

Department of Applied Psychology

Faculty CV

Name	Nyla Kausar
Designation	Lecturer
Education	<ul style="list-style-type: none">● MS Psychology (Clinical), International Islamic University, Islamabad. (2022), 3.91/4.00● M.Sc. (Psychology), Foundation University, Islamabad (2016)-3.99/4.00
Professional Experience	<ul style="list-style-type: none">● Lecturer, Department of Applied Psychology, NUML, Islamabad (February, 2026-Present)● Educator, Punjab Special Education Department, Lahore (2021-January, 2026)● Lecturer, Roots Girls College, Harley Street, Rawalpindi. (2017-2021)● Subject Specialist (Psychology) for CSS, Islamabad. (2016-2023)
Research Interests	<ul style="list-style-type: none">● Clinical Psychology● Scale Development● Adolescent Psychotherapy● Marital/couple wellness
Publications/Conferences	<ul style="list-style-type: none">● Oral Paper presentation on “Development and Validation of General Wellness Assessment Scale” in 7th International Conference Positive Psychology: Developing a Flourishing Community 2018, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.
Honors/Grants	<ul style="list-style-type: none">● Gold Medalist (M.Sc. Applied Psychology)

Workshops/Trainings	<ul style="list-style-type: none"><li data-bbox="560 199 1396 304">● 9th SAARC International Psychiatric Conference (Islamabad): Psychiatry Sans Frontier: Workshop Titled: "Spirituality and Mental Health"