Department of Applied Psychology

Faculty CV

Name	Ms. Nyla Kausar
Designation	Lecturer
Education	**PhD (Psychology)**, International Islamic University, Islamabad. (2026) - to date **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	***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	• *Clinical Psychology* • *Scale Development* • *Adolescent Psychotherapy* • *Marital/couple wellness*
Publications/Conferences	• Kausar, N. (2026). Acculturative stress, cognitive functioning and role of social support among overseas students. International Journal of Emerging Multidisciplinaries: Social Science, 5(3), 106–118. https://doi.org/10.54938/ijemdss.2026.05.3.730 • 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 (if any)	• Awarded Gold Medal in M.Sc (Applied Psychology, 2016)

Workshops/Trainings (if any)	9th SAARC International Psychiatric Conference (Islamabad): Psychiatry Sans Frontier: Workshop Titled: “Spirituality and Mental Health”