

EDUCATION

PhD Clinical Psychology

Centre for Clinical Psychology
University of the Punjab

Year 2017 - Continue

Post Graduation

National University of Sciences and Technology (NUST)
MS Clinical Psychology

Year 2014 - 2016
CGPA - 3.59

Graduation

University of the Punjab
BS Clinical Psychology

Year 2010 - 2014
CGPA - 3.79

Higher Secondary School Certificate

F.Sc Pre-Medical
Punjab College for Sciences

Year 2008 - 2010
Grade A

Secondary School Certificate

Pride Public High School and Girls College
Matriculation (Sciences)

Year 2008
Grade A+

EXPERIENCE

Lecturer in Psychology

Centre for Clinical Psychology
University of the Punjab

Dec 2019 - Date

Lecturer in Psychology

Department of Psychology
University of Management and Technology

Sept 2018 – Dec 2019

Visiting Lecturer in Psychology

Department of Psychology
University of Management and Technology

Feb 2018 - July 2018

Lecturer in Psychology

Department of Applied Psychology
Bahauddin Zakariya University, Lahore Campus

Sept 2017 - Feb 2018

Consultant Clinical Psychologist

Khan and Bajwa Clinic
Garden Town, Lahore

May 2017 – Sept 2018

Visiting Lecturer in Psychology

Allied Health Sciences
Superior University, Lahore

Oct 2016 - Feb 2018

Speaker

2nd May 2016

Conducted one-day workshop on "Stress Management"
Occupational Therapy Centre
Psychiatric Department, Benazir Bhutto Hospital

Trainee Clinical Psychologist

Concern for Mental Health

Dec 2015 - May 2016

Behbud Association of Pakistan, Rawalpindi

Conducting one to one counseling sessions
Providing psychological intervention to the clients
Successfully treated the patients suffering from psychiatric disorders

Armed Forces Institute of Mental Health, Rawalpindi

Sept 2015 - Dec 2015

Conducted diagnostic interviewing of indoor/outdoor patients
Conceptualizing the case histories of the patient to formulate their treatment plans
Working in alliance with psychiatrists towards the betterment of patients

PUBLICATIONS

1. Malik, T. A., **Liaqat, H.**, & Bilal, A (2020). Asian Subcontinent Challenges in Sexual Issues. In E. A. Jannini, & D. L. Rowland (Eds.), *Cultural Differences and the Practice of Sexual Medicine: A Guide for Health Practitioners*. NY, USA: Springer.
2. **Liaqat, H.** & Bashir, N. (2019). Alexithymia and loneliness: The moderating role of interpersonal problems in educated youth. *Journal of Pakistan Psychiatric Society*, 16(1), 26-29.
3. Sheikh, A. S., Sitwat, A., Ilyas, U., & **Liaqat, H.** (2019). Psychopathology, psychological symptoms and their demographic correlates in female adult flood victims. *Middle East Journal of Applied Sciences and Technology*, 2(1), 24-33.
4. **Liaqat, H.**, Saleem, A., Yousaf, I., & Shahid, A. (2018). Psychiatric morbidity and attitude towards seeking professional help in medical students. *Pakistan Armed Forces Medical Journal*, 68(2), 321-25.

CONFERENCE PRESENTATIONS

1. **Liaqat, H** & Saleem, A. (March, 2020). Solution Focused Brief Therapy for Major Depressive Disorder: Single Case Study. *National Conference on Qualitative Psychology* (pp. 45). Department of Behavioural Sciences, National University of Sciences and Technology, Islamabad, Pakistan.
2. **Liaqat, H.**, Bashir, N., & Faran, M. (March, 2019). Alexithymia, interpersonal problems, and loneliness in young adults. *Recent Trends and Interventions in Clinical Psychology* (pp. 25). Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
3. Sheikh, A. S., Ilyas, U., **Liaqat, H.**, & Dawood, S. (March, 2019). Neuroticism, phubbing and fear of missing out in university students of Pakistan. *Recent Trends and Interventions in Clinical Psychology* (pp. 25). Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
4. Faran, M., Akmal, T., & **Liaqat, H.** (March, 2019). Music listening motives and psychological wellbeing in teenagers: Moderating role of music preferences. *Preventive Strategies in Clinical Psychology: Preemption and Proaction*. Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan.

5. Sheikh, A. S., Dawood, S., **Liaqat, H.**, & Ilyas, U. (March, 2019). Personality traits, phubbing, and being phubbed in young adults. *Preventive Strategies in Clinical Psychology: Preemption and Proaction*. Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan.
6. **Liaqat, H.** Sheikh, A. S., Saleem, A., & Yousaf, I. (March, 2019). Psychiatric morbidity and attitude towards seeking professional psychological help in medical students. *Preventive Strategies in Clinical Psychology: Preemption and Proaction*. Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan.
7. Sheikh, A. S., Faran, M., & **Liaqat, H.** (February, 2019). Neuroticism, being phubbed and subjective well-being in young adults. *International Conference of Applied Psychology: Practices and Intervention*. Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.
8. Ilyas, U., Shiekh, A. S., & **Liaqat, H.** (February, 2019). Perception of reputation, loneliness, satisfaction with life and aggressive behaviour in Pakistani adolescence. *International Conference of Applied Psychology: Practices and Interventions*. Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.
9. **Liaqat, H.** & Malik, T. A. (December, 2018). Impact of normative male alexithymia on interpersonal difficulties in young adult males. *Gender, Religion, and Culture in Psychology: Issues, Challenges, and Prospects* (pp. 64). Government College University, Lahore, Pakistan.
10. Faran, M., **Liaqat, H.** & Komal, A. (December, 2018). Masculinity and normative male alexithymia: The moderating role of music engagement. *Gender, Religion, and Culture in Psychology: Issues, Challenges, and Prospects* (pp. 64). Government College University, Lahore, Pakistan.
11. Qamar, A. H. & **Liaqat, H.** (December, 2018). Humanitarianism: Dealing with Dr Congo crises and forced migration. *Interactions and Interchanges: Literature, Culture & Globalization*. Kinnaird College for Women, Lahore, Pakistan.

WORKSHOPS AND CERTIFICATIONS

1. Completed training as a **“Community Wellness Focusing Practitioner”** by Dr. Patricia Omidian. Certification of completion received on 5th July, 2019 by Focusing Initiatives International, State of New York, USA.
2. Attended two-day workshop on **“Cognitive Behavior Therapy for Psychosis”** by Dr. David Kingdon, Professor of Mental Health Care, Medicine University of Southampton on 19th and 20th June, 2019, at Centre for Clinical Psychology, University of the Punjab.
3. Attended workshop on **“Validation in Qualitative Research”** by Dr. Azher Hameed Qamar on 15th June, 2019, at University of Management and Technology.
4. Completed Level 1 and Level 2 training of **“Acceptance and Commitment Therapy”** by Dr. Neelofer Rehman (Melbourne) from 24th December, 2018 to 28th December, 2018, held at Centre for Clinical Psychology, University of the Punjab.
5. Attended a one-day workshop on **“Drug Addiction”** by Dr. Joseph (U.K.) on 19th November, 2018 held at Centre for Clinical Psychology, University of the Punjab.
6. Completed Level 1 and Level 2 training of **“Focusing”** by Dr. Patricia Omidian (Director and Co-Founder, Focusing Initiatives International, USA) from 31st October, 2018 to 2nd November, 2018 held at Centre for Clinical Psychology, University of the Punjab.

7. Attended workshop on “**The Mind-Body Movement Techniques to Overcome Trauma, Pain and Illness: A Heart-Breath Energy Practise**” by Dr. Chok Hiew on 15th December, 2017, held at Centre for Clinical Psychology, University of the Punjab.
8. Attended workshop on “**Cognitive Behavior Therapy for Anxiety and Phobias**” conducted by Pakistan Association of Cognitive Therapists on 30th August, 2015, held at Hamdard Centre, Lahore.

CONFERENCES ATTENDED

1. National Conference on Qualitative Psychology organized by Department of Behavioural Sciences, National University of Sciences and Technology, Islamabad, Pakistan in March 2020.
2. International Conference on Recent Trends and Interventions in Clinical Psychology organized by Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan in March, 2019.
3. International Conference on Preventive Strategies in Clinical Psychology: Preemption and Proaction organized by Institute of Clinical Psychology, University of Management and Technology, Lahore, Pakistan in March, 2019.
4. International Conference on Gender, Religion, and Culture in Psychology: Issues, Challenges, and Prospects organized by GCU Lahore in December, 2018.
5. International Conference on Interactions and Interchanges: Literature, Culture and Globalization organized by Kinnaird College for Women in December, 2018.
6. International Conference on Clinical Psychology Outside the Clinic organized by Pakistan Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP) in April, 2014.
7. Third International Asian Pacific Conference on Psychosocial Rehabilitation organised by World Association for Psychosocial Rehabilitation (WAPR), Pakistan Chapter & Pakistan Psychiatric Research Centre (PPRC), Fountain House, Lahore, Pakistan, Department of Psychiatry, SIMS and SHL in November 2013.