

Shahyan Qamar
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Personal Profile

An Enthusiastic and energetic, educated to degree level (Psychology and Mass Communication). Seeking a challenging and varied position that will enable me to capitalize on my professional experience, with opportunities for personal and professional growth.

Education

2023-Cont	PhD Psychology (Clinical) Riphah International University, Lahore
2019-21	M.S Clinical Psychology (Gold Medalist) The University of Lahore
2019-20	B.Ed. Allama Iqbal Open University, Lahore
2014-18	B.S (Hons) Psychology Forman Christian College (A Chartered University), Lahore
2014-18	B.A (Hons) Mass Communication Forman Christian College (A Chartered University), Lahore
2011-13	F.Sc (Pre-Eng) Govt. College of Science.
2009-11	Matriculation L.D.A Model Boys School, Lahore

Professional Experience

Sep 2023- Cont.	Lecturer Psychology National University of Modern Languages Job Description: <ul style="list-style-type: none">• Managing Sessions on Psychological Issues• PREE Team Member• Organizing Events• Member Admission Committee
Mar 2021- Sep 2023	Lecturer Psychology, Placement Coordinator Psychology Department, The University of Lahore. Job Description: <ul style="list-style-type: none">• Coordinate with Institute for Adult and Child Placement• In-charge Psychology Lab• Placement Supervisor

- Thesis/Research Supervisor

Jan-Mar 2020	Data Enumerator Research Project, HIVE Pakistan
Jun 2017-Dec 2018	Backend Support Executive Abacus consulting, Shaheen Complex, Lahore.
Sep- Dec 2018	Research Associate Services Hospital Lahore/SIMS,

Experience

Feb- May 2020	Trainee Clinical Psychologist, Pakistan Air Force Special School.
Dec 2019- Jan 2020	Trainee Clinical Psychologist, PIMH, Lahore.
Nov-Dec 2019	Trainee Clinical Psychologist, University of Lahore teaching Hospital
Oct-Nov 2019	Trainee Clinical Psychologist Lahore Psychiatry Hospital, Lahore.
Jul- Aug 2018	Trainee Clinical Psychologist Fountain House, Lahore.
Sep 15- May 16	Teaching (WSP) Light of Hope School Forman Christian College, Lahore.
Aug 16- May 17	President of Society (WSP) CLP Society, Forman Christian College, Lahore.
Jun-July 2016	Data Entry Digital Archive Department, Dunya News Channel, Lahore.
Jun-July 2015	Program Organizer, Express Channel, Lahore

Professional Certification

- Family Counseling, Marriage and Couple therapy (Alison, CPD certified)
- Registered Behavior Technician (Autism Partnership Foundation)
- Hand Writing Analysis
- APA Membership

Key Skills

- Counselling and other therapeutic techniques
- CBT, REBT, Family, Couple Counselling.

- Hypnosis
- Case Management
- Written article and Thesis
- Have done several cases particularly well in clinical work

Co-Curricular Activities

- Acting
- Sketching
- Basketball

Publications

- Masood, K., & Qamar, S. (2024). Young Women's Changing Attitudes towards Privacy in Blogging with Age and Experience in Pakistan. *Journal of Development and Social Sciences*, 5(2), 347-353.
 - Kayani, B. A., Cheema, I. U., Qamar, S., & Ali, M. N. (2024). Post-Traumatic Symptoms and Job Satisfaction among Health Care Workers after COVID-19: A Mediating Role of Emotional Intelligence. *Pakistan Journal of Social Sciences*, 44(2), 369-375.
 - Fatima, S., Iqbal, M. N., Qamar, S., & Javed, F. (2023). Body image, sexual relationship satisfaction and depression among married women after mastectomy. *Rawal Medical Journal*, 48(4), 961-961.
 - Ali, M. N., Najeeb, M., Qamar, S., & Kayani, B. A. (2023). Social Media Addiction, Emotional Intelligence and Social Anxiety among University Students. *INTERNATIONAL JOURNAL OF HUMAN AND SOCIETY*, 3(4), 163-168.
 - Qamar, S., Iqbal, M. N., Rafiq, M., Cheema, I. U., & Masood, K. (2022). Development and validation of 'Cognitive Assessment Scale for Stroke Survivors'. *Anaesthesia, Pain & Intensive Care*, 26(5), 663-668.
 - Maqbool, R., Iqbal, M. N., Rafiq, M., Anjum, A., Qamar, S., & Ahmed, M. M. (2022). Alexithymia, Posttraumatic Growth, and Life Contentment among Cardiac Sufferers. *Pakistan Journal of Medical Research*, 61(3), 134-138.
 - Dar, Z. M., Nasar Iqbal, M., Rafiq, M., Qamar, S., & Javed, F. (2021). Self-Concept, Self-Affirmation and Psychological Distress in Women with Polycystic Ovarian Syndrome (PCOS). *Pakistan Journal of Neurological Sciences (PJNS)*, 16(3), 17-22.
 - Javed, F., Iqbal, M. N., & Qamar, S. (2021). Openness to Experience, Neuroticism and Mental Toughness in Trainee Clinical Psychologists: Mediating Role of Perceived Social Support. *Jahan-e-Tahqeeq*, 4(3), 813-822.
 - Gillani, A., Iqbal, M. N., Javed, F., & Qamar, S. Self-efficacy, Life Satisfaction and Quality of Life in Local Tourists of Pakistan.
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Skills & Interests

- Computers: Word, Excel, PowerPoint, SPSS, AMOS, Video Editing, AI (ChatGPT, Notebook, Sicspace)
- Languages: English, Urdu, Punjabi