

# **CURRICULAM VITAE**

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**Date of Birth: October 1, 1958**

## **Education**

<b><u>YEAR</u></b>	<b><u>DEGREE</u></b>	<b><u>CLASS/DIVISION</u></b>	<b><u>INSTITUTION</u></b>
1991-94	Ph.D.	_____	University of Sussex, Brighton, UK
1980-82	M.A.	First	Department of Psychology, University of Peshawar.
1976-78	B.A.	First	Jinnah College for Women University of Peshawar.
1974-76	F.A.	Second	Jinnah College for Women University of Peshawar.
1974	Matric	First	UGHS, University Town, Peshawar.

## **Distinctions/Awards**

1991            Awarded Commonwealth Scholarship for UK to pursue Ph.D.  
Research.

1997            Award of '*Best Lecturer of the Series*' given by the Science Society,  
University of Peshawar.

1981            **Gold Medal**, All Pakistan Declamation Contest organized by  
University Grants Commission, Islamabad.

1978            **Silver Medal**, All-round Best Girl of the Year, Jinnah College for  
Women, University of Peshawar.

1978            **President**, Urdu Literary Society, Jinnah College for Women,  
University of Peshawar.

1977            **Best English Debater of the Year**, University of Peshawar.

- 1977 **President Dramatics Club**, Jinnah College for Women,  
University of Peshawar.
- 1976 **Gold Medal**, All Pakistan Essay Writing Competition, Karachi.

### **Teaching Experience**

- 2005- **Associate Professor**, National Institute of Psychology, Quaid-i-Azam  
University, Islamabad.
- 2002-2005 **Assistant Professor**, National Institute of Psychology, Quaid-i-Azam  
University, Islamabad.
- 1998-2000 **Visiting Lecturer**, Quaid-i-Azam Commerce College, University of  
Peshawar. *Taught Organisational Behaviour.*
- 1996-2000 **Assistant Professor**, Teaching of, and training in *Psychological  
Counseling, and Research Methodology*, Department of Psychology, University  
of Peshawar.
- 1995-2000 **Resource Person & Visiting Lecturer**, Women's Study Centre,  
University of Peshawar. *Taught Feminist Research Methodology, Feminist  
Movements around the World, & Psychology of women.*
- 1987-1996 **Lecturer**, Department of Psychology, University of Peshawar.
- 1986-1987 **Lecturer**, College of Home Economics, University of Peshawar.

### **Research Experience**

- 1996- to-date Supervision of Researches of Numerous Ph.D., M.Phil., & M.Sc.  
students belonging to Department of Psychology, University of  
Peshawar & Quaid-i-Azam University, Islamabad.
- 1991- 1995 A comparative socio-clinical study of female adolescents in England,  
leading to a doctoral dissertation entitled *Individuality and  
Connectedness in the Mother-Daughter relationship: A comparison of  
two cultural groups.*
- 1981-82 MA dissertations entitled *Content Analysis of the Printed Material  
Read by School & University Students.*

### **Research in Progress**

- *Conflict management styles of married couple's belonging to collectivistic cultural background.*
- *Identity status, psychological well-being, and career decision-making difficulties among educated adults.*
- *Attitude of youth towards intimacy with opposite gender, body image, self and others.*
- *Daily stressors, coping strategies and adjustment in adolescents.*
- *Assessment of children's psychological problems through drawing.*

## **Other Experience**

**Program Manager** of Youth Help Line a nationwide program focused at counseling adolescents. The help line was established in collaboration with Johns Hopkins University, Baltimore, USA and 'Rozan' (NGO) to deal with different emotional/psychological health issues faced by today's teenagers.

### **Responsibilities included**

- Development a detailed Training Manual for Youth Helpline Counselors that included information about the period of adolescence, issues related to their physical and psychological health, their needs and requirements, and appropriate counseling strategies.**
- Training of counselors from Islamabad, Karachi & Lahore in counseling skills to facilitate their work on help-line.**
- Reaching the youth of different socio-economic classes get their input for the service.**
- Managing all the issues related to the help-line service e.g., financial matters, hiring of counselors, preparing their job description, supervising their counseling work and related activities within the organization.**
- Providing counseling to parents and teachers whenever and wherever the need was felt.**

**Provide counseling services to adolescents in a private set up for the past ten years.**

## **Conference/Workshop Participation**

- 2006** Participated in five days training workshop on Trauma & Disaster Management held by Military Hospital Rawalpindi & University of Aberdeen, UK.
- 2006** Resource person in a series of workshops organized by NIP, QAU, Islamabad on Training of care-givers who work with earthquake survivors.
- 2005** Conducted three day training workshop with the students of Quaid-i-Azam University on *Time & Stress Management*.
- 2004** Conducted one day training workshop with students of Hunerkada on *Relationship of Creativity and Mental Health*.
- 2003** One day workshop with trainers at Savaira (NGO) in collaboration with UNHCR on *Children & Adolescence Counseling*.
- 2003** Seminar on *Civic Sense & Our Youth* at the *National Institute of Psychology, Islamabad*.
- 2002** Three days training workshop with trainers at Savaira (NGO) in collaboration with UNHCR on *Appropriate Counseling Techniques for Refugees, Domestic Violence & Case Report Writing*.
- 2002** Developed and organized workshops on different issues of *Self Growth* e.g., Communication Skills, Stress Management, Anger Management, Conflict Resolution, Assertiveness Skills, and so on , at Rozan (NGO), Azad Foundation (NGO), The Las Gul (NGO), etc and different institutes of Quaid-i-Azam University.
- 2001** Presented paper in the National Institute of Psychology, Islamabad, on '*Clinical Perspective of Gender & Psychological Disorders*'.
- 2001** Resource person in a workshop on '*Anxiety Management Techniques*' in the National Institute of Psychology, Islamabad.
- 2001** Organised a nine days training workshop for the help line counselors to understand the *Concerns of Adolescents*, to refine their *Counseling Skills*, to develop *self-awareness*, to understand the *Importance of Self-Growth*, to develop *Systems of Managing the Helpline Project* and *so on*.

- 1999 Presented paper in the 10<sup>th</sup> International Conference of Pakistan Psychological Association (PPA), titled: *'Identity Development of Female Adolescents'*.
- 1998 Participated as a resource person in the Conference on *'Divided Selves: Dealing with adolescents with psychosis*. London: Association of Professional Services for Adolescents (APSA), October 16-17, 1998.
- 1997 Organised and participated in a numerous workshops on issues like *Gender desensitisation, stress and anxiety management, understanding adolescence, importance of family dynamics in self-growth* and so on, organised by the Centre for Women Studies, University of Peshawar and British Council, Peshawar.
- 1996 Resource Person in a workshop in New Delhi, India on *The emotional and psychological impact of economic policies on women workers*.
- 1994 Presented Paper in the 4<sup>th</sup> Biennial Conference of the European Association for Research on Adolescence, Sweden, entitled: *'Conflict Management in the Mother-Daughter Relationship: A Cross-Cultural Comparison'*.
- 1995- Date Delivered numerous public lectures on various for a, e. g., on Domestic Violence and its effect on the Family & Society (Aurat Foundation); *Psychological Consequences of Child Beggary* (The Las Gul, NGO, Peshawar); Rehabilitation of the Young Prisoners (Police Department, Peshawar); Female Identity (Rural Academy, Peshawar), *Teenagers in a Collectivistic Society* (Centre for Women Studies, University of Peshawar), and so on.
- 1994 Presented paper in conference on Gender Issues in Pakistan at Satherwaite, Lake District, UK on Conflict Management of Teenage Girls: *A Cross-Cultural Perspective*.

### Other Experiences

- 2006 *Developed and presented TV program for one quarter (i.e., from January to March, 2006) on appropriate parenting skills on ATV Khyber Television Channel.*
- 2006 *Appeared as an expert on various TV programs organized by ATV, PTV2 & Aaj TV as an expert on various social-psychological issues.*

2005

*Appeared on PTV2's program 'Rising Pakistan' as a distinguished guest.*

### **Academic Afilations/Membership**

1. **The Association for Professionals in Service for Adolescence (APSA), London, England.0**
2. **Trust for the study of Adolescence (TSA), Brighton, England.**
3. **Pakistan Psychological Association (PPA).**
4. **National Psychological Society (NGO), Islamabad.**

### **Publications**

1. **Identity development of teenage girls: A cross-ethnic perspective, Pakistan Journal of Psychological Research. Summer, 2005, Vol.20, Nos.1-2.**
2. **Tendencies of extremism among adolescents and post-adolescents in relation to parenting style, Pakistan Journal of Social & Clinical Psychology, June, 2004, Vol.3, No.1-2.**
3. **Conflict management of mothers and daughters belonging to individualistic and collectivistic cultural backgrounds: A comparative study, Journal of Adolescence, 1999, 22, 853-865.**
4. **A detailed review of the theories and research on female identity, Pakistan Journal of Psychological Research, Summer, 1999, Vol.14, Nos.1-2, 41-57.**
5. **Empowerment of Women and the Importance of Self Concept, Proceedings of the conference on *Women's Issues in Pakistan* published by the British Council, Peshawar, 1999.**
6. **Conflict management styles of adolescents, Pakistan Journal of Psychological Research, Vol.15, Summer, 2001, 55-67.**