











PRE CONFERENCE WORKSHOP


Date & Time	18 th July, 2024 to 18 th October, 2024	 
Resource Person	Dr. Nayab Iftikhar Assistant Professor Centre for Clinical Psychology, University of the Punjab, Lahore Dr Nazia Bashir Consultant Clinical Psychologist Centre for Clinical Psychology, University of the Punjab, Lahore	
Title of Certification	Autism Spectrum Disorder Professional Certification (ASDPC)	
Details of the Certification	This course provided comprehensive training on the characteristics, diagnosis, and intervention techniques for individuals with ASD. Participants learned about ASD's core features, including social communication challenges, repetitive behaviours, and sensory processing issues, along with screening tools and diagnostic criteria. The course emphasized evidence-based interventions, such as Applied Behaviour Analysis (ABA), speech and language therapy, occupational therapy, and social skills training. Practical skills were developed through structured teaching methods like TEACCH, PECS, and MAKATON, along with assistive technologies, including AAC devices and virtual reality for social skill development.	
Participants	The Certification was attended by Students and Professionals in the field of Speech and Language Pathology and Clinical Psychology	


Date & Time	3 rd July, 2024 to 3 rd September, 2024 (02:00 pm- 04:00 pm)	   
Resource Persons	Dr Steven Lane Medical Statistician, Department of Biostatistics University of Liverpool Dr Paul Bassett, Medical Statistician, Stats Consultancy Ltd Mr Sami ul Haq Data Manager. Pakistan Institute of Living and Learning Mr Salman Shahkhor Research Assistant Bio Statistician, Pakistan Institute of Living and Learning	
Title of Workshop	Fundamentals of Bio-statistics and Advanced Data Analysis Biostatistics Programme	
Details of the Workshop	The Program equipped the participants with the necessary skills to analyse and interpret data effectively.	
Workshop Participation	The program was attended by postgraduate students in the field of Biological and Social Sciences	


Date & Time	24 th August, 2024 (10:00 am - 04:00 pm)	
Resource Person	Dr Mirrat Gul Principal Clinical Psychologist Mayo Hospital, Lahore	
Title of Workshop	Anger Management and Confidence Building under Freud's Umbrella	
Details of the Workshop	The workshop focussed on equipping the participants with essential tools and techniques to manage anger and boost self-confidence. It especially emphasized on self-acceptance and empowering oneself with effective communication.	
Workshop Participation	The Workshop was attended by 80 graduate and post-graduate students	


Date & Time	22 nd October, 2024 (10:00 am- 12:00 pm)	 
Resource Person	Prof. Dr. Imran Ijaz Haider Professor of Psychiatry Connections Comprehensive Psychiatric Services, Lahore Prof Dr Nazish Imran Head & Professor Deptt of Child & Family Psychiatry King Edward Medical University/ Mayo Hospital Lahore	
Title of Workshop	Opportunities and Challenges of Artificial Intelligence In Mental Health Care	
Details of the Workshop	The workshop shed light on the emergence of Artificial Intelligence (AI) as a transformative force in various fields, and its application in mental healthcare. It further elucidated current trends, ethical considerations, and future directions in the dynamic field of AI and mental health care.	
Workshop Participation	The Workshop was attended by 80 graduate and post-graduate students	

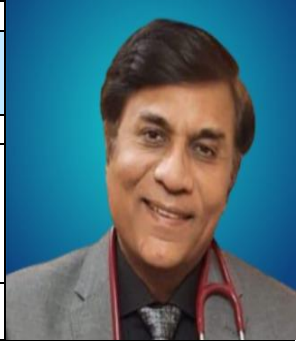
Date & Time	23 rd October, 2024 (12:00 pm- 04:00 pm)	
Resource Person	Dr Ayesha Aziz Assistant Professor, Forman Christian College- A Chartered University, Lahore	
Title of Workshop	Conducting Reflexive Thematic Analysis: A Step by Step Approach	
Details of the Workshop	The workshop gave a detailed orientation of the theoretical underpinnings of Reflexive Thematic Analysis, which is an important tool for Qualitative Research. Moreover, the participants were given particular exposure of conducting the analysis by introducing various exercises to reflect on the process of conducting thematic analysis.	
Workshop Participation	The workshop was attended by 7 graduate and 25 post-graduate students	


Date & Time	28 th October, 2024 (09:00 am -12:00 pm)	
Resource Person	Ms. Hafsa Noreen Assistant Professor Speech and Language Pathologist, Riphah International University, Lahore.	
Title of Workshop	Leveraging Technology for Stuttering Intervention	
Details of the Workshop	The Leveraging Technology for Stuttering Intervention course trained clinicians to integrate digital tools, such as speech apps, biofeedback, and virtual reality, into Stuttering Therapy. Participants learned to enhance fluency and engagement using telepractice, AI, and wearable tech within personalized treatment plans.	
Workshop Participation	The Workshop was attended by 21 Participants including 17 trainee Clinical Psychologists and 4 participants from Special Education.	

Date & Time	1 st November, 2024 (01:00 am - 05:00 pm)	
Resource Person	Ms Nazish Habib Consultant Clinical Psychologist Punjab Institute of Mental Health (PIMH), Lahore	
Title of Workshop	Unravelling Delusions: A CBT approach for managing all types of Delusions	
Details of the Workshop	The conceptual framework of different delusions, their assessment and therapeutic techniques were explained during the workshop. Furthermore, case vignettes were presented and hands-on training on addressing delusional thinking was provided.	
Workshop Participation	The Workshop was attended by 21 Participants including 17 trainee Clinical Psychologists and 4 Professionals Clinical Psychologists.	


Date & Time	16 th November, 2024 (10:00 am to 2:00 pm)	
Resource Person	Ms. Bushra Awan Clinical Psychologist/ Play Therapist Shaukat Khanum Hospital and Research Centre, Lahore	
Title of Workshop	Play and Art as a Healing Tool for Children with Special Needs	
Details of the Workshop	Participants developed a deeper understanding of Play Therapy principles and learned practical techniques to apply in various settings which increased their confidence in facilitating therapeutic Intervention.	
Workshop Participation	The workshop was attended by Trainees Clinical Psychologists	


Date & Time	12 th November, 2024 (01:00 pm -05:00 pm)	
Resource Person	Ms Madiha Maqsood Speech and Language Pathologist, PSRD, Lahore	
Title of Workshop	Advancing Training in Aphasia care: Assessment to Intervention	
Details of the Workshop	This workshop equipped Speech and Language therapists with advanced skills in assessing and treating Aphasia. Participants learned evidence-based assessment methods, differential diagnosis, and personalized intervention strategies, including communication techniques, AAC, and group therapy models. The workshop emphasized practical application through case studies, role-playing, and guided hands-on activities to improve language recovery and enhance communication outcomes.	
Workshop Participation	The workshop was attended by trainee Speech and Language Pathologists	


Date & Time	13 th November, 2024 (2:00 pm- 4:00 pm)	
Resource Person	Dr Muhammad Javed Ahmad Associate Professor of Medicine Services Institute of Medical Sciences, Services Hospital, Lahore	
Title of Workshop	Character Building and the ultimate remedy of Unconditional Love “Al Rahman”	
Details of the Workshop	This workshop was one of its kind which fosters the virtues of gratitude, kindness, mercy and forgiveness which are the Attributes of Almighty Allah. Incorporating character building and unconditional love from an Islamic perspective, particularly through the lens of Surah Ar-Rahman, emphasized the importance of pure intentions in actions and interactions with others.	
Workshop Participation	The workshop was attended by graduate and postgraduate students	


Date & Time	16 th November, 2024 (10:00 am-02:00 pm)	
Resource Person	Dr Nazia Bashir Consultant Clinical Psychologist Centre for Clinical Psychology, University of the Punjab, Lahore	
Title of Workshop	Handling child with special needs at home	
Details of the Workshop	The workshop helped parents of children with special needs to understand various strategies and techniques of handling challenging behaviours at home. It equipped them to respond to challenging situations skilfully.	
Workshop Participation	The workshop was attended by trainee clinical psychologists and mothers of children with special needs	


POST CONFERENCE WORKSHOP


Date & Time	22 th November, 2024 (12:00 pm-04:00 pm)	
Resource Person	Mr. Faheem ud din Lecturer, Department of Psychological Studies University of Swat Swat, Khyber Pakhtunkhwa.	
Title of Workshop	Integrating the Psychospiritual Approach in Counseling and Clinical Practice	
Details of the Workshop	The workshop will focus on the cusp of scientific and Islamic knowledge. Research based evidence supporting the efficacy of Islamic meditational practices will be shared and also practically demonstrated.	
Workshop Participation		


Date & Time	22 nd , 23 rd , 25 th & 26 th November, 2024 (10:00 am- 04:00 pm)	
Resource Person	Dr. Akhtar Ali Syed Principal Clinical Psychologist Brothers of Charity Services, Waterford, Ireland	
Title of Workshop	Eidetic Therapy (Level-I) (Certification Workshop)	
Details of the Workshop	The workshop will aim to enhance participants' understanding and application of Eidetic Imagery in therapeutic settings. Participants will learn how to use Eidetic Imagery to help clients manage emotions and reduce anxiety or stress.	
Workshop Participation		


Date & Time	27 th November, 2024 (12:00 p.m. - 04:00 p.m.)	
Resource Person	Ms Anna Saleem Lecturer Institute for Art and Culture, Lahore	
Title of Workshop	Understanding and Addressing Eating Problems in Young Adults	
Details of the Workshop	Participants will learn about different types of eating disorders (e.g., Anorexia, Bulimia and Binge Eating) and their symptoms. It will increase awareness of the psychological, social, and biological factors contributing to Eating Disorders. The workshop will help participants feel empowered and equipped to handle eating problems.	
Workshop Participation		

Date & Time	25 th November, 2024 (1:00pm - 5:00pm)	
Resource Person	Ms Humaira Idress Speech and Language Pathologist, Department of Behavioural Paediatrics Children Hospital, Lahore	
Title of Workshop	Insights into Hearing Impairment: An In-Depth Understanding of Communication Difficulties	
Details of the Workshop	This workshop will offer a comprehensive overview of the impact of hearing impairment on communication. Participants will explore the types and causes of hearing loss, its effects on language development, social interactions, and learning. The workshop covers assessment tools, strategies for effective communication, and methods for supporting individuals with hearing impairment across different age groups.	

Date & Time	28 th November 2024 (01:00 p.m. - 05:00 p.m.)	
Resource Person	Ms. Mubashra Nasir Consultant Clinical Psychologist, Lahore	
Title of Workshop	Navigating OCD: Comprehensive Strategies for Effective Change	
Details of the Workshop	This workshop will orient students with deeper understanding of Obsessive-Compulsive Disorder, including its symptoms, triggers, and underlying mechanisms. Furthermore, they will learn effective Cognitive-Behavioural strategies and other approaches, to challenge and manage obsessive thoughts and compulsive behaviours.	

Date & Time	29 th 30 th November, & 7 th December 2024 (12 :00 pm- 4:00 pm)	
Resource Person	Dr. Humaira Naz Assistant Professor Centre for Clinical Psychology, University of the Punjab, Lahore	
Title of Workshop	Embracing Psychological Flexibility through Acceptance & Commitment Therapy (Certification Workshop)	
Details of the Workshop	Attendees will learn the core principles of ACT and practical application of key interventions embedded in the core principles. The workshop will equip participants with tools to work through their client's challenges more effectively, promoting resilience and adaptability.	

Date & Time	4 th December, 2024 (12:00 p.m. - 04:00 p.m.)	
Resource Person	Dr. Faiza Safdar Assistant Professor Centre for Clinical Psychology, University of the Punjab, Lahore	
Title of Workshop	Basics of Cognitive Processing Therapy	
Details of the Workshop	The workshop will cover the theoretical foundations and core principles of Cognitive Processing Therapy. Participants will practice key conceptualization elements and techniques, to apply CPT effectively in their work with clients. verall, participants will leave with increased confidence in their ability to use CPT with clients dealing with trauma and related issues.	

Date & Time	5 th -6 th December, 2024 (09:00 am - 04:00 pm)	
Resource Person	Dr. Nazish Idress Chaudhry Assistant Professor, Lahore School of Behavioral Sciences (LSBS), The University of Lahore (UOL)	
Title of Workshop	Addiction Prevention, Treatment & Recovery	
Details of the Workshop	The workshop will help participants to gain a comprehensive understanding of the nature of addiction, its causes, and its effects on individuals and families. By the end of the workshop, participants should feel informed, empowered, and equipped to tackle addiction prevention, treatment, and recovery in their clients.	

Date & Time	10 th , 11 th , 23 rd & 24 th , December 2024 (9:00 am - 5:00 pm)
Resource Person	Ms Rashada Niazi Worked as Consultant with UNODC
Title of Workshop	Evidence Based Drug Prevention
Details of the Workshop	The training workshops purposes to impart knowledge and skills on the most effective evidence-based prevention interventions currently available for the professionals involved in the assessment and planning for prevention based on evidence based (EB) interventions, and the monitoring and evaluation of programming.



Date & Time	12 th December, 2024 (12:00 p.m. - 4:00 p.m.)
Resource Person	Prof Dr. Shahida Batool Professor Government College University (GCU) Lahore
Title of Workshop	Using Interpretative Phenomenological Analysis (IPA) to unveil Lived Experiences
Details of the Workshop	By the end of the workshop, attendees will have a deep understanding of the IPA methodology and its applications in qualitative research. Attendees learn how to design qualitative research studies using IPA, including formulating research questions, selecting participants, and determining appropriate data collection methods.



Date & Time	14 th December, 2024 (12:00 a.m. to 04:00 p.m.)
Resource Person	Ms Mubashra Tayyaba Lecturer, Clinical Psychology Department NCBAE, Lahore Consultant Clinical Psychologist
Title of Workshop	Longitudinal Impact of Parenting and Mental Health on Relationships
Details of the Workshop	By the end of the workshop, attendees will be able to understand how different parenting styles and practices can influence the mental health and well-being of individuals over time and its longitudinal impact on the individual. It will equip the participants with skills to assess and apply clinical interventions to deal with the struggle of such clients.



Date & Time	December, 2024 (12:00 a.m. to 04:00 p.m.)
Resource Person	Dr Noor ul Zaman Rafiq Addiction Treatment Specialist Phoenix Foundation For Research & Development (Education Provider for ICUDDR, Colombo Plan & UNODC) Dr Amjad Chsuhdry Addiction Psychiatrist CEO Umeed Clinic, Lahore Ms. Nazia Bashir Clinical Psychologist Umeed Clinic, Lahore Dr Jawwad Ahmed Shujaat Assistant Professor/ Clinical Psychologist Psychology Department, Sargodha University & Director Azam Clinic Sargodha
Title of Workshop	Advance Course on Cognitive Behavior Therapy (CBT) for Substance Use Disorder
Details of the Workshop	By the end of the workshop, attendees will be able to understand the theoretical basis of CBT, its techniques. Furthermore, they will be able to integrate CBT in substance use disorder treatment with elaborate understanding and practical skills of case conceptualization and implementation of evidence based techniques to effectively manage substance use disorders.

Date & Time	12 th December, 2024 (10:00 a.m. - 05:00 p.m.)
Resource Person	<p>Ms. Uzma Ilyas (Senior Lecturer, Forman Christian College, Lahore)</p> <p>Rimsha Maqsood (MS Graduate, University of Central Punjab, Lahore)</p> <p>Facilitators: Dr. Cerith Waters (Cardiff University, Wales) Dr. Jennifer Bennet (Associate Professor, School of Psychology, Cardiff University).</p>
Title of Workshop	Management of Perinatal Anxiety and Depression using Acceptance and Commitment Therapy
Details of the Workshop	This workshop will empower the healthcare professionals to develop an understanding of maternal mental health challenges as well as practical implications of core ACT principles for perinatal period to improve quality of care provided to women during this crucial time. The workshop would comprise interactive discussions, practical exercises etc. with the participants. By the end of the workshop, the attendees will be equipped with the techniques to address perinatal mental health problems effectively using ACT.



Date & Time	3 rd , 4 th & 11 th January 2025 (08:00 am – 04:00 pm)
Resource Person	Prof. Dr. Saima Dawood Director Centre for Clinical Psychology, University of the Punjab, Lahore
Title of Workshop	Hands on Training of Wechsler Intelligence (Certification Workshop)
Details of the Workshop	By the end of the workshop, attendees will gain a comprehensive understanding of the Wechsler Intelligence Scales, including the WISC (Wechsler Intelligence Scale for Children) and WAIS (Wechsler Adult Intelligence Scale). Participants will practice scoring the tests accurately and interpreting the results, understanding how to use the scores for assessment. By the end of training they will be equipped with the knowledge and skills necessary to effectively administer, score, and interpret the Wechsler Intelligence Scales in their professional practice.

