

ABOUT US

The foundation of the Islamic University, Islamabad was laid on the first day of the fifteenth century Hijrah i.e. Muharram 1, 1401 (November 11, 1980). This landmark of the beginning of the new Century symbolizes the aspirations and hopes of the Muslim Ummah for an Islamic renaissance. The university was created to produce scholars and practitioners who are imbued with Islamic ideology, whose character and personality conforms to the teachings of Islam, and who are capable to cater to the economic, social, political, technological and intellectual needs of the Muslim Ummah. Three Professional Institutes and Two academies are situated within the premises of majestic Faisal Mosque (spread over an area of 189,705 square meters) which is a symbol of International Islamic brotherhood and unity.



About PSC

Psychological Services Clinic has been established for Faculty members, Staff and Students of International Islamic University Islamabad. Clinic operates under the auspices of Department of Psychology of International Islamic University Islamabad. Organizational body of PSC consists of licensed Clinicians of Clinical and Testing Psychology of PhD and doctoral/MS Level. The primary purpose of Clinic is to provide a maximum Psychological support to the students and PhD Scholars of IIUI particularly for stress management during their research work and dissertation writing.



**TELE-COUNSELING
BY PSYCHOLOGICAL
SERVICES CLINIC,
MEDICAL CENTRE, IIUI**



Contact us for information.



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**YOUR MENTAL
HEALTH IS OUR
PRIORITY**

www.iiu.edu.pk/?page_id=11435

OUR E-SERVICES

The world today is going through a very difficult time in the form of COVID-19. Due to which it affects every person's daily life. These effects are the causes of Anxiety, Fear, Uncertainty, Adjustment problems, financial problems. Due to this the life of a every person is affected.

To prevent the Mental Health issues caused by the COVID-19, the Psychological services clinic has extended its services through online for outside university as community outreach programme.



Addressed Issues

- Anxiety/Panic
- Assertiveness
- Adjustment Issues
- Aggression
- Depression
- Drug/alcohol use
- Eating problems
- Family Discord
- Frustration
- Internet Addiction disorder

PSC Services

The Psychological Services Clinic provides a range of individual therapies. It is a community-based outpatient facility program that provides a variety of psychological services (assessment, consultation, and individual therapy) under the close supervision of the clinical faculty members called clinical supervisors and psychologists. PSC also provides the opportunity for Clinical students to gain experience in treating clients under a managed-care model.

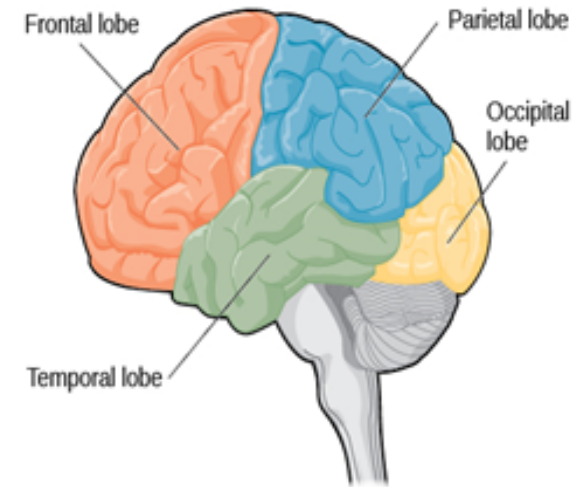
"THERE IS NO HEALTH WITHOUT MENTAL HEALTH"

Addressed Issues

- Loneliness
- Marital concerns
- Obsessive-compulsive disorder
- Personality disorders
- PTSD
- Stress
- Social anxiety
- Self-esteem
- Sleep problems
- Trauma

Procedure for Assessment

Proper psychological assessment and management can help to address these issues and prevent them from becoming a full fledged psychological disorder.



Procedure for online session

- You will contact to the given no via call or whatsapp with the number provided.
- Your brief history will be taken on the intake form.
- Keeping in mind the nature of your reported problem you will be referred to the relevant clinical psychologist. This service will be free.
- You have to follow the instructions of your therapist and you have to continue your sessions.
- Time: 0900 hrs to 1300 hrs
- Female therapist are also in the panel (Only for female)