

Curriculum Vitae

Name:	DR. TAMKEEN SALEEM
National Identity Card No:	61101-6073663-2
Email:	tamkeen.saleem@iiu.edu.pk
Marital Status:	Single
Gender:	Female
Date of Birth:	12.11.84
Department:	Psychology
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Objectives

To apply my expertise and knowledge to manage tasks and responsibilities given by the organization, determination to achieve results. Have a desire to contribute to society and utilize my skills for human welfare.

PROFESSIONAL SUMMARY

I am a skilled psychologist with more than 15 years of experience of teaching/training, research and counseling. I have the ability to analyze and assess a client's needs, potentialities or behavior using a variety of methods, including psychometric tests, interviews and direct observation of behavior. I also have the capability to initiate and supervise research projects and consultancies. I have acted as technical supervisor/team leader on research projects and consultancies at academic and organizational levels, free lance writer on scientific and general interest topics. I have proficiency to apply the knowledge in diverse settings; clinical, educational and organizational.

Details of Education

- **Post-Doc Research Fellow** from International Islamic University, 2018. "Smartphone Addiction and Its Effect on Mental Health: An Evidence Based Intervention for Amelioration (CyberLife Care)".
- **PhD Psychology** from International Islamic University, 2017.
- **MS Clinical Psychology (Gold Medalist)** from International Islamic University, Session 2011.
- **M.Sc Applied Psychology** from Punjab University, Session 2002-2004 {Clinical Psychology, Abnormal Psychology, Human Resource Management, Behavioral Neurosciences, Computer Studies}
- **B.A (Psychology, Home-Economics, Arabic)** from Punjab University, Session 2000-2002
- **HSSC (Humanities)** from Federal Board, Session 1998-2000
- **SSC (Humanities)** from Federal Board, Year 1996-1998

Work Experience

- Assistant Professor in Department of Psychology International Islamic University Islamabad since July 2018 till date.
- Lecturer in Department of Psychology International Islamic University Islamabad since Sep 2007 till July 2018.
- Visiting Faculty Member - Preston University – from Sep 2012 to Dec 2014
- Lecturer - Federal Science & Commerce College August 2009 – December 2011.
- Assistant Professor at Margalla Institute of Health Sciences from Aug 2007 to Aug 2008
- Training Facilitator/OD Executive at Shifa International Hospital from Dec 2005 to Sep 2007
- Lecturer/student counselor at Margalla Institute of Health Sciences till November 2005
- Trainer II – at National Institute of Management Sciences (NIMS) September 2004 to April 2005.
- Consultant Panelist at Helpage International March to June 2011 Till date
- Project Coordinator at World Food Program & Ministry of Health from Apr 2005 to July 2005



Publications

Links to Publication data

Google Scholar: <https://scholar.google.com/citations?user=I1Hr4lAAAAAJ&hl=en>

Research Gate: https://www.researchgate.net/profile/Tamkeen_Saleem

2011

1. Saleem, T., & Gul, S. (2011). Prevalence of Obsessions And Compulsions Among Adults Of Pakistani Community. *International Journal of Academic Research*, 3(4), 348-353.
2. Saleem, T., & Gul, S. (2011). Obsessive Compulsive Disorder Crafts Impairment in All the Domains of Quality of Life. *Environment*, 485, 000. International conference on Business, Economics Management & Behavioral Sciences ICBEMBS'2011) July 8-9, 2011 in Bangkok. Published in proceedings. Planetary Scientific Research Center
3. Saleem, T., & Gul, S. (2011). Relationship Between Masculinity And Smoking Among Working Women. *Pakistan Journal of Psychology*, 42(2), 67-78.

2012

4. Saleem, T., Gul, S., & Khalily, M. T. (2012). Quality Of Life of Individuals Having OCD With and Without Co Morbid Psychiatric Disorders. *Pakistan Journal of Psychology*, 43(1),

5. Saleem, T., & Gul, S. (2012). Relationship of cumulative college Grade Point Average and career related activities with career decision making self-efficacy among female students. International conference on Mental Health (ICMH) March 29-30, 2012 in Islamabad. Published in Proceedings.
6. Saleem, T., & Gul, S. (2012). The Range of Severity of Obsessive Compulsive Disorder and Quality of Life. *International Journal of Humanities and Applied Sciences*, 1(2), 69-72

2013

7. Saleem, T., & Gul, S. (2013). Drivers of turnover intention in public sector organizations: Pay satisfaction, organizational commitment, and employment opportunities. *Middle-East Journal of Scientific Research*, 17(6), 697-704.

2014

8. Saleem, T., Saleem, S., & Jalil, A. (2015). Unweaving Hobo Syndrome In Banking, Health And Development Sector. *Gomal Journal of Medical Sciences*, 12(4). 227-232

2015

9. Saleem, S., Haider, A., Khan, J., & Saleem, T. (2015). Study of fatal road traffic accidents: based on medico-legal autopsies. *Gomal Journal of Medical Sciences*, 13(1), 19-22.
10. Saleem, T., Gul, S., & Saleem, S. (2015). Death Anxiety Scale; Translation and Validation in Patients With Cardiovascular Disease. *Professional Medical Journal*, 22(6), 723 – 732
11. Noor, R., Gul, S., Saleem, T., & Shahzad, N. (2015). Relationship of Stress, Anxiety and Psychological Adjustment among Parents of Intellectually Disabled and Cerebral Palsy Children. *International Journal Rehabilitation Sciences*, 4(2), 32-35.

2016

12. Saleem, T., Hajra, B., & Jamil, T. (2016). Social Dominance Orientation Across the Gender at Workplace. *Journal of Islamabad Medical & Dental College (JIMDC)*, 5(1), 33-36.
13. Saleem, T., & Gul, S. (2016). Dimensions of parental bonding and social competence in functional & dysfunctional families. *Pakistan Journal of Public Health*, 6(2), 36-39.
14. Ali, S. A, Saleem, T., Khan, R. M., Munawar, H. (2016). Somatic Trends, Psychological Distress and Psychological Wellbeing: A Comparative Study of Public and Private Sector Employees. *European Journal Of Pharmaceutical And Medical Research*, 3(9), 648-653.

15. Ali, S. A. E. Z., Saleem, T., Khan, R. M., & Munawar, H. (2016). Job Stress And Poor Mental Health as a predictor of somatization among workers. *Health*, 7(8), 1709-1712.
16. Saleem, T., Noor, R., Jalil, A., & Saleem, S. (2016). Hobo Syndrome: A Cross-Organizational Mobility in Banking, Health and Development Sector. *Journal of Rawalpindi Medical College (JRMC)*, 20(3), 225-229.
17. Saleem S, Saleem T, Waheed Q. (2016). Type D personality; type a behavior pattern, a stratified comorbidity and coping in patients with cardiovascular disease. *Professional Medical Journal*, 23(12), 1546-1553. DOI: 10.17957/TPMJ/16.3548
18. Saleem, T., & Gul, S. (2016). Family Dysfunctioning and Social Competence in Adolescents: A Comparative Study of Family Structures. *Pakistan Journal of Physiology*, 12(3), 19-22.
19. Saleem, T., Bashir, M., Amin, J., & Noor, R. (2016). Effect of Procrastination on Self-Regulation among University Students. *International Journal Rehabilitation Sciences*, 5(2), 37-40.
20. Saleem, S., & Saleem, T. (2016). Role of Religiosity in Psychological Well-Being Among Medical and Non-medical Students. *Journal of religion and health*, 56(4).

2017

21. Saleem, T., Ishfaq, W., & Saleem, S. (2017). Menopause Symptoms and Climacteric Depression in Women With and Without Hormone Replacement Therapy. *Pakistan Journal of Physiology*, 13(1), 43-5.
22. Khalily, N., Ishfaq, W., & Saleem, T. (2017). The Unrelenting Media Exposure in Pakistan and its Link with Vicarious Trauma. *Bahria Journal of Professional Psychology*, 16(1), 67-79.
23. Saleem, T., Gul, S., & Aly, M. (2017). Career Decision Making Self-Efficacy, Goal Stability and Academic Achievement among University Students. *European Journal of Pharmaceutical & Medical Research*, 4(8), 20-25
24. Noor, S., Saleem, T., Azmat, J., & Arouj, K. (2017). Mandala as A Therapeutic Intervention for Anxiety Reduction in University Students. *Pakistan Armed Forces Medical Journal*, 67(6), 904-907.

2018

25. Saleem, T., & Gul, S. (2018). Use of Emotion Regulation Strategies Across Family Systems. *International Journal of Mental Health*, 47(3), 228-235.
26. Ehsan, N., Johar, N., Saleem, T., Khan, M. A., & Ghauri, S. (2018). Negative Repercussions of Caregiving Burden: Poor Psychological Well-being and Depression. *Pakistan Journal of Medical Sciences*, 34(6), 1452
27. Shahbaz, R., Sheikh, Z., Saleem, T., & Arouj, K. (2018). Body Dissatisfaction and Social Comparison among Pakistan University Students. *Academic Journal of Social Sciences*, 2(1), 89-98.
28. Fazaldad, G., Gul, S., & Saleem, T. (2018). Self-Stigma in Individuals with Hash and Heroin use Disorders in Pakistan. *Pakistan Journal of Clinical Psychology*, 17(1), 15-27

2019

29. Khalily, M. T., Saleem, T., Bhatti, M. M., Ahmad, I., & Hussain, B. (2019). An Urdu adaptation of smartphone addiction scale-short version (SAS-SV). *JPMA. The Journal of the Pakistan Medical Association*, 69(5), 700-710.
30. Saleem, S., Khan, I. A., & Saleem, T. (2019). Anxiety and Emotional Regulation; Anxiety and Emotional Regulation among Pupils of a State-Owned Medical Institution: A Gender Perspective. *Professional Medical Journal*, 26(5).

2020

31. Saleem, T., & Saleem, S. (2020). Religiosity and Death Anxiety: A Study of Muslim Dars Attendees. *Journal of religion and health*, 59(1), 309-317.
32. Tahan, M., Saleem, T., Zygoulis, P., Pires, L. V. L., Pakdaman, M., Taheri, H., & Ebrahimpour, M. (2020). A systematic review of prevalence of Depression in Iranian patients. *Neuropsychopharmacologia Hungarica: a Magyar Pszichofarmakologiai Egyesulet Lapja= Official Journal of the Hungarian Association of Psychopharmacology*, 22(1), 16-22.
33. Saleem, T., Saleem, S., Mushtaq, R., & Gul, S. (2020). Belief Salience, Religious Activities, Frequency of Prayer Offering, Religious Offering Preference and Mental Health: A Study of Religiosity Among Muslim Students. *Journal of Religion and Health*, 60(726-735).
34. Khalily, M. T., Bhatti, M. M., Ahmad, I., Saleem, T., Hallahan, B., Ali, S. A. E. Z., ... & Hussain, B. (2020). Indigenously adapted cognitive-behavioral therapy for excessive smartphone use (IACBT-ESU): A randomized controlled trial. *Psychology of Addictive Behaviors*. <https://doi.org/10.1037/adb0000677>
35. Khalily, M. T., Loona, M. I., Bhatti, M. M., Ahmad, I., & Saleem, T. (2020). Smartphone addiction and its associated factors among students in twin cities of Pakistan. *JPMA*, 2020.
36. Tahan, M., Saleem, T., Moshtagh, M., Fattahi, P., & Rahimi, R. (2020). Psychoeducational Group Therapy for sexual function and marital satisfaction in Iranian couples with sexual dysfunction disorder. *Heliyon*, 6(7), e04586.

2021

37. Tahan, M., Taheri, H., & Saleem, T. (2021). Review of psychological trauma: theory, practice, policy and research. *Rivista di Psichiatria*, 56(2), 64-73.

38. Ehsan, N., Hassan, B., Saleem, T., & Iqbal, N. (2021). Development and validation of Risk Assessment Tool for Extremism (RATE) for young people in Pakistan. *Peace and Conflict: Journal of Peace Psychology*, 27(2), 240.
39. Hajra, B., & Saleem, T. (2021). The Use of Islamic Patterned Art Therapy: Healing of Psychological Problems Among University Students. *Journal of Religion and Health*, 1-26.
40. Arafat, S. Y., Ali, S. A. E. Z., Menon, V., Hussain, F., Ansari, D. S., Baminiwatta, A., ... & Khan, M. M. (2021). Suicide methods in South Asia over two decades (2001–2020). *International journal of social psychiatry*, 00207640211015700.
41. Saleem, S., & Saleem, T. (2021). Efficacy of music and quranic verses in reducing cortisol level: A stress biomarker in medical undergraduates. *Current Psychology*, 1-6.

Book Publication

1. Khalily, M. T., Bhatti, M. M., & Saleem, T. (2019). Hijacked Mind Benign Rage & Malignant Violence of Humanoid. Institute of Research & Development.
2. Saleem, T. & Khalily, M. T. (2021). *A Journey from Muslim Psychology to Islamic Psychology in Pakistan*. In Islamic Psychology Around the Globe. International Association of Islamic Psychology

Oral Paper Presentations

3. Obsessive compulsive disorder crafts impairment in all domains of Quality of life. Presented at International conference on Business, Economics Management & Behavioral Sciences ICBEMBS'2011) July 8-9, 2011 in Bangkok.
4. Relationship of cumulative college Grade Point Average and career related activities with career decision making self-efficacy among female students. Presented at International conference on Mental Health (ICMH) March 29-30, 2012 in Islamabad.
5. Impact of occupational stress on mental health among employees of state-owned and private enterprises. Presented at First international conference (ICCTP-2016) Current trends in Psychology: Security issues in Pakistan and its implications conducted by Department of applied psychology, Bahauddin zakariya university Multan in collaboration with Pakistan Psychological association
6. Work-Related Stress and somatic complaint's between workers of public and private industrial sector. Presented at National conference on Mental Health conducted by Department of applied psychology, GC University Faisalabad 28th-29th April, 2016
7. Physical Environment and Psychological distress as a predictor of Somatic Features between employees of public and private sector. Presented at 1st National Conference on "Emerging Trends in Clinical Psychology" 21-22 September 2016)
8. Job Stress and Family conflicts among blue collar and white collar working women on base of Marital status and age in the 1st National Conference on "Emerging Trends in Clinical Psychology" 21st-22nd September, 2016 at department of humanities Comsats, Lahore.

9. Somatic trends as a predictor of Occupational Stress between employees of state-owned and private enterprises. Presented at 2nd Multi Disciplinary Student Research Conference on 16-17 November, 2016)
10. Self-gifting behavior: A gender Perspective. Presented at 1st International Conference on Gender Studies: Global Gender Perspective (14th- 16th November 2016) Lahore.
11. Emotion Regulation Strategies In Functional & Dysfunctional Families. Presented at 6th International Conference "Psychology of Gender in Perspective: Issues and Challenges" National Institute of Psychology, Center of Excellence, Quaid-i-Azam University, Shahdra Road (off Main Murre road), Islamabad, Pakistan. (November, 3-4, 2016)
12. Impact of relational jealousy on marital satisfaction among working and non-working women. Presented at 6th International Conference "Psychology of Gender in Perspective: Issues and Challenges" National Institute of Psychology, Center of Excellence, Quaid-i-Azam University, Shahdra Road (off Main Murre road), Islamabad, Pakistan.
13. Happiness and Resiliency as Predictors of Mental Health of University Students. Presented at First International Conference on Clinical Psychology and Developing World: Issues, Challenges and Solutions 9-10 March 2017. University of Management & Technology, Lahore.
14. Caregiving Burden and Mental Health of Parents of Children with Physical and Intellectual Disability” at Conference of Psychology (COPE 2018) Lahore. Pakistan, 18th June, 2018.
15. Surah Al-Rahman Reduces Cortisol Level: A Bio-Marker of Stress In Medical Students at International Conference on Islamic Awakening, Male, Maldives 14th - 15th July, 2018
16. Efficacy of Religiously Integrated Forgiveness Therapy among Individuals with Musculoskeletal Pain in Pakistan” at International Conference on Islamic Awakening, Male, Maldives 14th - 15th July, 2018.
17. Trends related to selfie-taking behavior: a way for self-representation among university students at 2nd International Multidisciplinary Graduate Conference, Fatima Jinnah University, Rawalpindi held on September 21-22, 2018.
20. Thought Action Fusion: A cognitive bias responsible for anxiety among university students. At International Conference of Applied Psychology: Practices and Interventions 6th -8th February, 2019.

Poster Paper Presentations

1. Poster presentation on Job stress and Family conflicts among Working Women. Presented at First international conference (ICCTP-2016) Current trends in Psychology: Security issues in Pakistan and its implications conducted by Department of applied psychology, Bahauddin zakariya university Multan in collaboration with Pakistan Psychological association.
2. Quality of Life and Happiness among University Students. Presented at 6th International Conference "Psychology of Gender in Perspective: Issues and Challenges" National Institute of Psychology, Center of Excellence, Quaid-i-Azam University, Shahdra Road (off Main Murre road), Islamabad, Pakistan

3. Forgiveness Tendency and Levels of Anxiety among Female University Students for International Conference on Positive Psychology: Developing a Flourishing, National Institute of Psychology, Islamabad, 29th – 30th November, 2018.

Ms Thesis As Supervisor

1. Personality Traits and Schema Modes: A Biomarker Blood Group Comparison
2. Depression and Anxiety among University Students: Craftmanship of Academic Stress and Thought Action Fusion
3. Perceived Leader Decision-Making-Competence and Job Performance of University Employees: Moderating Role of Satisfaction with Leader
4. Spiritual Intelligence and Metacognitive Awareness Enhances Psychological Wellbeing: Comparative Analysis of Medical and Non-Medical Graduates.
5. Marital adjustment, Emotion Regulation and Depression in Infertile Couples: A Dyadic Analysis
6. Cognitive Behavioral Hypnotherapy for Transitionally Housed Women with Marital Discord
7. Islamic integrated art therapy: An Intervention for Psychological Issues among University Students
8. Impact of Familism and Family Communication Patterns on Mental Health among Working Women.
9. Counselor self-efficacy, spirituality well-being and compassion satisfaction/fatigue among mental health professionals.
10. Parental Feeding Styles, Appetitive Traits and Weight Status among Preschoolers and Elementary Schoolers. (In Progress)
11. A randomized controlled trial for females suffering mental health problem after abortion. (In Progress)
12. Intimate partner violence and its repercussions among slum dwelling women: A Qualitative inquiry. (In Progress)
13. Relationship between Body Image, Weight bias, Internalization and Coping with Weight Stigma with Psychological Distress among Adolescents. (In Progress)
14. Impact of Entrepreneurial Fear of Failure on Individual Work-Performance: Coping as a Moderator among Entrepreneurs. (In Progress)
15. Risk and Protective factors for Suicidal Ideation and Attempts in Bipolar I patients; A Qualitative Inquiry. (In Progress)
16. Emotional Empathy and Caregiving Burden, Self-Care and Prosocial Behavior among Caregivers of Common Mental Health Disorders. (In Progress)
17. Personal Rejection Sensitivity, Aesthetic Cosmetic Surgery Acceptance and Self Esteem among Young Adults: A Two Wave Longitudinal Study. (In Progress)
18. Effect of Psycho-education Group Therapy on Somatic Symptoms, Resilience, and Psychological Well-Being of Lady Health Worker in Babozai District, Swat. (In Progress)

PhD Thesis As Supervisor

1. Exploring the Enigma of Suicide: Risks, Prevention and Treatment from the Perspective of Cases and Health Professionals. (In Progress)
2. Application of Acceptance Commitment Therapy for The Silent Code of Anger: Passive

- a. Aggressive Tendencies among Teachers of Educational Institutions. (In Progress)

Other Research Activities

- A Consultancy Report on Maternal & Infant Mortality & Morbidity In Pakistan for World Food Program & Health Ministry in 2005.
- A Consultancy Report on Improvement of Communication Skills of Lady Health Workers for Plan International in 2006
- A report on Improving the Social & Professional Life of the Juvenile Delinquents for Human Right Group of Pakistan in 2008
- A published Report on The Economic Contribution of Pakistani Women through their Unpaid Labor for Society for Alternative Media and Research SAMAR. Worked in 2007 Published in 2011.
- A Report on Trends of Smoking and tobacco Use in Pakistani Women for Pakistan Anti-Tobacco (PATC) in 2008.
- Experimental Researches (Observation and Report writing) in collaboration with School of Economics IIUI in 2011. Ultimatum Game, Prisoner's dilemma—opec game : to cooperate or breach, Prisoner's dilemma—opec game: structural changes could influence the behavior of the players.
- Member Synopsis/Supervisor Committee, Preston University since 2011.
- Member Board of Faculty, Riphah University, Malakand Campus From March 2021.

Funded Research Projects

- Consultant for the HEC Funded Project titled Challenges in Mental Health, Law and HumanRights in Pakistan
- Consultant for Role of Psychological, cultural and -socio-economic factors in the prevalence of Suicide Rates in Pakistan: A Study based on Psychological Autopsy Study a project submitted for ICISCO.

Non-Funded Research Projects/Collaborations

- Research Collaborator and Methodist for Projects of Iran's National Elites Foundation (Artificial Intelligence and Psychology, A systematic review of prevalence of Depression in Iranian patients, Psychoeducational Group Therapy)
- Research Collaborator for Enam Medical College, Dhaka, Bangladesh. Suicide Related Research Projects.

Research Projects Supervised - MS Student Independent Studies

1. Relationship between relational jealousy and martial satisfaction among working and non-working women

2. Relationship among depression aggression and menopause in groups with and without Hormonal replacement Therapy.
3. Occupational stress as a predictor of mental health and somatoform symptoms among employees of public and private sector
4. Relationship of reference of son on anxiety and depression among pregnant women.
5. Impact of dual employed couple on marital satisfaction
6. Identification of strategies to cope and out comes verbal abuse :a phenomological approach
7. Core dependency and depression among the care givers of drug addicts.
8. Career counselor self-efficacy and their job satisfaction across the genders in professionals and internees.
9. Assess the life satisfaction and resilience in cardiac patient and normal population
10. Comparative study of insomnia and test anxiety among males and females student of IIUI
11. Relationship between job stress and family conflict
12. Relationship between happiness, resiliency with mental health in male and women of university students
13. Impact of family conflict on adolescences psychological well being
14. Study of relationship between gender roles and personality among college students.
15. Relationship between social support, emotional contagion and family relations
16. Study of parenting styles and their relation with child aggression.
17. Hopelessness relates to suicidal ideation in adults.
18. Intentions and behavior towards cheating, academic dishonesty among university students.
19. Level of anxiety and couple satisfaction among pregnant women
20. An Association between Blood groups and personality traits
21. Role of mindfulness as a moderator on the relationship between perceived stress and psychological wellbeing.
22. Role of self-esteem on relationship between perceived social support and stress in university students
23. Quality of life and happiness

Other Academic and Administrative Activities

- **Head of Course Program:** Managing the arrangements for Islamic Approaches to Psychology and Psychotherapy Program January 26- 30, 2019 till date
- **Focal Person Diploma**– International Diploma on Mental Health Law and Human Rights since 2016 till date.
- **Secretary Board of Studies** - Managing Academic Board Meetings for Synopsis at International Islamic University Since 2014 till February 2018 and September 2020 till date.
- **Secretary Board of Faculty.**Managing Academic Board Meetings for Synopsis at International Islamic University Since 2016 till 2019, and February 2021 till date.
- **Focal Person MoU:** Preparation and Liaison Memorandum of Understanding with various academic and professional institutes nationally and internationally, since 2014 till date

- **Secretary Department of Psychology Ethical Committee:** Processing and managing the Ethical Reviews for the researches conducted at Department of Psychology, IIUI Since 2014 till February 2018.
- **Focal Person Workshops/Events:** Organize workshops, conferences, mental health week/day activities, since 2016 till February 2018.
- **Lab Incharge** - Management of Psychometric and Experimental Laboratory at International Islamic University Since 2014 till February 2018.
- **Focal Person for Online Mode of Teaching,** for training, management and execution of all online education activities at department of psychology. She has been working since 7th April 2020 till date.
- **Member of Exam Committee:** Date sheet preparation, Duty Roster preparation, seating plan for exam conduction, Paper Setting and Management. Since October 2014 till date.
- **Conference secretary** for 2nd International Conference on Mental Health 5th – 6th May, 2015, Malaysia.
- **Symposium Coordinator-** Mental Health Day Symposium 2017
- **Conference Associate and Moderator** for International Conference on Islamic Awakening 14th – 15th July, 2018, Islamic University Madives.

Professional Training/Certification

Certification Title	Field of study	Duration	Institute
• Short Term Focused Therapy	Clinical Psychology	1 day	Rozan
• Psychosocial First Aid Program Training	Psychology	2 days	Rozan
• Linux Operating System	Computer Studies	4 days	Shifa International Hospital
• SPSS	Statistic	2 Days	IIUI
• Strategic Management Course	Human Resource & Management	5 Months	Shifa International Hospital
• Writing Research Proposal and Writing Research Report	Research In psychology	2 Days	IIUI
• Nvivo	Research & Analysis	2 Days	Institute of Research Promotion
• Advanced Quantitative Analysis Through Spss & Amos (Online)	Research & Analysis	1 st -2 nd September	Institute of Research Promotion
• Continued Professional Development Course (Series I) MMPI, Narrative Therapy, Schema Focused Therapy & Inventory Community Reinforcement Approach	Clinical Psychology	June-August 2016	Khalily Psychology Clinic

<ul style="list-style-type: none"> Continued Professional Development Course (Series II) Cognitive Behavioral Therapy for Depression Cognitive Behavioral Therapy for Obsessive Compulsive Disorder Cognitive Behavioral Therapy for Anxiety Cognitive Behavioral Therapy for Eating Disorder Schema Focused Therapy Community Reinforcement Approach Brief Psychodynamic Therapy 	Clinical Psychology	February-April 2017	Khalily Psychology Clinic
<ul style="list-style-type: none"> Mixed Method Research Approach 	Research & Analysis	2 Days	Institute of Research Promotion
<ul style="list-style-type: none"> MAXQDA 	Research & Analysis	2 Days	Institute of Research Promotion
<ul style="list-style-type: none"> Clinical Trial Management Training 	Research & Analysis	1Day	Pakistan Institute of Learning & Living & IIUI.
<ul style="list-style-type: none"> Mediation and Moderation Analysis using SPSS 	Research & Analysis	1 day	IIUI
<ul style="list-style-type: none"> Child Protection Issues 	Child Psychology	1 day	IIUI
<ul style="list-style-type: none"> Structured Equation Modelling: Smart PLS 	Stats	1 day	Punjab University
<ul style="list-style-type: none"> Discourse and Qualitative Analysis 	Research & Analysis	1 day	Punjab University
Introduction to Psychodynamic Psychotherapy	Psychology	1 day	Curelink
Psychological Reflections on the Emotional Life of the Prophets	Psychology	1 day	International Institute of Islamic Thought
Dimensions of Islamic Thought, Culture and Civilization	Psychology	1 day	International Institute of Islamic Thought
Beyond Burnout Prevention and Recovery: Creating Optimal Performance for Therapists	Psychology	1 day	Therapy Reimagined and Brighter Vision, Lafayette, USA
Psychedelic-Assisted Psychotherapy for Eating Disorders	Psychology	1 day	PsychTech, Canada
Basic Skills Training on Crisis Intervention, Grief and Trauma Counseling	Psychology	1 day	Institute of Clinical

			Psychology, UMT
Mystical Experience, Religion, and Psychedelics	Psychology	1 day	PsychTech, Canada
Psychologists Tool Box: Nature, Climate Change and Mental Health	Psychology	1 day	American Psychological Association
Understanding the Mental Health Needs of Muslims & the Emergence of Islamically Integrated Psychotherapies	Psychology	1 day	The Chicago School of Professional Psychology
Psychological Autopsy Certification training	Psychology	4 days	American Association of Suicidology
Psychological Capital: Substance Use Disorder and Recovery Process	Psychology	1 day	International Society of Substance Use Professionals
Media-based Persuasive Prevention	Psychology	1 day	International Society of Substance Use Professionals
New Electronic Smoking Devices - What's the Difference?'	Psychology	1 day	International Society of Substance Use Professionals
The role of nutrition in addiction recovery	Psychology	1 day	International Society of Substance Use Professionals
Addictive Behaviors: Prevention and Treatment during the COVID-19 Pandemic.	Psychology	1 day	International Society of Substance Use Professionals
Quality in Treatment	Psychology	1 day	International Society of Substance Use Professionals

Workshops & Events as Resource Person & Organizer

Resource Person

- How to publish an article? On 13th April, 2018 at IIUI
- Instrument Development in Survey Research on 3rd September, 2018 at IIUI
- In-Depth Interviews & Focused Group Discussion on 3rd September, 2018 at IIUI
- Creative Voice for Child Abuse Survivors 23rd December, 2018 at Mental Health Professional Trainings
- Training on Online Teaching via Learning Management System and Google Classroom (Teacher Interface) April 2020
- Orientation and Training to Student and Faculty members for use of LMS (Student Interface) June 2020.
- Online paper Marking and result submission via IIUI Dashboard August 2020.

Organizer

- Seminar on the role of speech therapist for developmental disorder, 12th April, 2018
- Stage Secretary for Inaugural Ceremony of International Diploma on Mental Health Law And Human Rights October, 2018
- Conduction of Classes of International Diploma on Mental Health Law and Human Rights September - October 2018 in coordination with Shariah Academy
- Arranged a visit to Benazir Bhutto Hospital for Participant of International Diploma on Mental Health Law and Human Rights October 2018
- Arranged a visit to National Assembly Pakistan for Participant of International Diploma on Mental Health Law and Human Rights October 2018
- Stage Secretary for Seminar Titled “Our Faith, Corruption Free Pakistan” on December 2018
- Workshop titled “Fundamentals of Qualitative Research Methods” on 27th December, 2018
- Head of Course Program: Managing the arrangements for Islamic Approaches to Psychology and Psychotherapy Program starting w.e.f January 26- 30, 2019

Achievements & Awards Received

1. **Gold Medal** in MS psychology (Mphil)
2. Role of Honor in M.Sc. Applied Psychology, Punjab University.
3. 1st Position in M.Sc in ICG
4. Staff Welfare Student Scholarship
5. Role of Honour in B.A. in Punjab University
6. 1st Position in Bachelors of Arts in ICG.
7. Scholarship from college being a position holder.
8. 1st position in poster competition from Medicos Aid Society.
9. 2nd position in all Pakistan painting competition from Pakistan Medical Association.
10. 2nd position in all Pakistan cooking competition.
11. 2nd Position in Strategic Management Course --- Shifa International Hospital

12. 2nd Position in Logo Competition – Shifa International Hospital
13. Provisionally selected for the HEC Indigenous award of scholarship
14. Research Award from IIUI. 2013, 2015, 2016, 2017

ExtraCurricular Activities

1. Member Organizer Mental Health Conference March 29-30, 2012, IIUI
2. Moderator for the session -- Mental Health Conference March 29-30, 2012, IIUI
3. Organizer Healthy Pakistan Mela 2006 – Shifa International Hospital, IIUI
4. Member Scientific Committee – Psychology Department IIUI
5. Participation in Flower Arrangements (Dry & Fresh)
6. Participation in Painting Competitions (Inter college & All Pakistan)
7. Visual Education drawing – Helpage International

Community Work

1. Worked with Earth Quake Survivors
2. Counseling for Women and Children
3. Teaching Children in Shelter Home

Membership and Affiliation of Organizations and Associations

- American Psychological Association (APA)
- Pakistan Psychological Association (PPA) --- Life Time Membership
- Southern California Art Therapy Association
- International Association of Islamic Psychology (IAIP)
- Institute of Research Promotion

References

References will be provided as per request.