

Miss Sameena Iqbal
PhD Scholar
FNLP Certified NLP Practitioner
NGH (USA) Certified Hypnotherapist

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Professional Qualification

PhD	in progress
International Islamic University, Islamabad, Pakistan (Working on Dissertation)	
MS. Clinical Psychology	January, 2015
International Islamic University, Islamabad, Pakistan	
M.Ed	June, 2006
International Islamic University, Islamabad, Pakistan	
B.Ed	Feb, 2004
Allama Iqbal Open University, Islamabad, Pakistan	

Educational Qualification

M.Sc. Psychology	June, 2010
International Islamic University, Islamabad, Pakistan	
Master's of Islamic Studies	July, 2001
University of the Punjab, Lahore, Pakistan	
Bachelor's of Arts	April, 1999
University of the Punjab, Lahore, Pakistan	
Intermediate	April, 1997
Federal Board of Intermediate and Secondary Education	
Matriculation	March, 1994
Federal Board of Intermediate and Secondary Education	

Professional Trainings

Eidetic Image Therapy **January, 2021**

Single Session Therapy **January, 2021**

Certified Hypnotherapist
(NGH – USA) **July, 2019**

Certified Islamic Psychotherapist **January, 2019**

Basic Practitioner of Neuro-Linguistic Programming
(NFNLP-USA) **August, 2016**

Continuous Professional Development Program for Mental Health Professionals

(MMPI-II, CBT, Narrative Exposure Therapy for Post Traumatic Disorder,

CRA for Addiction, Schema Focused Therapy for Personality Disorders, Neuro-feedback Therapy)

Khalily Psychology Clinic, Islamabad.

5th May – 7th Aug, 2016

Diploma Course in Public Relations

Allama Iqbal Open University, Islamabad, Pakistan

July, 2007

Special Diploma course in English language

National University of Modern Languages, Islamabad, Pakistan

Aug. - Dec., 2002

Special computer course

OPF Girls College, Islamabad, Pakistan

August, 1999

Special Civil Protection Course

Directorate General Civil Defense, Government of Pakistan

12th-17th August, 1991

Major Research Projects

1. Managing disruptive behavior disorders: efficacy of parent-child intervention (PhD Dissertation)
2. Measuring Jealousy as Described by Islam and Establishing its Psychometric Properties
3. Relationship between Jealousy and Subjective Happiness among University Students: Mediating Role of Self Esteem
4. Reflection of Perceived Parental Control and Parental Conflict on Development of Adolescents' Ego Identity

Paper Presented

A Comparative Study of Gender and Age Differences in Parent Adolescent Conflict

2nd International Conference on Mental Health held at

5th - 6th May, 2015

International Islamic University, Malaysia

Paper Published

1. Fazaldad, G., Iqbal, S., & Hassan, B. (2020). Relationship between Jealousy and Subjective Happiness Among University Students: Moderating Role of Self-Esteem. *Pakistan Journal of Psychological Research*, 493-509.

2. Measuring Jealousy as Described by Islam and establishing its Psychometric Properties, in process

Career History

Teaching Research Associate

April, 2011 to Date

International Islamic University, Islamabad, Pakistan

Major Courses Taught

Educational Psychology, Introduction to Psychology, Clinical Psychology, Mental Health & Psychopathology, Positive Psychology, Community Psychology, Organizational Psychology, History & Schools of Psychology, Developmental Psychology, Muslim Psychology, Research Methods and Testing

Coordinator Psychological Services Clinic

October, 2016 to Date

International Islamic University, Islamabad.

Major Duties

Providing Psychotherapy Services and Counseling services

Conducting NLP Workshops and Mental Health Awareness Seminars

Coordinator and In-charge

February, 2011 – April, 2011

“I Can” School

Children Youth and Families Foundation (CYFF), Islamabad, Pakistan

Major Duties

Student evaluation and reporting

Organizing Therapy Sessions for Special Children and their parents

Workshops and Seminars Organization

Internships

Internship as **Psychologist**

September, 2013-December, 2013

Capital Hospital Islamabad, Pakistan

Internship as **Psychologist**

November, 2010 – January, 2011

Model Addiction and Treatment Rehabilitation Center (MATRC)

A Project of Anti-Narcotics Force, Pakistan

Seminars and Workshops

Participated in a workshop on “Regression, Moderation, and Mediation Analysis through SPSS”

by Dr. Bushra Malik

Nov. 2019

Department of Psychology

International Islamic University, Islamabad

Participated in Seminar on “Hijra Community” by Humaira Jami

May, 2019

Department of Psychology

International Islamic university, Islamabad

Participated as **Panelist** in World Mental Health Day

Department of Psychology

International Islamic University, Islamabad, Pakistan

10th October, 2018

Worked as an **Organizer** in World Mental Health Day

Department of Psychology

International Islamic University, Islamabad, Pakistan

10th October, 2018

Worked as an **Organizer** of “International Symposium on Mental Health”

Department of Psychology
International Islamic University, Islamabad, Pakistan
10th October, 2018

Organized a Workshop on **“Hypnosis and NLP”** as Trainer
International Islamic University, Islamabad
May, 2017

Participated in **“Continuous Professional Development Program for Mental Health Professionals”**
(MMPI-II, CBT, Narrative Exposure Therapy for Post Traumatic Disorder, CRA for Addiction, Schema Focused Therapy for Personality Disorders, Neuro-feedback Therapy)
Khalily Psychology Clinic, Islamabad.
5th May – 7th Aug, 2016

Participated in One Day Workshop on **“Psychological Trauma & Play Therapy”**
Department of Psychology
International Islamic University, Islamabad, Pakistan
6th February, 2015

Participated in Two Days Workshop on **“Test Construction”**
International Islamic University, Islamabad, Pakistan
17th & 18th Nov.2014

Participated in a Lecture on **“Impact of Self Awareness in Development of Youth Mind Set”**
International Islamic University, Islamabad, Pakistan
5th March, 2014

Participated in Workshop on **“Interpretation of Projective Techniques, Report Writing of a Psychological Test and Qualitative Research Method”**
International Islamic University, Islamabad, Pakistan
29th-3rd May, 2013

Participated in 19th International Psychiatric Conference
“Mental Health in Primary Care Services for all”
Pakistan Psychiatric Society
28th-30thDec., 2012

Participated in Workshop on **“Psychological Autopsy”**
International Islamic University, Islamabad, Pakistan
28th December, 2012

Participated in Workshop on **“Self Hypnosis”**

Center for Psychological Services & Counseling, Rawalpindi

8th Dec, 2012

Participated in Workshop on **“Evidence Based Treatment Strategy (EEG Neuro-feedback Therapy)**

International Islamic University, Islamabad, Pakistan

10thOctober, 2012

Participated in Workshop on “Evidence Based Treatment Strategy (Community Reinforcement Approach –CRA) for Addiction/Eating Disorders”

International Islamic University, Islamabad, Pakistan

26th June, 2012

Participated in **First International Conference** on Mental Health **“Violence, Psychological Trauma with possible Acute and Post – Traumatic Interventions** in General and Particularly in Pakistani Society”

International Islamic University, Islamabad, Pakistan

29th-30thMarch, 2012

Participated in Workshop on **“Rorschach”**

International Islamic University, Islamabad, Pakistan

5th-6th July, 2011

Participated in Workshop on **“Statistical Package for Social Sciences”**

International Islamic University, Islamabad, Pakistan

28th-29thJune, 2011

Participated in **“Writing Research Proposal and Research Report”**

International Islamic University, Islamabad, Pakistan

May, 2010

Participated in **First International Conference** on **“Forensic Psychology: Issues and Interventions”**

GC University, Lahore, Pakistan

31st March-3rd April, 2010

Participated in **Seminar on “Mind Power”**

International Islamic University, Islamabad, Pakistan

28th April, 2009

Participated in Workshop on “**Standardized Test Construction**”

International Islamic University, Islamabad, Pakistan

May, 2009

Participated in “**International Ozone Day Seminar**”

Ozone Cell, Ministry of Environment, UNIDO, UNEP, and UNDP

October, 2009

Memberships

Pakistan Psychological Association

Life Membership (Reg. # PPA/LM/13/337)

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International Association of Islamic Psychology