

# Kiran Naz Malik

(Lecturer Psychology / Clinical Psychologist)

Islamabad, Pakistan

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## ***Professional Summary***

***Clinical Psychologist:*** Expert in Clinical Psychology with relevant experience. Dedicated to serving patients in a meaningful way, listening to their concerns, and helping them learn how to approach their mental, emotional, and behavioral problems. Excel at providing individuals, children and adolescents with individual psychotherapy to help them facilitate social, vocational, and personal adjustment to allow them to lead more meaningful and fulfilling lives.

***Lecturer Psychology:*** A credible and respectable Psychology Lecturer with proven expertise in conveying knowledge to learning individuals, responsible for delivering an accurate and updated lecture materials and programs on specific subject matters, responsible for maintaining high morale of students and motivations at all times, excellent interpersonal skills.

## ***Education:***

1. **MS Clinical Psychology**, Foundation University, Rawalpindi, 2015-2017  
**Research/Thesis:** Impact of Stress on Family Relations with Moderating Role of Structured Variables for Working and Non-Working Mothers.
2. **M.Sc. Applied Psychology**, University of Punjab, Lahore, 2006-2008(**Roll of Honour**).
3. **MA. English**, University of Baluchistan, Quetta, 2008-2010.
4. **B.Sc.** University of Punjab, Lahore, 2004-2006(**Gold Medallist**).

## ***Diplomas/Certificates (Professional Qualification)***

1. Faculty development program Level-I, NUML.
2. **EMDR** Training workshop, **EMDR** addiction protocol, **EMDR** management of Psychological Trauma, Problematic Behaviours.
3. **Certified Trainer** Social Emotional Health Counsellor, Army Public Schools and Colleges System Secretariat.
4. Completed IELTS **Train the Trainer program** (5 Sep-5 Oct 22) at NICON Group of Colleges.
5. **EMDR** Refresher Training Oct 24.

## **Publications**

1. Mian Ayaz Ul Haq, Mudassir Ali Abro, **Kiran Naz Malik**, Nusrum Iqbal, Muhammad Zia Iqbal, Aqsa, Sunila Shahzadi, Tahmeedah Safiullah, Mian Mukhtar Ul Haq. (2024). *Exploring the Mediating Effect of Perceived Social Support on Psychological Capital and Mental Health in Higher Education Students*. **Indus Journal of Bioscience Research**, Vol. 2, No. 2. <https://induspublishers.com/IJBR/article/view/261>
2. Kiran Naz Malik. (2024). *Impact of Stress on Family Relations: Role of Structured Variables*. LAMBERT Academic Publishing. ISBN 978-620-2-07449-0. <https://my.lap-publishing.com/catalog/details/store/gb/book/978-620-2-07449-0/impact-of-stress-on-family-relations:-role-of-structured-variables>

## **Experiences**

1. **Lecturer of Psychology**, National University of Modern Languages (NUML), Islamabad. Feb 23 to date.
2. **Lecturer of Psychology (Visiting)**, Institute of Space Technology (IST), Islamabad. Feb 23 to Jun 23.
3. **Clinical Psychologist**, Qamar Jahan Diagnostic Centre, Blue area Islamabad. 1 Jul 22 to date.
4. **External Resource Person /Lecturer (Psychology)**, Allama Iqbal Open University (AIU), Gender and Women's Studies. Mar 2021 to Date.
5. **Clinical Psychologist/ Social Emotional Health Counsellor**, Garrison Academy Gujranwala Cantonment. Oct 2020 to Jun 2022.
6. **Lecturer of Psychology**, Superior College Gujranwala. May 2021 to Jul 2022.
7. **Clinical Psychologist**, Psychiatry Department, Capital Development Authority Hospital Islamabad. Nov 2019 – August 2020.
8. **Clinical Psychologist**, NESCOM Hospital Islamabad, Psychiatry Department. Jan 2018 – Mar 2018.
9. **Clinical Psychologist**, Kohsar Homeopathic Medical College and Clinic, Rawalpindi Pakistan. Jun 2010 – Jun 2015.
10. **Lecturer**, Garrison Academy, Quetta Cantonment, Pakistan. 24 Jun 2009 – 23 Apr 2010
11. **Lecturer of Psychology**, Kohsar Homeopathic Medical College and Clinic, Rawalpindi Pakistan. Jul 2006 – Aug 2008. (Psychology, Physics, Chemistry and Biology)

## **Responsibilities/Duties performed as Clinical Psychologist**

- Taking clinical histories to diagnose psychological disorder and emotional, social and adaptive behavior.
- Prepare and implement therapeutic plans and intervention programs for individuals or in group settings.

- Help clients/students develop coping and problem solving strategies.
- Provide counseling services to manage interpersonal issues and difficulties.
- Conduct workshop and deliver presentations.
- Plan intervention programs and conduct program evaluation.
- Provide group / individual therapy.

### **Responsibilities/Duties performed as Lecturer Psychology**

- Instruct students and prepare lesson plans.
- Lecture about the mental characteristics of a person or group.
- Discuss diseases and disorders of the mind and mental state.
- To support students in the acquisition and development of learning dispositions and positive character traits
- To plan, resource and deliver imaginative, interactive and inspiring schemes of learning and lessons that ensure that all students make excellent progress and attain at high levels
- To teach engaging and effective lessons that motivate, inspire and involve students and ensure outstanding student attainment
- To maintain regular and productive communication with parents, to report on progress, sanctions and achievements
- Prepare and deliver lectures to undergraduate or graduate students on topics such as abnormal psychology, cognitive processes, and work motivation.

### ***Skills/Expertise***

Cognitive behaviour, Rational Emotive Therapy, Behavioural Techniques, Psychotherapy, Career Counselling, Systematic Desensitization Relaxation Training, Counselling, History Taking /Interviewing, Psychological Testing, Family Therapy, Stress Management, Psychological Assessment, Therapeutic intervention

### ***Memberships/ Registration***

1. Member of Pakistan Psychological Association (**PPA**)
2. Pakistan Association of Clinical Psychologist (**PACP**)

## ***References***

**Dr. Maryam Amjad**

**Lecturer (Psychology)**

Department of humanities

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**Dr. Qurrat Ul Ain Malik**

**Professor**

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