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Department of Psychology, International Islamic University Islamabad, feels privileged in providing a prospect to become skilled in diverse disciplines of Psychology, having relevance and scope in behaviors and minds of Humans, in the an Islamic atmosphere, grounded with Scientific and latest research findings.

## DEPARTMENT OF PSYCHOLOGY IIUI

Department of Psychology was formed with the vision to provide students with,an opportunity to learn Contemporary trends of Psychology at an Institute proclaimed as the hub of Science, in the ambience of Islam. it Executes the vision with a charge of, building academicians and professionals to utilize gainful applications of Psychology, for all-embracing benefit of the Islamic World. Department of Psychology, in a very limited epoch, has commenced many academic programs. We wholeheartedly welcome competitive Scholars from around the globe to join us in our mission. The main prominence of department is teaching and research in Clinical Psychology, Psychological testing and Neurological perspectives. In addition to Psychiatric disorders in general, the department portrays special interest in the areas of Psychological trauma (PTSD), Neuropsychological disorders, addiction (which is a very serious problem in this country), integration of mental health, construction and adaptation of psychological testing. Department of Psychology is maintaining the best education standards in Pakistan, and it has privilege of having a Principal male department.

Chairman



Dr. Tahir Khalily

Chair Person



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# INTERNATIONAL CONFERENCE OF Mental health (IMCH) 2012



There is an alarming increase in mental illness due to persistent wave of violence, suicide and deliberate self harm and disruption in social fabric worldwide in general and particularly in Pakistan, a developing and 9<sup>th</sup> most populous country.

Keeping in view the above mentioned mental health issues the Department of Psychology, Faculty of Social Sciences, International Islamic University organized 1st International Conference on Mental Health (29-30 March 2012) with a theme “Violence, Psychological Trauma, and possible acute and Post-traumatic interventions in general and particularly in Pakistani Society”, to provoke the intellectual and academic circles for the exploration of profound understanding of mental health issues and evidence based strategies for the amelioration of psychological ailments.

The chief guest for inaugural ceremony was Executive Director, Higher Education Commission, Dr. Sohail Naqvi accompanied by President International

Islamic University Islamabad, Dr. Mumtaz Ahmed, Dean Faculty of Social Science, Dr. Nabi Bux Jumani Chairman Psychology Department and Principal Organizer, Dr. Muhammad Tahir Khalily, and Co-Principal Organizer, Dr. Seema Gul. Principal Organizer gave the welcome note and highlighted the prevalence of mental health problems in Pakistan as a consequence of violence. In addition he lauded the support of IIUI and Higher Education Commission in organizing this memorable event.

Dr. Sohail Naqvi the Chief Guest highlighted the pioneered role of Department of Psychology IIUI for launching BS Program in Psychology and for the promotion of mental health. Further he said that there is a dire need to address addiction one of our social problems, and women can play a significant role in the resolution of social problems including addiction.

Conference program was divided into three sessions and each session was carried into three rooms, where papers





were presented. Each Session started with a Key Note speech of National (Prof Musa Murad Khan Agha Khan Medical University) and International (Dr. Inam-ul-Haq (Ireland), Dr. Grace Clark (USA), Dr. Ashiq Ali Shah Canada) notable clinicians and academicians. Participants were Clinicians, academicians and students of graduate, post-graduate and Doctoral level including professional and scholars from different disciplines. Prof. Musa Mura Khan addressed on "the challenges of suicide prevention in Pakistan.

In all 110 papers were presented during the conference, in different sessions separately, chaired by the Members of Scientific Committee and assisted by the faculty members and students of Department of Psychology IIUI. The presented papers included different psychological/psychiatric issues such as depression, stress, personality disorder, issues of young individuals, parenting styles, learning disabilities, emotional intelligence, violence, suicide, PTSD, and adjustment problems.

Chief Guest of concluding ceremony, President Pakistan Psychological Association, Mr. Riaz Fityana and Chairman Parliamentary Committee for human rights mentioned in his speech about mental health issues with reference to current violent situation in Pakistani Society. He also appreciated efforts of Department of Psychology (IIUI) on organizing this event and also thanked Dr Muhammad Tahir Khalily for his kind support in 13<sup>th</sup> Pakistan Psychological

Association's National conference. Later on, the honorable Chief Guest presented shields as token of appreciation to the organizers of the conference. The participants and the speakers appreciated the organizing committees for such an effort for the promotion of mental health in Pakistan. The Scientific Committee carefully reviewed all papers presented in the conference and selected 29 papers for publication in the International Journals.





# SEMINAR



To enlighten the students with the modern aspects of Psychological Sciences, current research and the contemporary publications, Department of Psychology also arranges seminars at different occasions.

## **Seminar on World Mental Health Day**

World Mental Health Day is annually held on October 10 to raise public awareness about mental health issues worldwide. This event is supported by UN, with the aim to promote open discussion on mental illnesses, as well as investments in the prevention and treatment services. This day is observed in more than 100 countries through local, regional and national World Mental Health Day commemorative events and programs.

The activities usually include; educational lectures and distribution of research papers on mental health issues and the awards to individuals or organizations that made significant contributions in improving mental health issues. World Mental Health Day is an initiative of the World Federation for Mental Health (WFMH) and the World Health Organization (WHO), which is the UN's directing and coordinating authority for health, support this event. There is a frightening augment in the occurrence of mental illness due to an importunate flourish

of aggression, political chaos and recurrent changes in the social fabric worldwide. A range of psychiatric disorders have been reported such as depression, substance and alcohol use disorder, schizophrenia, bipolar disorder, post-traumatic stress disorder and suicides committed every year in both developed and developing countries.

Pakistan, one of the developing countries and the 9th most populous country in the world, has been experiencing mental health problems since its inception. However, in the last few decades mental illness has reached to an appalling situation due to devastating calamities, the current violence in Pakistani society, suicides and deliberate self harm and disruption in the social structure. Keeping in mind the current mental health problems in Pakistan, Department of Psychology had planned to mark World Mental Health Day on the 10<sup>th</sup> of October. The purpose of event was to provoke the intellectual and academic circles for the exploration of a profound understanding of mental health issues including addiction (which is a serious problem as well) in Pakistani society and to highlight the significant role of educational, research and academic institutions in the promotion of mental health nationally in line with the international organizations.



# Workshop



Department of Psychology also arranges different workshops on specialized areas of psychology in line with the curriculum, to endow the students with the modern field applications of the subject.

## **Workshop on EEG as a Neuro-feed Back Mechanism:**

On 10<sup>th</sup> October, 2012 Department of Psychology arranged workshop on EEG as a Neuro-feed back Mechanisms. Scholars of MS/ PhD and other clinical psychologists attended workshop. Dr. Muhammad Tahir Khalily was the resource person for workshop.

## **Psychological Autopsy:**

Psychological autopsy is the scientific methodology of investigating the causes of suicide. Dr. Murad Musa Khan, Head of Dept. of Psychology, Agha Khan Medical University, Karachi delivered a lecture on the topic, trained the participants over the techniques of Psychological autopsy and discussed in length the trends of suicide and its causes in Pakistan

Dr. Ahmad Yousif Al-Draiweesh, President International Islamic University, Islamabad, (IIUI) was the chief guest on the occasion. He said that "Suicide is forbidden in Islam. Human life is God's Trust and nobody has right to betray this

trust and commits suicide, because life and death are in God's hand."

He said that the treatment of every disease is present in the Holy Quran therefore the Psychologists may focus on Quran & Sunnah for the treatments of psychological diseases, They will find proper guidance regarding psychological diseases in this divine source of knowledge. He added that the secret of treatment of psychological disorders is also hidden in the strengthening of Eeman because without the strengthening of Eeman psychological disorders cannot be cured. He said that in the world of despair Allah is the biggest source of support for man, therefore man should converge his attention towards Allah in such situation and for this purpose he should recite the Holly Quran regularly.





# Honor of Department



**Muhammad Akram Riaz**, MS Scholar from Department of Psychology and got **BEST PAPER PRESENTER AWARD** on presenting paper "*belief in just world as predictor of job satisfaction and life satisfaction*" in the 3<sup>rd</sup> Annual Conference on Industrial and Organizational Psychology entitled Better Organization through Collaboration, Research and Practice (22<sup>nd</sup> Dec, 2012) in the Department of Business Psychology, Institute of Business Management Karachi. Chairman Department of Psychology (IUI) Dr. Muhammad Tahir Khalili, appreciated him for his remarkable achievement.

## INAURATION OF PSYCHOLOICAL SERVICES CLINIC

Prof. Dr. Ahmad Yousif Al-Draiweesh, President International Islamic University, Islamabad inaugurated the "Psychological Services Clinic" (PSC) established by the Department of Psychology of the University. Dr. Nabi Bux Jumani, Dean Faculty of Social Sciences, Dr. Shabbir Ahmed, Chief Medical Officer, Dr. Tahir Khalili, Head Dept. of Psychology, Dr. Muhammad Sher, Dean Faculty of Basic & Applied Sciences, Mrs. Shagufta Haroon, Director Academics, IUI, Raja Khalid Mehmood, Director Administration, IUI, Addl. Director (P&PR) Hairan Khattak and Dr. Seema Gul, Incharge Dept. of Psychology (Female) were also present on the occasion.



Dr. Al-Draiweesh said that IUI is Pakistan's first university to establish this clinic for the psychological patients. He said that this clinic will be helpful to overcome the psychological problems of the faculty members and students. It will play vital role to help the students of psychology in their study and research work. He said that he shall upgrade and equip the clinic with latest equipment. Dr. Al-Draiweesh lauded the efforts of Dr. Tahir Khalili to establish the said clinic.

### IUI TO HOLD WORKSHOP ON "CLINICAL SUPERVISION" TODAY

Department of Psychology of the International Islamic University conducted a workshop on "Clinical Supervision", on September 12, 2013 at Faisal Masjid Campus of the university. The workshop was designed to familiarize professionals about clinical internship nested in the department and intended to provide information about placement, trainee feedback, supervisor feedback and logbook for clinical internship. The Workshop will be chaired by Dr. Muhammad Tahir Khalili, Chairman Dept. of Psychology and was assisted by Dr. Uzma Masroor and Dr. Kehkashan Arouj.



# Education tour



Integration among different departments is the source of enlightenment regarding modern trends and progression towards perfection. (Department of psychology arranges field trips and study tours every semester. As per tradition Department of psychology , in the fall 2012 visited the Department of Psychology Peshawar and Pakistan Academy for Rural Development. On arrival, senior faculty members from Peshawar University gave briefing about the department. Soon after students moved to see the campus and laboratories. Then the students visited Pakistan Academy for Rural Development which is a federal institution for the training of CSS officers. Dr. Javed Iqbal, Senior Instructor (SIPARD) and other senior faculty welcomed the students and faculty members of IIUI. The students were given a detailed presentation on the role of psychologists in NIRM/ PARD.





## Department of Psy Signed Memorandum With Department of Psy Al-Imran Uni-Saudi Arabia



A six members delegation headed by Dr Muhammad Tahir Khalily from psychology department of the International Islamic University, Islamabad visited department of psychology, Al Imam Muhammad Ibn-Saud Islamic University Riyadh, Kingdom of Saudi Arabia. Other members of the delegation were Dr. Seema Gul, Incharge Psychology Dept. (Female), Mr. Mazhar Iqbal Bhutti, Assistant Professor, Rabia Mushtaq, (Lecturer), Mahmoona Ismail, Lecturer and Mr. Shamsher Hayat Khan, Clinic Coordinator. The delegation was invited by the department of psychology of Al-Imam Muhammad Ibn-Saud Islamic

University to the Second International Symposium. The symposium was attended by renowned psychologists from Middle East and the western world.

The delegation had important academic meetings with the department of psychology of the Al-Imam Muhammad Ibn-Saud Islamic University and both the parties explored areas of collaboration and were agreed to work on Joint International conferences on Psychology and mental health, Participation as an external examiners, Joint research activities and publications, Teaching Clinical Psychology, Islamization of Psychology and the establishment of clinics.

