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In this Issue

Pre-Conference Workshops at NIP	1
Seminar on the Rights and Welfare of Transgender Persons	3
Workshop at Federal Urdu University, Islamabad	4
Seminar at Govt. College Women University, Sialkot	4
International Conference on Public Health in Bangkok, Thailand	4
Workshop on Mental Health at Riphah International University, Rawalpindi	5
Training Workshop at the Army Special Education Academy, Rawalpindi	5
A Trip to Swat Valley	5
Featured Alumni: Prof. Dr. Talat Sohail	7
Upcoming Event: 7th International Conference at NIP	8

PRE-CONFERENCE WORKSHOPS AT NIP



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Continuing with NIP's tradition, a series of pre-conference workshops has been organized in connection with its upcoming 7th International Conference scheduled to be held on November 29-30, 2018. Five such pre-conference workshops were held between July and September, 2018. Each workshop was conducted by an expert in their respective field and was attended by a significant number of participants. Brief summary of each of these pre-conference workshops is given below.

1. Understanding Autism and its Management: An ABA Approach by Mansur Choudry

Mansur Choudry, a Board Certified Behavior Analyst, Director Autism Clinic Jeffrey and Theresa McDougall Special Care Oklahoma City, USA and Associate Professor at the University of Central Oklahoma USA conducted this eagerly awaited workshop on 6th August, 2018. The main objective of the workshop was to promote awareness among psychology students, professionals and parents about working with children suffering from the Autism Spectrum Disorder. The resource person aptly led an interactive session to help the participants understand autism and the practical strategic tools to use when dealing with children on the spectrum.

Continued on Page 2



He walked the participants through the stages of grief that parents experience while seeking intervention and remediation for their child and emphasized on the need to learn how to help parents make the right choices and decisions for their autistic child's needs and disseminated the knowledge on Applied Behavior Analysis based intervention to deal with autism.

2. Building Resilience in Mental Health Professionals by Dr. Ambrin F. Masood

The workshop was conducted by Dr. Ambrin F. Masood, a school psychologist and assistant professor at the College of Allied Health Professions Montana State University Billings, USA on 8th August, 2018. This workshop aimed to equip mental health students and professionals with the skills and knowledge of resilience, character strengths and a thriving life – the elements of which are summarized as PERMA (positive emotions, engagement, relationships, meaning & achievement) as per Seligman (2011). The resource person started the workshop by introducing the concept of resilience and went on to highlight its basic philosophy, the mental factors that contribute to it. Later, she talked about the role of cognitive restructuring and enhanced performance skills in promoting a sense of control and self-confidence, and managing change effectively and responsibly to ensure that change is seen as an opportunity rather than a roadblock. Hands-on group and individual exercises throughout the workshop kept the audience interested and engaged in the daylong session.



3. Implementation of Prolonged Exposure Therapy for PTSD by Dr. Maleeha Abbas

On 16th August 2018, Dr. Maleeha Abbas from the VA Puget Sound Healthcare System Seattle, WA, USA conducted a beginner level training in the use of Prolonged Exposure Therapy for survivors of trauma. The resource person, because of her extensive clinical experiences in diverse community mental health settings in the US, effectively covered the basics of all components of PE and discussed in detail the empirically-supported, psychotherapeutic treatments for chronic PTSD and the comparative efficacy of these treatment approaches. She gave



ideas about implementing treatment components including psycho-education, breathing retraining, in-vivo exposure and imaginal exposure and also on how to modify PE procedures in order to tailor the treatment to the client's response to exposure. Interactive lecture, discussion, case examples and videos were used to accomplish the goals of the workshop.

4. Spring-clean Your Life through Stress Management: Coping Strategies for Stress in Life and at Work by Yasir Masood Afaq

The workshop was conducted on 11th September, 2018 by Yasir Masood Afaq, an acclaimed life coach, trainer and founding director of House of Wellness (HOW), a residential mental health facility in Islamabad. The day-long capacity building workshop was powered by advanced interventional strategies stemming from positive psychology, and personal wellbeing for ensuring personal and professional wellbeing and resilience for day-to-day life or traumatic situations. Interactive lecturing and multiple hands-on activities/exercises were used by the resource person to educate participants about the fundamental constructs of personal wellness and ability to attain it and to enable them with an ability to cope with an ability to cope with their routine and extraordinary stressful scenarios.



5. Interpretative Phenomenological Analysis: Introduction and Advanced Data Analysis by Dr. Fahad Riaz Choudhry

Dr. Fahad Riaz Choudhry, a clinical psychologist who has recently finished his PhD from Monash University conducted this day-long workshop on Tuesday, 25th September, 2018.

The workshop focused on understanding the use of IPA and its philosophical underpinnings and hands on training session on in-depth data analysis in IPA. The main objectives of the workshop were to provide an opportunity to the participants to understand the



theory of IPA and to learn advanced qualitative data analysis using IPA. Lecturing, practice sessions and group activities were used by the resource person to meet the workshop objectives. The content covered by the resource person during the workshop included introduction to different methods of qualitative research, hermeneutics, phenomenology/lived experiences, a case study by Jonathan Smith, sampling in IPA studies, mixed method and/or IPA?, data collection in IPA, 3 levels of in-depth data analysis in IPA, and distinctive analysis feature of IPA than thematic analysis and other approaches.

Reported by Ms. Riffat Zahir

SEMINAR ON THE RIGHTS AND WELFARE OF TRANSGENDER PERSONS

Being a subject matter expert in the field of psychology of gender and transgender, Dr. Humaira Jami from the NIP faculty, was invited as a panelist in a seminar held in connection with the rights and welfare of transgender persons on 9th August, 2018 at the Supreme Court of Pakistan, Islamabad. The event had been arranged by the Punjab Social Protection Authority on Supreme Court's recommendation and many stakeholders assembled to discuss the issues that transgender persons are facing and reforms to support development of transgender policy. The seminar was chaired by Justice (R) Khilji Arif Hussain while Chief Justice Saqib Nisar chaired the concluding ceremony. The seminar was well attended by the leading government and nongovernmental officials and prominent transgender persons currently fighting for their rights were also in attendance. Recommendations from the experts were sought to be shared with Law and Justice Commission of Pakistan Supreme Court.

Speaking on this occasion, Dr. Humaira Jami shared her views regarding barriers transgender persons are facing in registering for their desired gender and she furnished related recommendations to handle the issues. She also highlighted the concerns on the Act for Transgender Rights recently passed by the

Senate (May, 2018) in psychosocial and religious context. She also highlighted that currently we are merely focusing on the rights of male-to-female transgenders, while concerns of female-to-male transgender persons are yet to be addressed. She requested the Honorable Justice to make, researchers working in academic/university settings on the issues of transgender persons, an active part of such seminars, workshops, and policy making to make more informed decisions based on evidence-based research. The seminar was concluded with the undertaking that series of such seminars would be held to keep addressing the rights and protection of transgender persons.

Reported by Dr. Humaira Jami



WORKSHOP AT FEDERAL URDU UNIVERSITY, ISLAMABAD

On 18th September, 2018, Dr. Sobia Masood from the NIP faculty participated as a resource person in a workshop titled 'Peace Building Through Dukhtaran-e-Pakistan' jointly organised by the Federal Urdu University Islamabad, International Islamic University Islamabad and Pakistan Initiative for Mothers & Newborns Alumni Trust.

Speaking on this occasion, Dr. Masood discussed psychological reasons behind growing extremism and intolerance in the society. The attending participants, who ranged from religious scholars, social workers, women rights activists, political leaders and the businesswomen, unanimously agreed on the need for women to be more actively engaged



in peace-building efforts in the country.

Reported by Dr. Sobia Masood

SEMINAR AT GOVT. COLLEGE WOMEN UNIVERSITY, SIALKOT

On 2nd July, 2018, NIP faculty Dr. Sobia Masood participated as a resource person in a two-day seminar titled 'Women for Peace' organized by the Govt. College Women University, Sialkot in collaboration with Paigham-e-Pakistan Project of the federal government and International Muslim Women Union (IMWU) in order to promote harmony and integration in the society. In her talk, Dr. Masood discussed about violent extremism and the role of women in eradicating the issue and promoting peace and harmony in society. It was unanimously agreed that any national effort to promote peace and tolerance could not be complete without the representation of women who play a fundamental role in the reformation of society in both private and



public spheres.

Reported by Dr. Sobia Masood

INTERNATIONAL CONFERENCE ON PUBLIC HEALTH IN BANGKOK, THAILAND

In the third week of July, the International Institute of Knowledge Management (TIKM) organized an International Conference on Public Health in Bangkok, Thailand. The conference provided researchers from 31 different countries to present empirical work. A major focus of the conference was on developing an understanding of mental health issue. Ms. Saira Khan from the National Institute of Psychology presented a paper titled "Role of Internalizing and Externalizing Behavioral Problems among Patients with Borderline Personality Disorder: Mediating Role of Adaptive Family Functioning".

Reported by Ms. Saira Khan



WORKSHOP ON MENTAL HEALTH AT RIPHAH INTERNATIONAL UNIVERSITY, RAWALPINDI

In the first week of September, Ms. Raiha Aftab from the NIP faculty served as a resource person for a workshop on mental health awareness. The workshop was delivered at the Riphah International University, Rawalpindi and had been organized by a budding NGO, Al-Omin. It included an activity based orientation to why mental health is important, mental health across the ages, benefits of good mental health, and who can provide best help in dealing with mental health related issues. The sessions consisted of various soft psychological skills like managing stress and monitoring day-to-day well-being. The workshop was attended by students of psychology and behavioral sciences and social workers from the twin cities of Islamabad and Rawalpindi. The focus of the workshop was on highlighting protective



factors, early diagnosis and intervention, role of educators, and linking families and communities with schools.

Reported by: Ms. Raiha Aftab

TRAINING WORKSHOP AT THE ARMY SPECIAL EDUCATION ACADEMY, RAWALPINDI

From 10th to 14th Sept. 2018, Ms. Raiha Aftab from NIP faculty attended a 40-hour training workshop on essentials of a registered behavioral training by Ms. Jawahar Alvi. The workshop was conducted under the banner of Behavioral Institute of Special Education Services, USA and Army Special Educational Academy, Rawalpindi. The five day workshop focused on training related to principles of learning and schooled participants in developing an orientation and aptitude for using applied behavior analysis in managing behaviors of children and individuals with special needs.

Reported by Ms. Raiha Aftab



A TRIP TO SWAT VALLEY (26th-29th September, 2018)

Following the convention of an annual stay trip in the summer, NIP's outing for the year 2018 was planned for the Swat Valley. Keeping alive the memories of last year's majestic tour to Gilgit-Baltistan, NIP students had been eyeing on this year's tour for quite some time; something that resulted in quick registration for a trip seat.

It was the morning of Wednesday 26th September, 2018 when the travel group of NIP students, and faculty departed for Swat from Islamabad. The first stay was planned at the PTDC Motel, Saidu Sharif where trippers had their lunch, prayers, and a bit of time to relax. Next the group moved to a picnic spot on the bank of River Swat named Fizzagat. Around



Annual Trip

evening, the group started the journey towards the PTDC Motel, Miandam where the group experienced chilling weather during the tour for the very first time. After dinner, different groups engaged in different kinds of activities like walking, enjoying coffee, having gossip, playing ludo, singing and listening to music. The next morning provided the trippers a privilege to witness lush green mountains all around PTDC Motel, Miandam making up an extremely beautiful view. After having breakfast, the activity of the day started with a short walking tour to a nearby trout farm where faculty and students got opportunity to see trout fish (a specialty of the region) by throwing fish food in the water. After enjoying at the trout farm, the expedition started for Kalam which was the real treat.

On their way to Kalam, the trippers crossed Madyan and stayed at Behrain for a few hours and enjoyed a



lot alongside the roaring water. The trippers were then taken to a riverside spot where they enjoyed fries, tea, and the riverside view. From there the aimed destination was the PTDC Motel, Kalam. Travelling through a rough road track, the destination was reached at night. The sheer chilly weather amused the vacationists. After having dinner, the trippers went to Kalam Bazar and bought traditional jewelry, dry fruits, and souvenir for loved ones. Some of our groups had late night sittings in different coffee shops and others enjoyed themselves while exploring the premises of PTDC Motel, Kalam.

Again the real beauty of place was unveiled the next morning after sunrise. The view had all the desirable elements of a beautiful scene: lush green mountains, rocky cliffs, snow-capped peaks, and Ushu River. It was a cheerful morning and everybody looked forward to the day ahead since the day was reserved to move farther from Kalam. After breakfast jeeps were ready to fetch the trippers to get them to the day's extravagance. Leaving from PTDC Motel, Kalam the first stay was at the Kalam Forest. Everybody had a refreshing experience during the stay in thick forest. Then moving further, there were two short stays alongside Ushu River. Moving forward on the bumpy and jumpy track, the group



spent time on a high cliff waterfall where some of the trippers preferred to trek up however others chose to enjoy the scenery all around. After a very brief stay at 'Chashma Shifa', the group reached Mohdand Lake. The strong icy-cold wind did not allow the group to roam around the place and we felt relieved when asked by the organizers to spend some time in the nearby camps. The group had an entertaining time within these camps where they were also served tea and lunch. When the wind slowed down, the group moved around the place and enjoyed the landscape. From here a brief visit was made to Lake Saifullah where again a majestic landscape was at hand. The group had a pleasing experience there. From this location, the expedition started its backward journey to the PTDC Motel at Kalam. After dinner, a bonfire was ready to entertain the trippers. On this occasion, the trip organizers provided with an add-on stuff as they had invited Mr. Mir Afzal, a famous folk musician of the region, who enjoys an international fame for his skill. Mr. Afzal played different folk tunes on 'Sitaar' at the bonfire. After this performance, students and faculty also enjoyed music along with the rising moon.



Next morning, the journey back home commenced after breakfast. A brief stay was made at Madyan. The trippers took a lunch break at a roadside hotel in Chakdra. From there, we departed around evening and reached Islamabad at night with light-hearted memories of the trip to the Switzerland of Pakistan.

Reported by Ms. Sara Imtiaz

Featured Alumni *Prof. Dr. Talat Sohail*



Prof. Dr. Talat Sohail, an alumna from the National Institute of Psychology, Islamabad hails from an educated family. She is the daughter of Prof. Dr. Agha Sohail an internationally famous novelist, short-story writer and

an educationist who through his vision and writings promoted a concept about a society where social justice prevails and where women are treated equal to men in their abilities and potentials. Her siblings are highly educated and serving as doctors, engineers and teachers in executive positions in top rated government institutions of the country and abroad.

Dr. Sohail is the chairperson of the Department of Applied Psychology Lahore College for Women University, Lahore since 2012. Under her competent leadership, the department has been expanded and is successfully running state of the art BS, MS and PhD programs in Applied Psychology. The Department of Applied Psychology has had the honor of organizing its First International Conference on Health and Wellbeing, 2017 and First Mental Health Week, 2018 under her able supervision.

Dr. Sohail completed her high school from Cathedral School Lahore and then went to Lahore College for Women for graduation. She did her M.Sc. in Applied Psychology from Punjab University, Lahore, M.Phil from National Institute of Psychology, Islamabad and PhD from Lahore College for Women University, Lahore. The best parents, teachers and mentors in the country have groomed her; something that is reflected through her manners and dealings.

Besides teaching at the Department of Applied Psychology Lahore College for Women University, Lahore, Dr. Talat Sohail has also been teaching courses in several programs in other departments of the university. Examples of such programs and departments include MS Computer Science and MS Management Sciences where she has taught a course on Research Methods. She has also taught a course on Character Writing at

the Department of Film Production. Dr. Sohail also has had the unique opportunity of teaching at the Virtual University, Pakistan and two of her recorded courses namely Psychopathology and Personality Theories have been quite popular with her students.

Dr. Sohail was appointed as the resource person for PHEC faculty development of newly appointed lecturers of LCWU and all Punjab government colleges lecturers from 2007 to 2009. She is also presently a member of the PHEC Accreditation Committee.

Dr. Sohail is a teacher, counselor, researcher and administrator actively engaged in multiple responsibilities at LCWU. She provides professional consultancy to public and private sector universities as a member of numerous Boards of Studies, Boards of Faculty and Selection Boards. She has been working with the highest forums of the country including Federal Public Service Commission, Punjab Public Service Commission and Baluchistan Public Service Commission in areas of personnel selection, interviews, and paper setting and as an examiner.

Dr. Sohail has chaired several scientific sessions of national and international conferences held by Punjab University, University of Management and Technology, Government College University, National Institute of Psychology, Islamabad and Lahore College for Women University. Her research contribution includes some forty MS research projects completed and showcased. She has authored some twenty research articles which have been published in national and international HEC recognized journals such as Pakistan Journal of Psychological Research (NIP), Pakistan Vision (PU), Journal of Research (Humanities-BZU), Journal of Arts and Social Sciences (LCWU), Journal of Psychology, (GCU), Pakistan Journal of Psychology, Institute of Psychology University of Karachi, International Journal of Research Studies in Psychology (KU), Psyche (India). She is an associate editor and reviewer of several well reputed research journals of the country. Dr. Sohail is also an executive member of Pakistan Psychological Association (PPA), Muslim Society for Advancement of Psychology (MSAP) and the Rising Sun Society working for the mentally challenged children of Lahore.

Compiled by: Prof. Dr. Talat Sohail



International
Conference 2018

Conference 2018

Positive Psychology: Developing a Flourishing Community

November 29-30, 2018



Dr. Christopher Alan Lewis
University of Warwick,
Warwick, UK



Dr. Sofia Jawed Wessel
University of Nebraska at Omaha,
Nebraska, USA



Dr. Darshan Perera
Institute of Research and
Psychology,
Colombo, Sri Lanka



Dr. Seema Pervez
Professor (Retired),
Chemin des Lombardes,
Versoix, Switzerland



Dr. Donna Baird
University of Maryland
University College,
Maryland, USA



Dr. Najma Najam
University of Central Punjab,
Lahore, Pakistan



Dr. Lawrence H. Gerstein
Ball State University,
Indiana, USA



Dr. Ruhi Khalid
Beaconhouse National
University,
Lahore, Pakistan

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Dr. Christopher Alan Lewis

Psychological Insights for Planning, Training and Developing Protocols for Effective communication in Emergencies and Crisis

Dr. Darshan Perera

Identifying Beliefs Central to Personality and Wellbeing

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