Dr Madiha Arshad

Assistant Professor and Clinical Psychologist

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WORK EXPERIENCE

- **Head of Psychology Department** — Mirpur Campus, AJK
  National University of Modern Languages — 3/2025-8/2026
  - Lead the Department of Psychology, overseeing academic and administrative operations.
  - Established the Psychological Wellness Center and laboratory facilities.
  - Organized Mental Health Week and coordinated seminars, workshops, lectures by guest speakers and educational visits to enhance student learning and well-being.
- **Assistant Professor** — Mirpur Campus, AJK
  National University of Modern Languages — 2/2026-8/2026
  - Teaching undergraduate courses, including Research Methods II and Theories in Psychology.
  - Supervised student researches, mentoring sessions, and contribution to curriculum development.
  - Engaged in research and academic collaborations.
- **Lecturer** — Mirpur Campus, AJK
  National University of Modern Language, Mirpur Campus — 9/2024-1/2026
  - Teaching courses including research psychology, gender issues in psychology, and positive psychology, while mentoring students and contributing to academic development.
- **Lecturer** — Jhelum, Pakistan
  Punjab College for Women, Jhelum — 3/2024-8/2024
  - Delivered lectures in research and clinical psychology, guided student projects, and enhanced learning through interactive teaching.
- **Clinical Psychologist (Founder)** — Online Mental Health Organization 2/2024
  Mind Care Matters

  MCM Mind Care Matters
  - MCM Clinical and Counseling Services: Promoting Mental Health and Well-being among Individuals
- **Clinical Psychologist** — Panu Aqil, Pakistan
  (General Medical Center, Panu Aqil Cantt) — 12/2022-5/2024
  - Provide psychological assessment, psychological testing, and evidence-based counseling for individuals, couples and families.
  - Deliver therapeutic interventions to promote emotional well-being, resilience and positive mental health outcomes.
- **Clinical Psychologist** — Rawalpindi, Pakistan
  (Rehabilitation Center) Back to the Life — 1/2021-6/202
  - Conducted psychological assessments and counseling for individuals with substance use disorders.
  - Provided individual, group and family therapy using evidence-based interventions.
  - Developed treatment plans to support clients' psychological recovery and rehabilitation.

EDUCATION

Fatima Jinnah Women University — Rawalpindi, Pakistan
PhD in Psychology — 2021-2025

Evidence Based Psychological Intervention	Qualitative Data Analysis in Research
Psychological Trauma and Interventions for Individuals, Families and Communities	Advanced Health Psychology

Research: Efficacy of Well-being Promotion Program for Management of Emotional and

Behavioral Problems among Adolescents

University of Baluchistan Quetta, Pakistan
MPhil in Applied Psychology 2018-2021

Clinical Psychology Social Psychology
Psychological Assessment School Psychology

Research: Impact of Parental Psychological Maltreatment on Negative Cognitive Style and Psychological Distress among Adolescents
Adaptation and Translation of Scale: Adolescents Cognitive Style Questionnaire (Short Form)

National University of Modern Languages Islamabad, Pakistan
Advance Diploma in Clinical Psychology 2020 - 2021

Psychotherapy Psycho-diagnosis
Research in Psychology Psychological Assessment

University of Punjab Lahore, Pakistan
MSc Applied Psychology 2015 - 2017

Clinical Psychology Child Psychology

University of Punjab Lahore, Pakistan
Bachelor of Arts 2013 - 2015

Psychology Journalism

CERTIFICATIONS

- **Workshop on Administration, Scoring and Interpretation of Hand Test (2020)**
- **Introduction to Integrative Therapies and Healing Practices (2022)**
  E-course authorized by University of Minnesota and offered through Coursera
- **Mindfulness-Based Stress Reduction (2022)**
  E-course offered by University of Massachusetts Medical School
- **What is AF-CBT, Cognitive Behavioral Therapy (CBT) Primer, Screening, Assessment, and Case Appropriateness and AF-CBT Fundamentals (2022)**
  E-course offered by The National Child Stress Traumatic Center
- **Psychological First Aid for Schools (2022)**
  E-course offered by The National Child Stress Traumatic Center
- **Acceptance and Commitment Therapy Workshop (ACT) (2022)**
  Dr Razia Bhatti-Ali Dr Irum Gul held at Fatima Jinnah Women University
- **Abstract Poster Presentation in 9th International Conference "Trauma, Abuse, and Violence: Thriving for a World Without Torture" (2022)**
  9th International Conference "Trauma, Abuse, and Violence: Thriving for a World Without Torture"
  The Arts and Science of Relationships: Understanding Human Needs (2023)
  E-course authorized by University of Toronto and offered through Coursera
- **De-Mystifying Mindfulness (2023)**
  E-course authorized by Universiteit Leiden and offered through Coursera
- **Know Thyself - The Value and Limits of Self- Knowledge: The Unconscious (2023)**
  E-course authorized by The University of Edinburgh and offered through Coursera
- **Managing Emotions in Times of Uncertainty & Stress (2023)**
  E-course authorized by The Yale University and offered through Coursera
- **Mindfulness and Well-being: Living with Balance and Ease (2023)**
  Successfully completed "Mindfulness and Well-being: Living with Balance and Ease" an online course authorized by Rice University and offered through Coursera
- **Everyday Parenting: The ABCs of Child Rearing (2023)**
  E-course authorized by Yale University and offered through Coursera
- **Positive Psychology Specialization Project: Design Your Life for Well-being (2023)**
  E-course authorized by University of Pennsylvania and offered through Coursera
- **Positive Psychology: Resilience Skills (2023)**
  E- course authorized by University of Pennsylvania and offered through Coursera

- **Preventing Chronic Pain: A Human Systems Approach (2023)**
  E-course authorized by University of Minnesota and offered through Coursera
- **Finding Purpose and Meaning In Life: Living for What Matters Most (2023)**
  E-course authorized by University of Michigan and offered through Coursera
- **Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives (2023)**
  E-course authorized by University of Minnesota and offered through Coursera
- **Schizophrenia (2023)**
  E-course authorized by Wesleyan University and offered through Coursera

PROJECTS

- **Subjective Well-being Program (2021)**
  Successfully conducted on Students to improved their mental health at Federal Government Girls High School, Chaklala Rawalpindi
- **Trauma-Focused Cognitive Behavioral Therapy- TF-CBT (2022)**
  Successfully conducted for teens consisted to work on traumatic effects

PUBLICATIONS

- **Cognitive and social drivers of online gaming: impact of anticipated enjoyment, subjective norms, and moral foundations on gaming addiction among youth** (International Journal of Adolescence and Youth) https://doi.org/10.1080/02673843.2026.2726667
- **Effectiveness trial of well-being promotion program for management of emotional & behavioral problems among adolescents (**Mental Health & Prevention) https://www.sciencedirect.com/science/article/pii/S2212657026000188
- **Parental psychological maltreatment, negative cognitive style and psychological distress among Pakistani adolescents** (Vulnerable Children and Youth Studies, https://www.tandfonline.com/doi/full/10.1080/17450128.2024.2319057)
- **Exploring mental health issues among adolescents based on KAP model: A qualitative study** (Kurdish Studies, https://kurdishstudies.net/menu-script/index.php/ks/article/view/2843/1851%20)
- **Understanding happiness and meaning of life from perspective of a transgender: A qualitative study (**Pakistan Journal of Applied Psychology (PJAP), : https://doi.org/10.52461/pjap.v3i1.999

WORKSHOPS

- **Mental Health Matters**
  Successfully conducted as resource person with families at 16 Div, Panu Aqil Cantt, Sindh
- **Mental Health Matters**
  Successfully conducted as resource person with families at 16 Div, Rahim Yar Khan, Cantt, Punjab
- **Teach to Change Life**
  Successfully conducted as resource person with teaching faculty of Army Public School and College, at 16 Div Panu Aqil, Cantt, Sindh
- **Prevention from Unseen Wounds and Promoting Psychological Well-being among Children**
  Successfully conducted as resource person with teaching and parents of students from Army Public School and College, at 16 Div Panu Aqil, Cantt, Sindh
- **Nurturing Happy Minds: Emotional Well-being among Children**
  Successfully conducted as resource person with teachers and parents of students from Federal Governments Public School and College, at 16 Div Panu Aqil, Cantt, Sindh
- **Emotional Wellbeing: Cultivating Inner Peace and Building Resilience**
  Successfully conducted as resource person with families and staff of Fauji Fertilizer Company (FFC) Machi Goth

INTERNSHIP

Fauji Foundation Hospital Rawalpindi, Pakistan

7/2021-8/2021

Four weeks of internship as trainee Clinical Psychologist in psychiatry department, practiced in psychological assessment, psychological testing, behavioral and cognitive therapies, individual and family counseling.

SKILLS

- MS Office
- Time Management
- Team work
- Psychological Testing
- SPSS
- Attending Skills
- Listening Skills
- Communication Skills
- Leadership
- Adaptability
- Multitasking