

## RABIA DASTI

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### RESEARCH AREAS

Positive Psychology, Mental Health, Islamic models of Psychology, Sexuality

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### EXPERIENCE

- Working as lecturer of clinical psychology at Centre for Clinical Psychology, University of the Punjab from January 2014 till date
  - Worked as a "Research Scholar" at Centre for Clinical Psychology, University of the Punjab from February, 2013 to January 2014.
  - Doing private clinic in evening with Dr. Nasar Syed Khan Professor and Head Psychiatrist at Services Institute of Medical Sciences, Lahore since 2012.
  - Served as consultant clinical psychologist at Pavilion Rehabilitation Centre for a year from 2014-15.
  - Taught course of "Psychopathology" to ADCP (Replica) at Centre for Clinical Psychology, University of the Punjab as a visiting faculty from October 2012 to March, 2013.
  - Taught course of "Research Methods" to MSc (Replica) at the Department of Psychology and Applied Psychology, University of the Punjab as a visiting Faculty from October 2012 to August, 2013.
  - Supervised BS (Hons.) at "Community Mental Health Placement" at Centre for Clinical Psychology, University of the Punjab from September 2012 to February 2013
  - Supervised MS-III at "Community Mental Health Placement" at Centre for Clinical Psychology, University of the Punjab from August 2012 to December 2012
  - Worked as a "Research Associate" at Centre for Clinical Psychology on a three month contract from March 2012 to June 2012
  - Supervised MS-II at "Community Mental Health Placement" at Centre for Clinical Psychology, University of the Punjab from February 2012 to July 2012
  - Supervised MS-III at "Community Mental Health Placement" at Centre for Clinical Psychology, University of the Punjab from August 2011 to December 2011
  - Worked as Field Worker in the AIDS-Surveillance Program in coordination with the Centre for Clinical Psychology, HASP and National AIDS control Program.
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### EDUCATION

**MS in Clinical Psychology, from** *Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan 2008-2010*

**B.S (Hons.) in Clinical Psychology, from** *Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan 2004-2008*

**Intermediate in Humanities, from** *Garrison College for Women, Lahore, Pakistan 2002-2004*

**Matriculation, Education Centre, Lahore, Pakistan 2000-2002**

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### WORKSHOPS, CONFERENCES & SEMINARS

Received training on Psychological First Aid at Forman Christian College from 19-20<sup>th</sup> November, 2019

Received training on Problem Management Plus at Forman Christian College on 22<sup>nd</sup> November, 2019

Organizing Committee member of **the 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 **14<sup>th</sup> International Conference of Psychology by Pakistan Psychologists Association 19<sup>th</sup> -21<sup>st</sup> March 2015**

Attended CME Credit **course on World Mental Day at Services Institute of Medical Sciences 10<sup>th</sup> October 2015**

Attended 3<sup>rd</sup> Faculty Training Program organized by Higher Education Commission at University of the Punjab in November 2014

Served as one of the organizer and moderators of a two day international workshop at Centre for Clinical Psychology with the theme Clinical Psychology outside Clinic in April 2014

Participated in a three day workshop on “Basic Skills of Cognitive Behavior Therapy” conducted by Dr. Iram Bokharey, Senior Clinical Psychologist at Pakistan Institute of Mental Health (PIMH) in June, 2013

Attended a three day International Conference of Applied Psychology organized by Department of Applied Psychology, University of the Punjab in December, 2012

Participated in a three day “primary Certification in REBT” organized by PACP in collaboration with Centre for Clinical Psychology, University of the Punjab, conducted by Ms. Saima Salman, Certified Supervisor, Rational Living Inc. Singapore.

Participated in a two week Workshop on “Research Methods & Statistics” conducted by Dr, Syed Ashiq Ali Shah, Professor at Psychology Department, Kwantlen Polytechnic University, Canada

Participated in a Workshop on “Psychology of Death and Dying” conducted by Dr, Anees Sheikh, a Clinical Psychologist from Marquette University, USA.

Participated in a Workshop on “Healing Power of Imagination” conducted by Dr, Anees Sheikh, a Clinical Psychologist from Marquette University, USA.

Participated in a Workshop on “Psychology and Spirituality” conducted by Dr, Anees Sheikh, a Clinical Psychologist from Marquette University, USA.

Participated in a Workshop on “Psychology of Happiness” conducted by Dr, Anees Sheikh, a Clinical Psychologist from Marquette University, USA.

Participated in a Symposium on “Dissociative Disorder/ Conversion Disorder, The Historical, Cultural and Management Perspective.” Organized by Department of Psychiatry, Services Institute of Medical Sciences (SIMS), Lahore.

Participated in a Workshop on “Imagery in Clinical Practice” conducted by Dr, Jan Taal, Director, School of Imagery, Weteringschans, Amsterdam, Netherlands.

Participated in a Workshop on “What Does it take to Lead” conducted by Dr, Amra Rao, a Clinical Psychologist from UK.

Participated in a One Day National Conference on: “Gender Issues in 21<sup>st</sup> Century in Pakistan” organized by the Centre for Clinical Psychology, Lahore

Participated in a Two Day International Conference on: “Impact of Global Violence on Mental Health; A Challenge for Mental Health Professionals” organized by the Centre for Clinical Psychology, Lahore.

Participated in Consultative Workshop on “Mental Health Care Model, A Proposal for DHQ/THQ Hospitals” organized by Punjab Devolved Social Services Programme.

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## SKILLS and INTERESTS

### Language Skills:

- English (written and oral fluency)
- Urdu (written and oral fluency)

### Extra-curricular Activities:

- Worked as an elective Member of Debating Society in college
- Directed a short play “Aagahi: staged at Mental Health day 2012 organized by PACP, CCP and Applied Psychology at University of the Punjab
- Won 3<sup>rd</sup> prize in an Interclass Debating Competition organized by the Psychology Department of Garrison College for Women Lahore
- Participated in walks on Women Rights and against AIDS organized by the Center for Clinical Psychology, University of the Punjab
- Member of the editorial board of the NEWSLETTER of the Centre for Clinical Psychology
- Worked as a Creative Director for the play “Talash-e-Wajood” organized by the Center for Clinical Psychology, University of the Punjab
- Raised charity for the rehabilitation program for people suffering from Schizophrenia, run by Center for Clinical Psychology, University of the Punjab
- Acted in an Mime sequence prepared on Gender Issues
- Launched a media campaign on impact of global violence on the mental health of children
- Contributed articles and poems in the MIND magazine
- Featured in a social campaign as a model and protagonist for a Pakistani clothing brand chain “Generation” in 2018
- Worked as member of Student Advisory Committee and organized sports days, trips, annual functions, dramatics and competitions for students.

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## RESEARCH PUBLICATIONS

- Dasti. R., & Sitwat. A. (2014). Development of a Multidimensional Measure of Islamic Spirituality (MMS). *Journal of Muslim Mental Health*. <http://dx.doi.org/10.3998/jmmh.10381607.0008.204>
  - Bashir. Z., & Dasti. R. (2015). Demographic Correlates of Poly-Victimization in Street Children of Lahore City. *Journal of the Indian Academy of Applied Psychology*. 41, (3) (Special Issue), 194-201.
  - Bashir. Z., & Dasti. R. (2015). Poly-victimization and mental health of street children in Lahore city. *Journal of Mental Health*. <http://dx.doi.org/10.3109/09638237.2015.1057330>
  - Safdar. A., & Dasti. R. (2015). Personality and Pathological Love among Young Adults. *Journal of the Indian Academy of Applied Psychology*. 41, (2), 206-216.
  - Anum. J., & Dasti. R. (2015). Caregiver Burden, Spirituality, and Psychological Well-Being of Parents Having Children with Thalassemia. *Journal of Religion and Health*. <http://link.springer.com/article/10.1007/s10943-015-0127-1>
  - 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  
[http://pu.edu.pk/images/journal/clinicalpsychology/PDF/V9\\_2018.pdf](http://pu.edu.pk/images/journal/clinicalpsychology/PDF/V9_2018.pdf)
  - Dasti, R. Naeem, H. & Amjad, F. (2019). Psychosocial stress, resilience and depression in elder adults. *Pakistan Journal of Professional Psychology: Research and Practice*, 9 (2),
  - Dasti, R., Farhan, R., Naqvi, T. F., Sitwat, A., & Bokharey, I. Z. (2020). Ethical and Moral Dilemmas in Psychotherapy: Applying a Religiously Sensitive Framework to Therapy. In A. Bagasra, & M. Mackinem (Eds.), *Working With Muslim Clients in the Helping Professions* (pp. 242-258). Hershey, PA: IGI Global. doi:10.4018/978-1-7998-0018-7.ch013
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## **RESEARCH PRESENTATIONS IN CONFERENCES AND WORKSHOPS CONDUCTED**

- Conducted a workshop on “The Islamic Perspective of Self and Self-Growth: a Practical Guide” on 13<sup>th</sup> September, 2019 at an International conference “Islamic Perspectives in Modern Psychology (IPMP, 2019) organized by Riphah Institute of Clinical and Professional Psychology.
- Conducted a training workshop on “Psychological First Aid” at Forman Christian College on 21<sup>st</sup> November, 2019.
- Oral Presentation of the paper “Development of a Multidimensional Measure of Islamic Spirituality (MMIS)” at 9<sup>th</sup> SAARC International Psychiatric Conference 4<sup>th</sup>-6<sup>th</sup> March 2016 Islamabad, Pakistan.
- Oral Presentation of the paper “Poly-victimization and Mental Health of Street Children of Lahore city” at 9<sup>th</sup> SAARC International Psychiatric Conference 4<sup>th</sup>-6<sup>th</sup> March 2016 Islamabad, Pakistan.
- Oral Presentation of the paper “Personality and Spirituality Correlates in Patients Experiencing Depression” at 9<sup>th</sup> SAARC International Psychiatric Conference 4<sup>th</sup>-6<sup>th</sup> March 2016 Islamabad, Pakistan.
- Poster Presentation of “Resilience and Psychological Wellbeing of Students Living in Hostels” at International Conference on Islamic Tradition in Psychology held on 5<sup>th</sup> March 201.
- Oral Presentation of the paper “Pathological Love and Personality among Young Adults” at 14<sup>th</sup> International Conference of Psychology by Pakistan Psychologists Association 19<sup>th</sup> -21<sup>st</sup> March 2015.
- Poster Presentation of “Demographic Correlates of Poly-victimization of Street Children of Lahore City” at 14<sup>th</sup> International Conference of Psychology by Pakistan Psychologists Association 19<sup>th</sup> -21<sup>st</sup> March 2015.
- Oral presentation of the paper “Caregiver Burden, Spirituality and Psychological Wellbeing of Parents having Children with Thalassemia” at the internal conference conducted at University of the Punjab in March 2014
- Poster” presentation of the scientific work carried out on “Development of a Family Psychoeducational Program for Individuals Suffering from Schizophrenia”
- Conducted a workshop on “Stress Management” at Grace College in April, 2013

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## **ASSOCIATION MEMBERSHIP**

- Elected as Executive Member of Pakistan Association for Clinical Psychology (PACP)

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## **REFERENCE**

Will be furnished on request

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