

**Address and Personal Information**

**Mailing Address 1:** Faculty Room, Department of Applied Psychology, Ibn e Khaldun Block, National University of Modern Languages, Islamabad, Pakistan. 44000.

**Mailing Address 2:** Village & P/O: Pirsaddo, Tehsil: Takht-Bhai, District: Mardan, Khyber Pakhtunkhwa, Pakistan.

**Email:** [saadat.phd18@nip.edu.pk](mailto:saadat.phd18@nip.edu.pk)

**Phone:** +92-333-9842075

**Education**

2018-                **PhD** (in progress) in Psychology from Quaid i Azam University, Islamabad

2013-2016        **MPhil** in Clinical Psychology from Department of Psychology, IIUI, Islamabad

2009-2013        **BS** (Hons) in Psychology from Department of Psychology, University of Peshawar

**Interest & Objective**

As a researcher and professional I am looking for a responsible and challenging position where my professional experience, education, research, advocacy, and analytical abilities will have valuable application and where I can further maximize my analytical, problem solving, research, report writing, public dealing and development skills.

**Professional Course**

- 3 Months Short Course: Continuous Professional Development
- Field: Psychological Assessment skills, Counseling and Psychotherapy
- Academic Planning, Academic Execution, Academic Management, Research & Projects, University Ethics & Politics

**Skills****Research & Practice in Trauma, Education and Social Psychology**

- Having five years of experience in teaching, trainings, and facilitation with special focus on Psychological Interventions and Psychology majors.
- Good analytical and presentation skills with Strong report writing skills
- A quick learner, affective team player and cooperative behavior
- Flexibility and adoptability to changing environment
- Initiative taker and time management skills
- Self-motivated, ability to cope pressure and affective planer

**Organizational Experience**

**2023-** onward Lecturer at **National University of Modern Languages Islamabad (NUML)** from feb 2023- till date.

**Duties & Responsibilities:**

- Coordination
- I taught Psychology major subjects to the BS and Master students
- exam scheduling and extra curricular activities
- admission process
- supervised them in their field work projects and research thesis.
- activities with students representing department
- policy discussion

**2022-2023** Visiting Lecturer at **Department of Statistics, Quaid i Azam University, Islamabad** from Sep 2022- feb, 2023.

**Duties & Responsibilities:**

- I taught introduction to Psychology to BS Statistcs
- exam scheduling and extra curricular activities
- supervised them in their assignments and field work
- activities with students representing department

**2021-2023** Visiting Lecturer at **National Institute of Psychology, Quaid i Azam University, Islamabad** from Sep 2021- till date.

**Duties & Responsibilities:**

- I taught Psychology major subjects to the BS and Master students
- exam scheduling and extra curricular activities
- supervised them in their field work and research work
- activities with students representing department

**2018-2019**      **Master Trainer and Resource Person** with **Institute of Rural Management** in **UNICEF** funded **Polio Vaccination and Routine Immunization Program** from September 2018 to July 2019.

**Duties & Responsibilities:**

- Pre-Training Arrangement
- Mapping of Training Activities
- Writing Report on Training
- Coordination with Stack Holders
- Developing Training Contents / Material
- Facilitating & Delivering Training Sessions to AIC's
- Manage the Final Record
- Any other Task Assigned by Manager

**2017-2018**      **Lecturer at Abdul Wali Khan University Mardan** from Sep 2017 to June 2018.

**Duties & Responsibilities:**

- I taught Psychology major subjects to the BS and Master students
- developed the course curriculum for BS and Master degree
- defended and presentation of the course curriculum in Board of Studies
- supervised them in their field work and research work
- activities with students representing department
- exam scheduling and extra curricular activities

**2014-2016**      **Lecturer at Hafeez Institute of Medical Sciences** Peshawar, from May 2014 to June 2016.

**Duties & Responsibilities:**

- I taught Psychology major subjects to the BS and Master students
- supervised them in their field work and research work
- exam scheduling and extra curricular activities

**Publication**

- **The Association of Dissociative Symptoms with exposure to Trauma**
- (Irish Journal of Psychological Medicine) Published in 2018.
- <https://www.cambridge.org/core/journals/irish-journal-of-psychological-medicine/article/abs/a-association-of-dissociative-symptoms-with-exposure-to-trauma/C58FC6217EE090CCC9809172033A36D9>
- **Perceived Ethnic Discrimination: Impact on Role Performance of employees in Pakistan**

**Conference publication**

- **Ethnic discrimination among employees in Pakistan**  
Conference: Gender, Work and Society  
Future of Equalities, Diversity, and Inclusion in South Asia and Beyond  
Presented at LUMS, May 2022.

**Conferences**

- **Attended**  
**7th International Conference on**  
Positive Psychology: Developing and Flourishing Community  
**Organized by**  
National Institute of Psychology,  
Quaid-i-Azam University Islamabad
- **Attended**  
**International Conference on**  
Regional Connectivity Economic Prosperity and Stability "The Dynamics of Change in the  
Pakistan - Afghanistan Region: Politics, (Dis) integration and Reformation in Borderland"  
**Organized by**  
HSF & Department of Political Science, University of Peshawar

**Poster Presentation**

- **Ethnic discrimination among employees**
- (International Conference: Asian Council of Emerging Scientists)

**Computer Skills**

- SPSS
- Microsoft Word & Powerpoint
- Expertise on Academic and Report writing
- Expertise in Various Internet Programs

**Languages**

- Pashto (Speak, Read, Write)
- Urdu (Speak, Read, Write)
- English (Speak, Read, Write)

**Hobbies**

- Conducting Research & Reading Books
- Sharing and Practicing Knowledge, Observing People & Indigenous Psychology

**Certifications**

- Psychological First Aid and Narrative Exposure Therapy
- Psychological Trauma and Play Therapy
- Brief Intervention for Psychological Trauma
- Psychological First Aid
- Teacher as Psychological Therapist and Trauma Screening
- Publishing in Journals: A Practical workshop
- Writing Journal Articles and Dissertation: APA Report writing Style
- The PhD process and more: Reflection of an External Examiner
- Phenomenological Analysis: Advanced Data Analysis
- Mental Health Mind Technologies

**References**

- Dr. Rubina Hanif. Director, National Institute of Psychology, QAU, Islamabad  
Email; [drrubinahanif@nip.edu.pk](mailto:drrubinahanif@nip.edu.pk)
- Professor, Muhammad Tahir Khalily, Tameer i Millat University, Islamabad.  
Email; [khalily64@gmail.com](mailto:khalily64@gmail.com)