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FAIZA SAFDAR

OBJECTIVE

Optimum utilization of professional capabilities as a Clinical Psychologist and develop resources to bring in the desired change commensurate with the dynamic world of today.

EDUCATION

- 2011-to 2019 Phd Scholar
Centre for Clinical Psychology,
University of the Punjab Lahore.
- 2008 – 2010 MS in Clinical Psychology
Centre for Clinical Psychology,
University of the Punjab Lahore. Cumulative GPA 3.34
- 2006-2007 ADCP Advanced Diploma in Clinical Psychology
(First Division)
- 2003 – 2005 MSc Masters in Psychology & Applied Psychology
University Of The Punjab, Lahore.
Major (Counseling Psychology) Cumulative GPA 3.66
- 2001 – 2003 B. A. Bachelors in Arts. (First Division)
Queen Mary College, Lahore
- 1999 - 2001 F.A. Higher Secondary School Certificate.
(First Division)
Board of Intermediate and Secondary Education Lahore.
Queen Mary College, Lahore.
- 1997 - 1999 SSC Secondary School Certificate (First Division)
Board of Intermediate and Secondary Education Lahore.

Publications (Paper accepted and publications in process):

1. Safdar, F. & Khan, K. (Submitted 2019). Differences in Demographic Characteristics of Self-deception Styles in illicit Stimulation Drug Users. *Bahria Journal of Professional of Psychology* (Accepted for Publication)
2. Safdar, F. Falak, s., & Nuzhat-UIAin (in press). Perceived Discrimination Social Support & Psychological Distress in Transgenders. *Psychology Journal*
3. Ahmad, S. & Safdar, F. (2020) Orientation Motivation & Competitive Anxiety in Players of Domestic Cricketers. *Pakistan Journal of Psychological Research*, 35 (1), 87-105.
4. Safdar, F., & Khan, N. (Submitted, 2019). Difference in the Demographic Characteristics of Narcissistic Personality Traits in illicit Stimulant Drug Users. *International Journal of Applied Research*.
5. Safdar, F. (2019) Work- Family Spillover and Family Functioning in Married Working Women. *Pakistan Journal of Psychological Research*, 34 (4), 773-786.
6. Nuzhat-UIAin & Safdar, F. (2019). Self-Construal & Work Family Spillover: Moderating effect of Perceived Spousal Reciprocity in Married Working Women. *Indian Journal of Psychology& Education (IJPE)*, 9(2), 61-67.
7. Safdar, F., & Khan, N. (2019) Parental Psychological Control, Emotional Dysregulation and Aggression in Adolescence in Pakistan *Journal of Psychological Research*. 34(3) September, 2019 547-564
8. Safdar, F., & Rehman, K., N., (2017). Level of Death Anxiety among Cancer Patients and Non-Cancer Participants with reference to Living Arrangements” in *Pakistan Journal of Professional Psychology: Research and Practice*.

9. Farooq, A., Anam J., & Safdar, F. (in press). Perceived Social Support and Coping Strategies among Women Having Pregnancy Loss. *Fatima Jinnah Women University Journal of Social Sciences*.
10. Nuzhat-ul-Ain, N., & Safdar, F. (2016). Spousal Relationship and Psychological Distress in Women School Teachers. *Journal of Pakistan Psychiatric Society*. 13(1), 15-17
11. Farooq, R., & Safdar, F. (2015). Childhood Abuse and Psychological Wellbeing among Patients with Borderline Personality Disorder. *Pakistan Journal of Professional Psychology: Research and Practice*.
12. Komal, A., Chandni, H., & Safdar, F. (2015). Childhood Abuse, Neglect and Personality Disorders in Drug Users. *Pakistan Journal of Professional Psychology: Research and Practice*.
13. Safdar, F., Badar, M., Bokhari, M., Naseer, U., & Waheed, A. (2015) Adverse childhood experiences and impulsivity in late adolescents and young adulthood in *Pakistan Journal of Professional Psychology: Research and Practice*.

EXPERIENCE

Assistant Professor: December 4, 2013 to date; Grade BPS 19 at Centre for Clinical Psychology, University of the Punjab, Lahore.

Consultant Clinical Psychologist: October, 04, 2007- till date.

- Psychological Assessment (IQ Assessment, Personality Assessment and Neuropsychological Assessment)
- Therapeutic Intervention to Children, Adolescents and Adults with Psychological problems, Stress Management, Trauma Management etc)

Lecturer: June 30, 2012 till December 4, 2013; Grade 17 at Government Degree College Shahkot District Nankana through PPSC.

Lecturer: October 4, 2007 till 4th March 2012 and 5th March 2012 till 30th June, 2012: worked as a lecturer and as research scholar respectively at Centre for Clinical Psychology, University of the Punjab, Lahore.

External Examiner: experience of being external examiner for viva voce of BS (Hons.) as well as MSc at Applied Psychology and Centre for Clinical Psychology, University of the Punjab, Lahore.

Resource Person: for orientation lecture on 2nd September, 2011 at Applied Psychology, University of the Punjab, Lahore.

Membership: Member of Pakistan Association of Clinical Psychologist (PACP)

Member of Sports Committee at Centre for Clinical Psychology, University of the Punjab, Lahore.

Workshop Resource Person: Conducted one day workshop at Govt. Post Graduate College, Gujranwala, on Research report Writing 26 November, 2016.

Workshop Resource Person: Conducted workshops on Stress and Anger Management to Employees of Dolphin Police Squad in August and September, 2019

Member (clinical psychologist) of selection board in Safe Cities Authority (PSCA) Punjab for 31-10-2019-1-11-2019.

Exam Coordinator: Exam Coordinator at Centre for Clinical Psychology since joining.

BS Coordinator: BS Progame coordinator since 2019.

Paper/Poster Presentation:

Oral: Safdar, F. & Ahmad, S (2019). Goal Orientation, Beliefs about the Causes of Sport Success and Motivation in Players Domestic Cricket in Pakistan (24th-26th, October, 2019) Organized by: Kinnaird's 2nd International Conference in Social Sciences and Humanities

Oral: Mellahah, N. & Safdar, F. (2019). The relationship between stress and OCD Symptomology in Relation with Religiosity and Disgust. Islamic Perspective in Modern Psychology (IPMP, 24th-26th September, 2019). Organized by: Riphah Institute of Clinical & Professional Psychology (RICPP), Riphah International University, Lahore.

Oral: Anwar, M. & Safdar, F. (2019). The relationship between Empowerment and Self-Management Behavior in Patients with Type-II Diabetes. Islamic Perspective in Modern Psychology (IPMP, 24th-26th September, 2019). Organized by: Riphah Institute of Clinical & Professional Psychology (RICPP), Riphah International University, Lahore.

Oral: Ahmed, S., & Safdar, F. (19-20th December, 2018) Goal Orientation, Motivation and Competitive Anxiety in Players of Domestic Cricket

Oral: Safdar, F., Azam, S., Asif, M., Naseer, W., Munir, A. (6th-8th December, 2018) Creativity, Psychological Adjustment, and Psychological Distress in Young Adults at Interactions and Interchanges: Literature, Culture, Globalization organized by Kinnaird College Lahore.

Oral: Safdar, F. 37th Annual Conference of International Medical Sciences Academy (24th-25th August, 2018) Media Influence and Compulsive Buying

in Young Adults Organized by: IMSA Royal College of Physician and Surgeons of Glasgow St Vincent Street, Glasgow UK.

Poster: Safdar, F., Yousaf, A., Naz, H., Arshad, T., & Saeed, R. (2018). Social networking, Social Comparison and Academic Performance in High School Students in 13th International Conference of Child and Adolescent Psychopathology (ICCAP-2018) Kuching, Sarawak (on Borneo Island), Malaysia organized by Department of Psychology, University of Roehampton, London UK on August 6th-8th 2018.

Oral: Safdar, F., Tahir, H., Tariq, A., Khan, T., Asif, Z (25th-27th, April, 2018) Creative Deviance, Self Actualization in University Students at 1st International Conference on Social Sciences organized by: Kinnaird College Lahore

Oral: Risk Taking Behavior, Identity Styles & Personal Growth Initiative in University Students (Aftab, M., & Safdar, F. (25th – 27th April, 2018) organized by Kinnaird College Lahore

Oral: Safdar, F., Tahir, H., & Tariq, A. (25th – 27th April, 2018) Creative Deviance and Self Actualization in University Students organized by Kinnaird College Lahore

Oral: Safdar, F., & Butt, M. (29th March-1st April, 2018) Self-Efficacy, Identity Styles and Personal Growth Initiative in University Students 13th International NeuroPsycon on Psychiatrist updates by Psychiatric Welfare Association at Pearl Continental Hotel Bhurban Murree Hills, Pakistan

Oral: Farooq, Safdar & Anum (15th – 17th March 2018). Perceived Social Support and Coping Strategies among Women having Pregnancy Loss 1st National conference on "Promoting Tolerance and Wellbeing: "Emerging Trends, Challenges and Solutions organized by Fatimah Jinnah Women University

Poster: Safdar, F., Ashraf, R., & Hameed, A. (11-13th December, 2017) Emotional Intelligence and Burnout in Clinical Psychologists at Lahore College Women University

Oral: Safdar, F., & Nuzhat-ul-Ain (12-13th December, 2017) "Personality Traits and Personal Wellbeing of Married Working Women" on 12-13th December, 2017 at Garrison University Lahore

Oral: Safdar, F. (12-13th December, 2017) "Work Family Spillover and Family Functioning in Married Working Women" on 12-13th December, 2017 at Garrison University Lahore

Oral: Safdar, F., Amjad, A. & Shafiq, B. (26-28th April, 2017) Social Networking Sites and Social Comparison in Young Adults Government College University

Oral: Safdar, F., Khawar, A., & Inam, S. (9-10th March, 2017) Fear of Missing Out and Compulsive Smart phone Usage University of Management

and Technology

Poster: Saman, M., & Safdar, F. (2016). Mindfulness, Body Image Concerns and Sexual Self Concept in Issueless Women. Presented at 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges (1st and 2nd December, 2016). Organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad.

Oral: Falak, S & Safdar, F. (2016) “Perceived Discrimination, Social Support, and Psychological Distress in Transgender” in the 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges on 1st-2nd December, 2016 organized by National Institute of Psychology, Quaid-e-Azam University, Islamabad.

Paper: Komal, A., Chandni, H., & Safdar, F. (2016). Childhood Abuse, Neglect and Personality Disorders in Drug Users. IMSACON2016 Mauritias

Poster: Nuzhat-ul-Ain & Safdar, F. (2016). In 10th international Psychiatric Conference/6th International CBT Conference organized by Pakistan Association of Cognitive Therapists & Services Institute of Medical Sciences, Services Hospital Lahore 20th February, 2016.

Poster: Komal, A., Chandni, H., & Safdar, F. (2015). Childhood Abuse, Neglect and Personality Disorders in Drug Users. In 10th international Psychiatric Conference/6th International CBT Conference organized by Pakistan Association of Cognitive Therapists & Services Institute of Medical Sciences, Services Hospital Lahore 20th February, 2016.

Oral: Aimen, S., Shifa, A. M., & Safdar, F. (2016) “Compassion Fatigue and Resilience in Trainee Clinical Psychologists” in 1st national conference on emerging trends in clinical psychology on 21-22 September, 2016 organized by COMSATS, Lahore.

Oral: Farooq, Anam & Safdar, F. (2015) Perceived Social Support and Coping Strategies among Women Having pregnancy Loss” in a national conference on 4th June, 2015 organized by Institute of Clinical Psychology, Bahria University, Karachi.

Oral: “Parenting Styles and Procrastination among Adolescent Students” in a national conference on 4th June, 2015 organized by Institute of Clinical Psychology, Bahria University, Karachi.

Oral: “Self Esteem, Aggression, and Academic Achievement in Intermediate Students” in a national conference on 4th June, 2015 organized by Institute of Clinical Psychology, Bahria University, Karachi.

Oral: “Neurorehabilitation of a Client with Brain Hemorrhage at Centre for Clinical Psychology” 10th National Neuropsych on psychiatric updates & media/public awareness (25th to 27th April, 2014 PC Pakistan) organized by Psychiatric welfare association

Poster: Emotional Intelligence, Personality Traits, Stress Coping Styles and Mental Disorders among Adults. Faiza Safdar & Saima Dawood (PhD). presented at International Conference of Clinical Psychology (2nd and 3rd April, 2014).

Paper: “Level of Death Anxiety among Cancer Patients and Non-Cancer Participants with reference to Living Arrangements” (2008) Faiza Safdar & Nosheen k. Rehman (PhD) presented at International Conference of Clinical Psychology (2nd and 3rd April, 2014).

Poster: Safdar, F., & Dawood, S. (2015). “Emotional Intelligence and Personality Disorders in Adults” in a national conference on 4th June, 2015 organized by Institute of Clinical Psychology, Bahria University, Karachi.

Oral: Safdar, F., & Rahman, N. K. (2014). “Level of death anxiety, Personality Traits, Stress Coping Styles and Mental Disorders” among Adults in International Conference in an international conference on 2nd and 3rd April, 2014 organized in collaboration of Pakistan Association of Clinical Psychologists and Centre for Clinical Psychology, University of the Punjab, Lahore.

Oral: Saqib, A., & Safdar, F., (2014). “Sexual Satisfaction, Social Support and Psychological Distress in Patients with Diabetes” in an international conference 11th-12th October, 2014 organized by International Medical Sciences Academy, Bangkok, Thailand.

Oral: Farooq, R., Safdar, F., (2014). “Childhood Abuse and Psychological wellbeing among participants of Borderline Personality Disorder” in International Conference in an international conference on 2nd and 3rd April, 2014 organized in collaboration of Pakistan Association of Clinical Psychologists and Centre for Clinical Psychology, University of the Punjab, Lahore.

Oral: Safdar, F. (2014). “Psychological Management of a Patient with Brain Injury” in 10th National NeuroPSYCON on 25th to 27th April, 2014 organized by Psychiatric Welfare Association and Pakistan Psychiatric Association, Lahore.

Poster: Safdar, F., & Dawood (2014). “Emotional Intelligence, Personality Traits, Stress Coping Styles and Mental Disorders among Adults” in an international conference on 2nd and 3rd April, 2014 organized in collaboration of Pakistan Association of Clinical Psychologists and Centre for Clinical Psychology, University of the Punjab, Lahore.

Research Projects:

University Project (2019-2020): Inflated Responsibility, Meta-cognition and Anxiety Control in Symptomology of Obsessive Compulsive Disorder (In Process)

University Project (2014-2015): Family functioning, personality traits, wellbeing and spillover in married working women

University Project (2015-2016): Academic Motivation, Need Satisfaction, Social Networking and Fear of Missing out in Young Adults

“Stigmatization, Coping, Social Support and Psychological Distress in Women Victims of Human Trafficking (2019) Faiza Safdar and Dr Nashi Khan

“Emotional Intelligence, Personality Traits, Stress Coping Styles and Mental Disorders among Adults” (2011) Faiza Safdar and Dr Saima Dawood

“Level of Death Anxiety among Cancer Patients and Non-Cancer Participants with reference to Living Arrangements” (2008) Faiza Safdar and Dr Nosheen K Rahman

“The Difference in the Level of Depression among Older Adults with reference to Living Arrangements” (2005) Faiza Safdar and Afsheen Masood

Supervised Research Project:

MS Clinical Psychology

“Menstrual Knowledge, Practices, Attitudes and Menstrual Distress in Adolescent Girls.” (2018). Author: Ayesha Asghar and Faiza Safdar

““Efficacy of Brief Cognitive Behavior Therapy for Internet Gaming Disorder” (2019). Author: Sundas Razi and Faiza Safdar

“Narcissistic Personality Traits, Self-Deception Styles and Interpersonal Problems in Illicit Stimulant Drug Users” (2019) Author: Nashva Khan and Faiza Safdar

“Efficacy of Transgender Affirmative CBT (TA-CBT) to Reduce Minority Stress in Transgender” (2016). Author: Syeda Aleena Rubab Zaidi and Faiza Safdar

“Appearance Impression Motivation, Body Dissatisfaction, Cognitive Distortions, Social Appearance Anxiety and Eating Behaviors in Young Adults” (2016). Author: Ayesha Yousaf and Faiza Safdar

MS Speech Language Pathology

Acquisition of Urdu Adjectives in Typically Developing Children (2016).
Authors: Nozia Mahmood, Faiza Safdar, Sharmeen Tarar & Prof. Dr Farah Malik

Comparison of Personal and Fictional Narratives in School Age Children (2017). Authors Huma Khalid, Faiza Safdar, Sharmeen Tarar and Prof. Dr Rukhsana Kausar

BS Clinical Psychology

“Personal Styles, Coping and Ego Depletion in Young Adults” (2018).
Author: Faiza Safdar and Raheema Aamir

“Empowerment, Social Support and Self-Management in Patients with Diabetes” (2018). Author: Faiza Safdar and Mubeen Anwar

“Goal Orientation, Motivation and Competitive Anxiety in Players of Domestic Cricket” (2018). Author: Faiza Safdar and Salman Ahmed

“Parental Psychological Control, Emotional Dysregulation and Aggression in Adolescents” (2017). Faiza Safdar & Nashva Khan

“Self Efficacy, Identity Styles and Personal Growth Initiative in University Students” (2017). Faiza Safdar and Minal Aftab Butt

“Intimate Partner Aggression, Self Silencing and psychological Distress in Married Working and Non-Working Women” Faiza Safdar and Hafiza Saleha Inam (2017)

“Dark Triad, Risky Behavior and Alexithymia in Young Adults” (2016).
Author: Faiza Safdar and Muniba Saeed

“Social Networking, Social Comparison and Academic Performance in High School Students” (2016). Author: Faiza Safdar and Rabail Saeed

“Impression Management, Brand Consciousness and Compulsive Buying in Young Adults” (2016). Author: Faiza Safdar and Muzammal Shafiq

“Perceived Discrimination, Social Support, and Psychological Distress in Transgender” (2015). Author: Faiza Safdar and Sobia Falak

“Self-Construal, Perceived Spousal Relationship, Work-Family Spillover and Psychological Distress in Women School Teachers” (2015). Author: Faiza

Safdar and Nuzhat-ul-ain

Psychological Empowerment, Work Related Stress and Psychological Wellbeing in Police Officers (2015) Author: Faza Safdar and Nayab Rashid

“Mindfulness, Body Image Concerns and Sexual Self Concept in Issueless Women” (2015). Author: Faiza Safdar and Saman Mustafa

“Career Orientation, Job Satisfaction, and Organizational Commitment in School Teachers” (2015). Author: Faiza Safdar and Aliyah Sadaf

Sexual Satisfaction, Social Support and Psychological Distress in Patients with Diabetes (2015) Faiza Safdar and Syeda Afnan Saqib

Childhood Abuse and Psychological Wellbeing among participants of Borderline Personality Disorder (2012) Author: Faiza Safdar and Rabia Farooq

“Level of Stress, Humor and Mental Health among Nurses”(2009) Author: Faiza Safdar and Ayesha Jabeen

“Approach and Avoidance Goals in Relation to Anxiety and Depression among Undergraduates” (2009) Faiza Safdar and Fareeha Tariq

Working in the Organizing Committee of the International Conference arranged by the Centre for Clinical Psychology, University of the Punjab, Lahore (June, 2008).

Program Planner: May 2005 to January 2006: working as a program planner and conducting a home based service for children with autism following the program of the Option Institute USA “The Son-Rise Program”.

**COURSES/
WORKSHOPS
AND SEMINARS.**

3-day Conference: 10th CBT International Conference conducted by PACT in Collaboration with Fatima Jinnah Medical University (5th-7th March, 2020).

2-day Conference: Islamic Perspective in Modern Psychology (IPMP, 24th-26th September, 2019). Organized by: Riphah Institute of Clinical & Professional Psychology (RICPP), Riphah International University, Lahore.

Workshop June, 2019 CBT with Psychosis. Resource Person: David Kingdon, Organized by Centre for Clinical Psychology and Pakistan Institute of Living and Learning

2-day Conference: 37th Annual Conference of International Medical Sciences Academy (24th-25th August, 2018) Media Influence and Compulsive Buying in Young Adults Organized by: IMSA Royal College of Physician and Surgeons of Glasgow St Vincent Street, Glasgow UK.

3-day Conference: 1st International Conference on Social Sciences organized by: Kinnaird College Lahore 25th-27th April, 2018.

4-day Conference: Attended and Presented Paper on 13th International NeuroPsycon on Psychiatrist updates by Psychiatric Welfare Association at Pearl Continental Hotel Bhurban Murree Hills, Pakistan

1 day Conference: Attended and Presented Paper 12-13th December, 2017 at Garrison University Lahore

1 day Conference: Attended and Presented Paper 12-13th December, 2017 at Garrison University Lahore

1 day Conference: Attended and Presented Poster LCWU

Workshop: Organized one day workshop on “Addictive Behaviors in Global Perspective” Collaboration with PILL and CCP 14th November, 2017.

1 day Conference: 1st International Conference: Clinical Psychology & the Developing World” 9th-10th March, 2017. University of Management Technology

3- day Conference: International Conference on Health Psychology: Issues and Challenges” 26th-28th April, 2017 at Government College University Lahore

2 Day NIP: Attended 6th International Conference “Psychology of Gender in Perspective: Issues and Challenges” on 1st-2nd December, 2016.

3- day Conference: 37th Annual Conference of International Medical Sciences Academy (6th-8th October, 2016). Mauritius.

1 day Conference: Attended an International CBT conference “Evidence based Approach to Mental Health Care: Integration Psychopharmacology and Cognitive Behavior Therapy” on 20th February, 2016.

1 day Seminar: Participation in a seminar “Quality Assurance in Education” held on 3rd April, 2015 organized by Quality Enhancement Cell in Collaboration with PIQC Institute of Quality.

1 day Conference: Attended and part of organizing committee for National Conference “Changing Trends in Clinical Psychology” on 4th June, 2015 in Karachi.

3 day Conference: Attended and part of organizing committee for an International conference “The Current Challenges for Psychology: From Crisis to substantial Solutions” on 26th-28th February, 2015.

1 day Conference: Attended 1st national medical conference organized by Arif Memorial Teaching Hospital & Rashid Latif Medical College held on April 18th, 2014.

2 day Conference: Attended and part of organizing committee of International conference of Clinical Psychology in collaboration of Pakistan

Association of Clinical Psychologists (PACP) and Centre for Clinical Psychology (CCP), University of the Punjab, Lahore held on April, 2nd-3rd, 2014.

2 day Conference: 35th IMSACON, 11th-12th October, 2014 organized by International Medical Sciences Academy, Bangkok, Thailand.

One Day Training Workshop: “NVIVO 9 Software for Qualitative Analysis” resource person: Mr Rab Nawaz Lodhi, Organized by Centre for Clinical Psychology, University of the Punjab Lahore (12th May, 2013)

2 day workshop: “Motivational Interviewing” resource person: Dr Andrew Hamid. Organized by Centre for Clinical Psychology, University of the Punjab, Lahore. (18-19th March, 2013)

2 day Workshop: Quantitative Research organized by Department of Psychology and Applied Psychology, University of the Punjab, Lahore. Conducted by: Prof. Dr Najma Najam (January, 2013)

Workshop on Enhancing Human Excellence Organized by ICAPP Department of Psychology and Applied Psychology, University of the Punjab, Lahore. (December, 2012)

Workshop on Estimation of Chronbach’s Alpha Coefficient in Psychological Research Organized by ICAPP Department of Psychology and Applied Psychology, University of the Punjab, Lahore. (December, 2012)

Workshop on Screening of Depression and Planning Mental Health Interventions for people with Diabetes Organized by ICAPP Department of Psychology and Applied Psychology, University of the Punjab, Lahore. (December, 2012)

Workshop on Healing through Hypnosis Organized by ICAPP Department of Psychology and Applied Psychology, University of the Punjab, Lahore. (December, 2012)

Two days International Conference organized by ICAPP in collaboration with Department of Psychology and Applied Psychology, University of the Punjab, Lahore. (December, 2012)

Three Day Workshop: “Primary Certification in REBT (Level-I)” Organized by PACP at Centre for Clinical Psychology, University of the Punjab Lahore (19th-21st December, 2011)

Two Day Workshop: “Understanding Adult Learner” organized by: Higher Education Commission (15th-16th July, 2011)

Faculty Orientation Program organized by Institute of Administrative Sciences, University of the Punjab, Lahore (5th-8th July, 2011)

Three Day Workshop on “Significant Association of Conduct Disorder and Parental Discord” conducted by Amna Tariq, Consultant Child Psychologist Organized by Centre for Clinical Psychology, University of the Punjab Lahore (18th -20th April, 2011)

One Day Training Workshop on “Turnitin Anti-Plagiarism Software” organized by University of the Punjab, Lahore (14th April, 2011)

One day Workshop: “Intervention of Autism Spectrum Disorder” conducted by: Prof. Jill Taylor organized by Department of Applied Psychology,

University of the Punjab, Lahore (22nd February, 2011)

One Day Workshop on “What Do I Know and Need to Know About Autism Spectrum Disorders” conducted by Umneea Khan, University of Western Australian, Perth. Australia (10th January, 2011)

One Day Workshop: “Attention Deficit Hyperactivity Disorder” by National Society for Mentally and Emotionally Handicapped Children (23rd December, 2010)

One Day Conference on “Indigenous Clinical Psychology” organized by Pakistan Association of Clinical Psychology (7th December, 2010)

Three Day Conference: on “Disaster Management” held on 19th – 21st October, 2010 by Centre for Disaster Preparedness and Management (CDPM) University of Peshawar.

Teacher’s Training Workshop organized by Institute of Administrative Sciences, University of the Punjab, Lahore (5-8th July, 2010).

One Day Workshop: by Urasa Fahim on “Data Analysis in Qualitative Research” organized by Centre for Clinical Psychology, University of the Punjab, Lahore (5th May, 2010).

Three Day Conference: “Asia-Pacific Regional Conference of Alzheimer Disease International (7th – 10th November, 2009)

Two weeks Workshop by Dr. Ashiq Ali Shah on “Research Methods and Statistics” organized by Centre for Clinical Psychology, University of the Punjab, Lahore (6th – 18th July, 2009).

13th Annual Conference at Summer Campus Baragali: on “Psychosocial Aspects of Disaster and Conflicts” organized by Department of Psychology, University of Peshawar (18th -21st June, 2009)

Two Days Workshop on Neurolinguistic Programming: by Lord Dr. Shaukat Nawaz Khan organized by Centre for Clinical Psychology, University of the Punjab, Lahore (2nd –3rd March, 2009).

National Psychiatric Conference: on “Bipolar Affective Disorder: The Current Perspective in Pakistan” at Services Hospital Auditorium (14th February, 2009).

International Conference on Psychotrauma Islamabad: organized by “Centre for Trauma Research and Psychosocial Interventions” (30th – 31st August, 2008).

Two Days International Conference: on “Impact of Global Violence on Mental Health: A Challenge for Mental Health Professionals” organized by Centre for Clinical Psychology, University of the Punjab, Lahore (June 27th – 28th, June 2008).

Workshop on Clinical Case Formulation: by Dr. Amra Rao; Clinical Psychologist, UK. The majors of the workshop included: to learn the styles of case formulation in Clinical Practice; it mainly included “Place of Formulation in Psychological Therapy”. Organized by Centre for Clinical Psychology,

University of the Punjab, Lahore (19th March, 2008).

Workshop on Imagery Therapy: by Dr. Jan Taal; Director of School of Imagery, Weteringschans, Amsterdam, The Netherland. The majors of the workshop included: to learn and practice the techniques of Mental Imagery; it mainly included “Imagery in Clinical Practice”. (20 –28, February 2008).

Workshop on Research Methods: by Dr. Saiqa Khan; Clinical Psychologist, Karachi. The majors of the workshop included: Dissertation Writing”. Organized by Centre for Clinical Psychology, University of the Punjab, Lahore (19th – 20th April 2007).

Symposium on Dissociative/Conversion Disorder: organized by Department of Psychiatry, Services Institute of Medical Sciences (SIMS), Lahore. The majors of the symposium included: “Dissociative/Conversion Disorder: the Historical, Cultural and Management Perspectives”. (April 14th, 2007).

Workshop on Imagery Therapy: by Dr. Anees Sheikh; Clinical Psychologist. The majors of the workshop included: to practice in the techniques of Mental Imagery; it mainly included “The Therapeutic uses of Mental Imagery, Healing Power of Imagination, Psychology of Death and Dying, Psychology and Spirituality, Psychology of Happiness. Organized by Centre for Clinical Psychology, University of the Punjab, Lahore (8th –19th January 2007).

Workshop on Mental Health: organized by Pakistan Psychiatric Society at Pearl Continental Hotel. The majors of the workshop included: “Disaster, Impact on Mental Health and its Psychosocial Rehabilitation”. (December 16 - 18, 2006).

16th International Psychiatric Conference on Disasters Impact on Mental Health and Psychological Rehabilitation (16th – 18th December, 2006)

Behavior Therapy Workshop: conducted by Dr. Nashi Khan Chartered Clinical Psychologist LUMS, Lahore. The majors of the workshop included: To take a brief overview of the Behavioral Therapy, to review the dynamics of Classical and Operant Conditioning practically, to have a brief introduction to Behavioral assessment which included the history and current application of this idea. Organized by Department of Psychology & Applied Psychology, University of the Punjab, Lahore (June 18, 2005).

Journey Through The Gestalt Experiment: by Nauman Qureshi
The majors of the seminar included: to expand individual’s repertoire of experience, to create conditions under which the person can see his life as his/ her own creation, to stimulate the person’s experiential learning and evaluation of new Self Concept. Organized by Department of Psychology & Applied Psychology, University of the Punjab, Lahore (March 16, 2005).

**COMPUTER
SKILLS**

Thorough knowledge of Operating Systems including Windows 95, 98, 2000 and XP.

Expert in Microsoft Office Tools including Microsoft Word, Excel, Outlook, PowerPoint, Access, FrontPage etc.

**PERSONAL
INFORMATION**

Father's Name

Safdar Hussain

NIC Number

35201-4084203 - 6

Date of Birth

April 20, 1983.

Nationality

Pakistani

Domicile

Lahore

Marital Status

Single.

Language Skills

Urdu and English (Written & Spoken)

Other Activities

Books Reading & spends time with parents