

# AQSA ABDULKHALIQ

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## Profession Summary

Dedicated University Lecturer with over eight years of experience in tertiary education, specializing in clinical and applied psychology. Currently pursuing a PhD in Clinical Psychology, I aim to continue fostering student development and academic excellence through innovative teaching methods and research contributions.

## Experience

### Permanent Lecturer, Department of Psychology ISP Multan (2019 - May 2024)

- Delivered lectures and tutorials for six subjects, ensuring comprehensive understanding and application.
- Utilized differentiated teaching methods, incorporating audio-visual aids to accommodate diverse learning styles.
- Developed and updated course materials, including syllabi and assignments, to maintain academic rigor.
- Actively participated in the Self-Assessment Report (SAR) Committee, contributing to institutional accreditation standards.
- Organized and executed academic workshops, promoting high participation among students and faculty.
- Supervised M.Phil and BS research students, providing guidance on research design, data collection, and analysis.
- Managed the Counseling Center, supervising staff and ensuring efficient operation.

### Lecturer, The City College of Science and Commerce (2017 - 2019)

- Instructed intermediate and undergraduate students, delivering comprehensive and engaging lectures.
- Stimulated and motivated students through detailed and interactive discussions.

- Utilized a variety of teaching methods, incorporating audio-visual aids to accommodate diverse learning styles.
- Provided tailored instruction to ensure all students achieved the expected competency levels.
- Regularly reviewed student progress, addressing behavioral and academic challenges to support mastery and development.

### Clinical Psychologist, The Physio-Multan

- Monitored and evaluated client behavior and treatment responses.
- Conducted therapeutic individual and family therapy sessions.
- Developed and implemented comprehensive treatment plans focused on accurate diagnoses and behavioral interventions.
- Maintained comprehensive patient records, including service plans, treatment reports, and progress notes.
- Educated clients on anger management, relaxation techniques, impulse control, social skills, emotional coping strategies, and functional living skills.

### Case Handler, Broadway Solicitors-Lahore

- Conducted daily assessments, screenings, and counseling sessions for clients.
- Administered tests and referred clients to appropriate community resources.
- Provided comprehensive education on treatment options and addressed client inquiries.

### Internee, Punjab Institute of Mental Health Lahore

- Provided expert consultation and training to highly skilled mental health and medical professionals.
- Specialized in substance abuse and co-occurring disorders, focusing on the impact of employment and housing issues on mental health.
- Conducted thorough observations and monitoring of client behavior and treatment responses.

## Internee, The Women University Multan

- Delivered both introductory and advanced courses with a strong focus on comprehensive understanding and application.
- Engaged and inspired students through detailed and thought-provoking lectures and discussions.
- Utilized a variety of teaching methods, including audio and visual aids, to cater to diverse learning styles and enhance educational experiences.
- Provided personalized instruction to ensure all students met the required skill levels.
- Monitored student progress closely, addressing behavioral and academic challenges to support mastery and growth.

## Skills

- Proficiency in MS Word and MS PowerPoint
- Effective communication and public speaking
- Advanced data analysis expertise with SPSS and Smart PLS4
- In-depth knowledge of teaching techniques and subject matter
- Strong interpersonal and explanation skills
- Adaptable teaching methods to suit student needs
- Active listening and research expertise
- Patience and endurance

## Education

- PhD Scholar, Clinical Psychology (Ongoing) Islamia University Bahawalpur
- MS in Clinical Psychology (2016) University of Management and Technology Lahore, CGPA: 3.67/4
- BS (Honors) in Applied Psychology (2014) Bahauddin Zakariya University Multan, CGPA: 3.84/4
- FSC (Pre-Medical) (2010) Superior College Multan, 850/1100
- Matric (Science) (2008) Nishat High School Multan, 682/850

## Languages

Fluent in English, Urdu, and Punjabi

## Research Publications

- Khaliq, A.A., Bashir, U., & Mahmood, Z. (2019). Machiavellian Personality Tendencies and Interpersonal Difficulties in University Students. *Clinical and Counselling Psychology Review*.
- Bashir, S., Khaliq, A. A., & Gull, K. (2023). Situational Anxiety and Work Performance among Nurses at Emergency Units in Multan: A Serial Mediation Model of Workplace Mindfulness and Coping. *Orient Research Journal of Social Sciences*, 8(2), 32–43.
- Saba, N., Khaliq, A. A., & Bashir, S. (2023). Impact of Work-family Conflict on Marital Satisfaction with Mediating Role of Conflict Resolution Strategies. *Human Nature Journal of Social Sciences*, 4(2), 635-645.
- Arshad, B., Khaliq, A. A., & Haroon, M. (2024). Impact of Parental Bonding on Body Dissatisfaction: The mediating Effect of Socio-cultural Attitude towards Appearance among University Students. *Annals of Human and Social Sciences*, 5(2), 236–244.
- Sharif, A., Khaliq, A. A., & Khizar, D. U. (2024). Impact of Perceived Child Rearing Practices on Intimate Relationships: A Mediated Moderation Model of Rejection Sensitivity and Attachments. *International Research Journal of Social Sciences and Humanities*, 3(1), 388–404.
- Baneen, U., Khaliq, A. A., & Qazi, N. O. (2024). Relationship Between Emotion Regulation and Cyber Victimization Among University Students: Role of Self-Disclosure. *International Research Journal of Social Sciences and Humanities*, 3(1), 282–296.
- Mumtaz, N., & Khaliq, A. A. (2024). Role of Emotional Intelligence in Relationship between Compassion Satisfaction, Compassion Fatigue, and Quality of Life Among Nurses Working in ICU. *Journal of Health and Rehabilitation Research*, 4(2), 244–249.
- Hayat, Z., Nadeem, M., & Khaliq, A. A. (2024). The Influence of Parenting Styles on Adolescent Stress Management: Exploring the Mediating Role of Sleep Quality and the Moderating Effect of Digital Media Use. *Journal of Development and Social Sciences*, 5(2), 567–576.
- Shahid, F., Khaliq, A. A., & Qazi, N. O. (2024). An Investigation of the Impact of Parental Media Mediation on Social Media Addiction and Perceived Child Rearing Practices among Adolescents. *Journal of Development and Social Sciences*, 5(2), 464–472.

## Presentations

Presented research paper at the 1st International Conference on Issues, Challenges, and Solutions.

## Extra-Curricular Activities

- Organized seminars in the Psychology Department at B.Z.U. Multan.
- Executive member of the Psycho Social Engineering Community at B.Z.U. Multan.

## Participations

- Volunteer recognition as Polio Ambassador during World Polio Day Conference.
- Participant in the International Conference on Inclusive Education.
- Participant in a workshop on teaching new skills to children.
- Attended workshop on REIKI Healing.
- Facilitator & participant in the first National Conference on Indigenizing Clinical Psychology (Lahore).

## References

### **Dr. Alishba Hania**

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### **Dr. Farzan Yahya**

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