Centre for Clinical Psychology, University of the Punjab, Lahore

23rd September, 2018-13th

Visiting Lecturer (Subject: Child Psychotherapy)

January, 2019

MS Clinical Psychology, Lahore School of professional Studies, university of Lahore

31st October 2017–

Visiting Lecturer (Subject: Psychological Assessment)

28th February 2018

MSc Program, Institute of Applied Psychology, University of the Punjab, Lahore (Pakistan)

15th November 2017–5th

Program Officer at Rising Sun Education and Welfare Society

July 2019

Training Behavior Therapy to the teaching staff of the school, Supervision of placements of BS (Hons.) Kinnaird College, pre-assessment and post-assessment of the placements conducted at Rising Sun, conducting research, Documentation work

November 2018–

Consultant Clinical Psychologist

December 2019

Hafeez Hospital, Ghazi Chock, College Road Lahore

OTHER PROFESSIONAL ACTIVITIES

- Completed **E-therapy Certificate Training** (37 hours) from ALLCEUs (April 17th, 2019) and currently providing Etherapy to patients
- Completed the online course of **Cognitive Behavioral Therapy** (2 Hours) from ALLCEUs (April 29th, 2019).
- Completed the online course of **Ethics Pitfalls and Non-Malfeasance** (3 Hours) from ALLCEUs (May 2nd, 2019).
- Completed the online course of **Importance of Sleep for Mental Health** (1 Hours) from ALLCEUs (October 10, 2019).
- External Examiner for Viva-Voc Examination of ‘Psychological Assessment-II’ of BS (4 years) in Clinical Psychology, Semester VI (2018) at Centre for Clinical Psychology, University of the Punjab.
- Internship Supervisor of BS (Hons) Psychology students of Semester VII (2018) of Kinnaird College (Internship conducted at Rising Sun Institute of Special Children)
- Research assistant Ms. Faiza Safdar (Centre for Clinical Psychology) from June 2015 to Oct. 2018

EDUCATION & TRAINING

2015–2017

MS. Clinical Psychology

3.64

Centre for Clinical Psychology, University of the Punjab, Lahore (Pakistan)

09/2016–02/2017	Trainee Clinical Psychologist at Sir Ganga Ram Hospital Lahore (Adult Placement) History taking, Assessment and Management of Patients	
04/2016–08/2016	Trainee Clinical Psychologist at Services Hospital Lahore (Child Placement) History taking, Assessment and Management of In-door Patients and Out Patients	
04/2016–01/2017	Trainee Clinical Psychologist at Child Protection Bureau (Community Placement) History taking, Assessment and Management, Individual and Group Therapy	
09/2016–12/2017	Trainee Clinical Psychologist at Centre for Clinical Psychology History Taking, Assessment and Management of Clients	
2011–2015	BS. (Hons). Clinical Psychology Centre for Clinical Psychology, University of the Punjab, Lahore (Pakistan)	3.62
2009–2011	Intermediate (FSc) Punjab College for Women, Lahore (Pakistan)	A
2007–2009	Matriculation (Science) The Punjab School, Township, Lahore (Pakistan)	A+

ARTICLES

PUBLISHED/SUBMITTED

- Nuzhat-ul-Ain & Safdar, F. (2016). Perceived Spousal Relationship and Psychological Distress in Women School Teachers. *Journal of Pakistan Psychiatric Society*, 13(1), 15-17.
- Dasti, R., Nuzhat-ul-Ain, Zainab, N., Rashid, N., Asif, S., Kanwal, F. & Tahir, A. (2018). Resilience and Psychological Wellbeing in Adult university female hostellers. *Pakistan Journal of Professional Psychology Research and Practice*, 9 (1),31-44
- Nuzhat-ul-Ain. & Safdar, F. (2019). Self-Construal and Work Family Positive Spillover: moderating effect of perceived spousal reciprocity in married working women. *Indian Journal of Psychology and Education*,9(2),61-67
- Nuzhat-ul-Ain & Badar, N. Schizophreniform Disorder: A case of Late Adolescence. (2018) *Pakistan Journal of Professional Psychology Research and Practice*. *Pakistan Journal of Professional Psychology Research and Practice*, 9 (1),17-30
- Falak, S, Safdar, F. & Nuzhat-ul-Ain. (in press). Perceived Discrimination, Social Support, and Psychological Distress in Transgender. *PsyCh Journal*.

ORAL PRESENTATION

- 'Perceived Work-Family Positive Spillover and Mental Health among Special Education professionals' in 6th International Conference on Research in Education (ICORE 2018), organized by Institute of Education and Research, University of the Punjab, Lahore-Pakistan (November 20-22, 2018)
- "Self-Construal, Perceived Spousal Reciprocity and Work-Family Positive Spillover in Married Working Women" in 1st International Conference "Clinical Psychology and the Developing World: Issues, Challenges and Solutions" (9-10th March, 2017)
- "Resilience and Psychological Wellbeing in Adult University Female Hostellers" in Three Day International Conference on Health and Wellbeing conducted by

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Lahore college for Women University (11th -13th December, 2017)

POSTER PRESENTATIONS

- "Resilience and Psychological Well-being in Adult Female Hostellers" in One Day Conference of Islamic Traditions in Psychology (5th March 2016)
- "Spousal Relationships and Psychological Distress in married women school teachers" in One day 6th International CBT Conference "Evidence based approaches to mental health care: Integrating Psychopharmacology and Cognitive Behavior Therapy" (20th February, 2016)
- "Real Life Stressors and mental Health: A case of Adjustment Disorder" in 1st National Conference of Psychology "Emerging Social and Mental Health Issues in Society" (12th -13th December, 2017)
- "Schizophreniform Disorder: A Case of Late Adolescence" in Three Day International Conference on Health and Wellbeing conducted by Lahore college for Women University (11th -13th December, 2017)

SEMINARS, CONFERENCES AND WORKSHOPS ATTENDED

- **Participated** in workshop of "Laughter Therapy Training-Level: Beginner" on 18th of November 2017 (Organized by The Support Group).
- **Attended** seminar on Psychiatric Illness organized by Services Hospital Lahore on 5th of April, 2017
- **Participated** in workshop of "Introduction to Montessori Based Activities for People with Dementia" on 4th of March 2017 (Organized by Ishrat Husain-Pakistan Institute of Living and Learning (PILL)).
- **Participated** in Workshop of 'Disputing in REBT' (held by the Academic Department of Psychiatry & Behavioral Sciences Services Institute of Medical Sciences, Services Hospital Lahore) on April 13th, 2016.
- **Participated** in 14th International conference of Psychology "The Current Challenges for Psychology: From Crisis to Sustainable Solutions (19th-21st March, 2015)
- **Participated** in 3rd Asian Pacific Conference on Psychological Rehabilitation, 8th International Psychiatric Conference, held in Lahore, Pakistan (November 1st to 3rd, 2013).
- **Participated** in International conference of Pakistan Psychological Association Lahore Chapter (31st October 2013) on Role of Psychologists in the Service of Society.
- **Participated** in Workshop of 'Building Healthy Relationships' (Pre conference workshop during International Conference of Applied Psychology, Pakistan-2013)

SEMINARS AND WORKSHOPS ORGANIZED/CONDUCTED

- **Resource Person** on one-day workshop on "Stress Management Training" during 15th Annual Teacher's Training held by Rising Sun School for Special Children on 5th July, 2018.
- **Resource Person/Presenter** on one-day workshop on "Behavior Therapy techniques for Improving Behavior" during 15th Annual Teacher's Training held

by Rising Sun School for Special Children on 28th June, 2018.

- **Resource Person /Presenter** on one-day workshop on “Behavior Therapy Techniques for Learning New Behavior” during 15th Annual Teacher’s Training held by Rising Sun School for Special Children on 27th June, 2018.
- **Resource Person /Presenter** on one-day workshop on “Behavior therapy: Defining and Assessing Behavior” during 15th Annual Teacher’s Training held by Rising Sun School for Special Children on 26th June, 2018.
- **Resource Person** on one-day workshop on “Portage Guide to Early Education and Childhood Autism Rating Scale” held at the University of Lahore Pakistan on 25th March, 2018.
- **Resource Person** on one-day workshop on “Attention Deficit and Hyperactivity Disorder, assessment and management” held at the University of Lahore Pakistan on 22nd April, 2018.
- **Resource Person** on one-day workshop on “Stress Management” held by Supporting Hands for Life in Centre for Assisted Living, Lahore Pakistan on 28th October, 2017.
- **Organized and Presented** on a Two Day workshop on the "Staff and Teacher Management Training" for teachers and caregivers of the students at Child Protection and Welfare Bureau.
- **Organized and presented** on One Day Seminar on the "Positive Parenting Awareness Program" for parents of children having psychological issues at Services Hospital Lahore on August 23rd, 2016.
- **Attended and Organized** Two Days Conference titled "Clinical Psychology outside the Clinic" organized by Centre for Clinical Psychology and Pakistan Association for Clinical Psychology (2nd-3rd April, 2014).

SKILLS AND INTERESTS

- **Computer and software skills:** SPSS, AMOS, Process Analysis
- First prize in Interdepartmental "Essay Writing Competition" at University of the Punjab organized by the department of Islamic Studies (2016)
- Merit certificate obtained for attaining Second position in MS program

REFERENCES

- References will be submitted on demand.