

CURRICULUM VITE

Dr. Nazia Bashir
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AREAS OF CLINICAL EXPERTISE/RESEARCH:

• Intelligence, Aptitude, Achievement, Personality and Diagnostic Psychological Assessment and Tool Development
• Management of Trauma and Related Disorders, Neuro Developmental Disorders and Emotional & Behavioral Disorders of Children
• Determining Educational Needs, Development and Implementation of an Individualized Educational Plan (IEP) for Slow learners and Individuals with Neuro Developmental Disorders.
• Parental Counseling and Training.
• Professionals' Training
• Training of Teachers of Children with Special Needs

ACADEMIC QUALIFICATIONS:

2021	Ph D in Clinical Psychology	University of the Punjab Lahore
2008-2010	MS in Clinical Psychology	University of the Punjab Lahore
2004-2005	Advance Diploma in Clinical Psychology	University of the Punjab Lahore
2000-2002	MSc. Applied Psychology	University of the Punjab Lahore
1995-1997	Bachelor of Arts	Lahore College for Women, Lahore
1993-1995	Intermediate	Board of Intermediate & Secondary Education , Lahore
1993	Matriculation	Govt. Comprehensive Girls High School, Lahore

WORK EXPERIENCE:

Currently;

- Consultant Clinical Psychologist at Centre for Clinical Psychology (CCP), University of the Punjab, Lahore.

- Incharge, Client Consultation Indoor and Outdoor Services, Centre for Clinical Psychology, University of the Punjab, Lahore.
- Exam Coordinator at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Supervising Child Placements of ADCP and MS students of Centre for Clinical Psychology University of the Punjab, Lahore.
- Supervising Research work of BS (Hons), MS and PhD students' of Centre for Clinical Psychology, University of the Punjab, Lahore.
- Teaching courses i.e. Disaster Management, Child Development, Introduction to Psychology, Personality Theories, Psychological Therapies and Psychological Assessment to BS (Hons), ADCP and MS in Clinical Psychology at Centre for Clinical Psychology, University of the Punjab, Lahore
- Involve in training of Post Disaster Management at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Member (Clinical Psychologist) of selection board in Safe Cities Authority (PSCA) Punjab.
- Paper setter for the affiliated colleges of Institute of Applied Psychology, University of the Punjab, Lahore.

Past;

- External Examiner (Viva voce) for MS Child Placement Reports at Department of Applied and Clinical Psychology in Kinnaird College Lahore since 2018.
- Involved in training of in-service Psychologists and Special Educationists at Govt. Training College for the Teachers of Disabled Children, Special Education, Punjab.
- Taught course "Therapeutic Intervention - Child" to Ms Clinical Psychology (Fall 2018) at Kinnaird College for Women.
- Taught course "Therapeutic Approaches-II (Childhood Disorders) to Ms Applied Psychology (2014-2016) at Lahore Garission University.
- Worked as a visiting Clinical Psychologist at Child Welfare Centre, University of the Punjab, Lahore since 2005-2010.
- Supervising Child Placement of BS Students of Centre for Clinical Psychology at Child Welfare Centre, University of the Punjab, Lahore.
- Taught course "Child Development "to BS (Hons).Semester III (2009-2013) at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Taught course "Personality Theories "to BS (Hons).Semester III (2008-2012) at Centre for Clinical Psychology, University of the Punjab, Lahore.
- Supervising Child Placement of BS (Hons).Semester V (2006-2010) students of Centre for Clinical Psychology at Child Welfare Centre, University of the Punjab, Lahore

- Worked as Lecturer at Centre for Clinical Psychology, University of the Punjab, for 6 months.
- Worked as Clinical Psychologist with earthquake victims at General Hospital for 5 months.
- Worked as Child Psychologist at Image Institute of Slow Learners for 6 month.
- Worked as Child Psychologist at Children Hospital for 6 months.

PUBLICATION:

- Bashir, N., Kausar, R., & Khan, N. (2020). Posttraumatic Stress Disorder and Posttraumatic Growth: Two Realities among Flood Affected School Going Children in Pakistan. *Pakistan Journal of Professional Psychology: Research and Practice*. 11 (2), 37 – 49.
- Ambreen, S., Bashir, N., Tarar, S. A., & Kausar, R. (2020). Maximum Phonation Time in Normal Healthy Adults. *Rawal Medical Journal*.45(2), 423 - 426
- Liaqat, H., & Bashir, N. (2019). Alexithymia and Loneliness: The Moderating Role on Interpersonal Problems in Educated Youth. *Journal of Pakistan Psychiatric Society*. 16 (1), 26 – 29.
- Mahmood, S. N., & Bashir, N. (2017). Non-residential Pakistani Students in Jeopardy: From Social Integration to Suicidal Attitude. *International Journal of Endorsing Health Science Research (IJEHSR)*, 5(3), 23-33.
<https://doi.org/10.29052/IJEHSR.v5.i3.2017.23-33>
- Ambreen, S., Bashir, N., Tarar, S. A., & Kausar, R. (2017). Acoustic Analysis of Normal Voice Patterns in Pakistani Adults. *J Voice*. pii: S0892-1997(17)30197-2. doi: 10.1016/j.jvoice.2017.09.003.
- “Urdu Readers for Slow Learner” is under process of publication.
- “Preparation for Writing Movements” Workbook 1 for improving Pre writing skills of students with special needs has been published since May 2009.
- “Preparation for Writing Movements” Workbook 2 and Workbook 3 have been published since September 2009.

RESEARCH WORK:

- “Correlates of Posttraumatic Stress Disorder and Post Traumatic Growth in Adolescent Survivors and Efficacy of Psychological Intervention for Survivors of Disasters” under the supervision of Dr. Rukhsana Kausar and Dr. Nashi Khan.
- “Development of an Achievement Test of Urdu for 6-8 Years Children” under the supervision of Dr. Saima Dawood.
- “An Analysis of Risk Factors for Solvent Abuse” under the supervision of Dr. Nosheen K Rahman and Ms Saima Dawood.
 - i. Mail Survey on Period of Adolescence.
 - ii. Focused Group Discussion among Health Professionals on Adolescents
 - iii. An Analysis of Interviews Conducted with Adolescent.

Mentioned above researches were conducted as a group work under the supervision of Dr. Nosheen K Rahman, Director of Centre for Clinical Psychology. These researches were conducted in regard for her Chapter; Adolescent Behaviors in Pakistan writing for the book titled Hand Book of International Psychology.

- Practicum reports
 - i. "Women Empowerment and Marital Adjustment" supervised by Dr. Mohammad Anwar.
 - ii. "Level of Stress among Male Students of Punjab University" supervised by Dr. Ruhi Khalid.

PAPER PRESENTATION:

- Poster presentation on "Strategies Based Management of Learning Disability: Case Study" International E-Conference on "Clinical Practice and Rehabilitation: The Interplay of Mind, Body, and Soul" held on December 8-9, 2021.
- Oral presentation on "Children and Disaster Teaching Recovery Techniques as a Preventive Measure to Deal PTSD" at the 1st International Conference (ICCTP - 2016) Current Trends in Psychology: Security Issues in Pakistan & Its Implications held on 24th March 2016.
- Oral presentation "Parental Training Program with the Mothers of Children having Mental Retardation" at 14 International Conference of Psychology (ICP 2015), the Current Challenges for Psychology: From Crisis to Substantial Solutions held on 19th to 21st March 2015.
- Oral presentation on "An Analysis of Risk Factors for Solvent Abuse" at the 16th International Psychiatric Conference of Pakistan Psychiatric Society, Disasters' impact on Mental Health & its Psychological Rehabilitation held on 16th to 18th December 2006.

RESEARCH SUPERVISION (MS & BS):

- Shafique, R. 2022. "Efficacy of Positive Psychotherapy on Perceived Stress, Wellbeing and Life Satisfaction in Mothers of Children with Autism".
- Zunaira, K. 2019. "Development of Indigenous Conversational Cards for Social Communication Skills".
- Mujahid, A. 2018. "Illness Perception, Optimism and Psychological Adaptation in Mothers of Patient with Schizophrenia".
- Tahir, Q. 2018. "Acquisition of Urdu Verbs 10-18 Years Old Adolescents with Down Syndrome".
- Zahid, N. 2018. "Acquisition of Urdu Adjectives 10-18 Years Old Adolescents with Down Syndrome".
- Zahra, F. 2018. "Sense of Humor, Hardiness, Altruism and Job Satisfaction among Teachers of Special Education".

- Riaz, R. 2017. "Family Function, Emotional Intelligence and Externalizing problems in Adolescents".
- Emran, F. 2017. "Measuring the Mean Length of Utterances (Mlu-M And Mlu-W) in Typically Developing Children Of 3 - 4.6 Years".
- Farooq, M. 2017. "Measuring the Mean Length of Utterances (Mlu-M And Mlu-W) in Typically Developing Children Of 4.6 - 6.0 Years".
- Noorulain. 2017. "Sense of Competence, Religious Coping and Post Traumatic Growth in Mothers of Children with Cerebral Palsy".
- Ambreen, S. 2016. "Acoustic Analysis of Normal Voice Patterns in Pakistani Adults".
- Komal, A. 2015. "Helicopter Parenting, Peer Attachment and Emotional Maturity in University Students".
- Liaqat, M. 2014. "Level of Frustration, Resilience and Psychological Well Being among Special School Teachers".
- Liaqat, H. 2014. "Alexithymia, Loneliness and Interpersonal Problems in Young Adults".
- Bukhari, N. 2014. "Social Isolation and Suicidal Attitude in Young Adults".
- Ume, H. 2013. "Parental Training Program with the Mothers of Children having Mental Retardation".
- Iqbal, U. 2013. "Stigmatization, Self Compassion and Parental Stress in Mothers of Children with Down Syndrome".
- Khanzada, M. 2013. "Parental Stress and Marital Adjustment among the Parents of Mentally challenged Children".
- Mubashir, S. 2013. "Level of Frustration Tolerance and Coping Strategies among Parents of Children having Autism".
- Fattah, A. 2013. "Extent of Information, Stigmatization and Parental Stress in Mothers of Children with Mental Retardation".

LECTURES DELIVERED / WEBINARS AS A RESOURCE PERSON:

- "The Power of Positive Parenting" delivered in Public Awareness Seminar: Positive Parenting, on 2nd September 2022, organized by CCP, PU.
- Organized Mental Health Week "Mental health in an unequal world: Together We can Make a Difference" on 11-15 October 2021 at University of the Punjab.
- "Parental Role in Development of Children" delivered in Public Awareness Seminar: Connection between Mental Health, Education and Communication on 5th October 2021 organized by CCP, PU.
- "Psychological Impact of Crisis Situations and Mitigating Strategies" delivered in Road Safety Seminar 2018 title "Emergency Response in Crisis like Situation" organized by National Highway and Motor Way Police on 19th Nov 2018.
- "Psychological Problems and Underprivileged Children" delivered in UET, Lahore on 25th April 2017.

- “Qualitative Research Method” delivered in Workshop title “New Trends in Qualitative Research” on April 28- 29, 2017 at Lahore Garrison University.
- “Ways to Promote Mental Well Being” delivered in Seminar titled “World Mental Health Day & Dignity in Mental Health” at Department of Psychiatry & Behavioural Sciences, Services Hospital, Lahore.
- “Management of Neuro Developmental Disorders” at Raising Sun Institute, DHA, Lahore
- “Management of Mental Retardation and Development of Individualized Educational Plan” at National Society for Mentally and Emotionally Handicapped Children, 43-A, Civic Centre, Johar Town, Lahore.
- “How to Manage Child with Emotional Problems” at Amin Muktab, Lahore.
- “Role of Clinical Psychologist” at Centre for Clinical Psychology, University of the Punjab, Lahore.
- “Autism and its Management” at Govt. Training College for the Teachers of Disabled Children, Special Education, Punjab.
- “Pre requisites of Learning” at Govt. Training College for the Teachers of Disabled Children, Special Education, Punjab.
- “Users and Administration of Portage Guide to Early Education” at Child Welfare Centre, University of the Punjab, Lahore.
- “Parental Counseling” at Child Welfare Centre, University of the Punjab, Lahore.

WORKSHOPS CONDUCTED:

- “Management of Children with Neurological Disorders” at Psychology Department of Forman Christian College University on 27th May 2022.
- “Psychological First Aid Session 5” at 5 days’ workshop titled: Training of Psychologists (BS-17) Working in 36 Shelter Homes (Dar-ul-Amans) of Social Welfare Department Punjab on Ethical Management of Residents, at Social Welfare Training Institute on 28th March 2022 – 1st April 2022.
- “Time Management in Crisis Handling” Post Conference Work Shop, International E-Conference on "Clinical Practice and Rehabilitation: The Interplay of Mind, Body, and Soul" (December 8-9, 2021)
- “Psychological Management of Trauma & Violence among Children and Adolescents” at Ibadat Hospital, Peshawar.
- “Disaster Management and New Trends” at Centre for Clinical Psychology, University of the Punjab, Lahore.
- “New Trends in Portage Guide to Early Education” at Amin Muktab, Gulberg, Lahore
- “Behavior Therapy with Children” at SOS Village, Ferozepur Road, Lahore.

WORKSHOPS ATTENDED:

- “HE-Research Capacity Building Training” on 7th - 11th March 2022, organized by HEC at Marriott Hotel Islamabad.
- “Learn Techniques to Deal with Trauma Survivors: Observe, Listen and Connect” conducted by Dr. Uzma Ali, Director, Institute of Clinical Psychology, University of Karachi.
- “The Mind Body Movement Technique to Overcome Trauma, Pain and Illness: A Heart- Breath Energy Practice” conducted by Dr. Chok Heiw.
- “ABA Based Intervention for Children with ASD” conducted by Mansur Ch, Master Trainer, the Jeffrey and Theresa McDougall Autism Clinic.
- “Brief Trauma Therapy” conducted by Akhtar Ali Syed, Clinical Psychologist, Image Analysis Institute New York, USA
- “Healing Through Hypnosis” conducted by Maqbool A. Babri, held on 15th December, 2012.
- “Application of NVivo Software for Qualitative Data Analysis” held on May, 2012.
- Primary Certification in “Eidetic Therapy” conducted by Akhtar Ali Syed, Clinical Psychologist, Image Analysis Institute New York, USA
- “What Do I Know and Need to Know About Autism Spectrum Disorders” held on 10th January, 2011 conducted by Umneea Khan, University of Western Australian, Perth. Australia.
- Primary Certification in “Post Disaster Psychological Management of Children” conducted by renowned Clinical Psychologists, Ms. Elin Mahle & Ms. Unni Marrie, from Europe at Centre for Clinical Psychology, University of the Punjab, Lahore.
- “Parental Discord and Conduct Disorder” conducted by Ms. Amna Tariq from Institute of Psychiatry, Kings College London at Centre for Clinical Psychology, University of the Punjab, Lahore.
- “Intervention of Autism Spectrum Disorder” conducted by Dr. Jill Taylor at Department of Applied Psychology, University of the Punjab, Lahore.
- “Art as therapy for trauma Victims” conducted by Dr. Frances E. Anderson from at Department of Applied Psychology, University of the Punjab, Lahore.
- “Management of ADHD” conducted by Dr. Anjum Bashir and Dr. Asifa Zainabat National Society for Mentally and Emotionally Handicapped Children.
- “Growth Model of Eidetic Therapy for Intellectually Disable Children” conducted by Akhtar Ali Syed from Image Analysis Institute New York, USA, at Department of Psychology GC University, Lahore.
- “Research Methods & Statistics” conducted by Dr. Ahiq Ali Shah from Kwantlen Polytechnic University Canada at Centre for Clinical Psychology, University of the Punjab, Lahore .

- “Autistic Spectrum Disorder Facts and Challenges” conducted by Dr. Amna Tareen at National Society for Mentally and Emotionally Handicapped Children.
- “Pre -academic skill for the Teachers of Special Education and Regular Kindergarten Schools” conducted by Ms. Munawar Fatima at Amin Maktab.
- Assessment & Management of Behavior Problems of Children with Developmental Delay” organized by Amin Maktab.

CONFERENCES ATTENDED:

- International E-Conference on "Clinical Practice and Rehabilitation: The Interplay of Mind, Body, and Soul" (December 8-9, 2021) organized by CCP, PU.
- Co- Session Chair in Conference of Psychology “Impact of Global Challenges on Mental Well Bing” on July 6th -7th, 2018 Organized by RICCP (Riphah International University), IPPA (Bahria University), CCP (University of the Punjab) and Pakistan Association of Clinical Psychologists (PACP).
- “1st International Conference (ICCTP - 2016): Current Trends in Psychology: Security Issues in Pakistan & Its Implications” organized by Department of Applied Psychology Bahauddin Zakariya University, Multan and Pakistan Psychological Association, held on 24th March 2016.
- Attended and organizing “14 International Conference of Psychology (ICP 2015), the Current Challenges for Psychology: From Crisis to Substantial Solutions, organized by Institute of Applied Psychology, Centre for Clinical Psychology, University of the Punjab, Lahore and HEC.
- International Conference “Psychology and Challenges of the Modern World” held on 12-15 December, 2012.
- Attended and organizing an International Conference, organized by Centre for Clinical Psychology, University of the Punjab, Lahore on “Impact of Global Violence on Mental Health: a challenge for Mental Health Professionals” held on 27th- 28th June, 2008.
- Attended and organizing a National conference on: “Gender Issues in 21st Century in Pakistan” held on 16th May, 2007, organized by Centre for Clinical Psychology, University of the Punjab, Lahore.
- 16th International Psychiatric Conference of Pakistan Psychiatric Society “Disasters Impact on Mental Health & Its Psychological Rehabilitation” (2006).
- Symposium on “Post -Traumatic Psychology Problem in Earthquake Victims” (2005).
- One day Conference of Psychology “Psychology Issue, A Pakistani Perspective” (2001).
- 8th National Conference of Pakistan Association of Clinical Psychologists (2000).