

**Rabia Fayyaz**  
**Clinical Psychologist / Lecturer**

**Email:** rabiafayyaz@upesh.edu.pk **Contact:** 0092-3219105814

---

**Summary of Experience**

I am a qualified clinical psychologist with almost ten years of professional experience in practicing psychotherapy and counseling. Over the years, I have extensively provided diagnostic as well as counseling services to mental health patients including victims of gender based violence, domestic violence, trauma and armed conflict victims, disaster survivors, persons with physical disabilities, vulnerable street children and adolescents. I have provided services to a diverse set of audience including individuals, groups, and families to help them understand problems, define goals, and develop realistic action plans. I have been conducting professional capacity building trainings as Trainer on 'conflict prevention and peace building', 'conflict resolution techniques and role of women in peace building', 'mental and psycho-social health'. Currently, I am working as a Lecturer in Institute of Peace and Conflict Studies (IPCS), University of Peshawar since May, 2015.

**Education**

- 2015-18** M.Phil (Thesis under final evaluation process)  
Department of Psychology, University of Peshawar
- 2012** Post Graduate Diploma in Clinical Psychology, (1<sup>st</sup> Position Holder)  
Department of Psychology, University of Peshawar
- 2007** M.Sc. Psychology with majors in Clinical Psychology, (1<sup>st</sup> Div.)  
Department of Psychology, University of Peshawar
- 2009** B. Ed, Allama Iqbal Open University, (1<sup>st</sup> Div.), Peshawar.
- 2004** B.A, Psychology & Law, (1<sup>st</sup> Div.) Amina Degree College for Women  
Peshawar.

**Professional Experience**

**Employer:** Institute of Peace and Conflict Studies (IPCS), University of Peshawar

**Designation:** Lecturer

**Duration:** May 1<sup>st</sup>, 2015 till date

**Description**

- Post Graduate Diploma Program Coordinator.
- Deliver lectures on Peace Psychology, Peace, Conflict & Development, and Culture of Violence to students of Masters and Post Graduate Diploma in Peace and Conflict Studies.
- Develop course outline.
- Develop training manuals.
- Conduct capacity building trainings on Conflict Prevention and Peace Building.

- Organize Trainings, Seminars, and Conferences on related themes.
- Provide Career Counseling to students.

**Employer:** Institute of Peace and Conflict Studies (IPCS), University of Peshawar  
**Project:** Strengthening Rule of Law Programme, UNDP  
**Concurrent Position:** Project Officer  
**Duration:** May 2017 – March 2018

**Description**

- Managing and organizing Certificate Courses on ‘Conflict Resolution, Mediation Skills & Peace Building’ for Government officials, civil society, security forces, mediators, lawyers and other linked stakeholders from North and South regions of Khyber Pakhtunkhwa (KP).
- Engaging highly qualified and specialized resource persons for the certificate course modules.
- Short listing 30 participants each for a training course among the interested candidates.
- Supervising and assisting the project activities and Management Information System (MIS).

**Employer:** Institute of Peace and Conflict Studies (IPCS), University of Peshawar  
**Project:** Youth and Social Cohesion, UNDP  
**Assignment:** Coordinator-Research Conference on Peace Building through Tolerance  
**Duration:** November-December, 2018

**Description**

- Organized 03 days cross-disciplinary academic research conference on peace and tolerance.
- Collaborated with academicians & researchers at national level from social sciences and related disciplines.
- Conducted cross disciplinary Focus Group Discussion with researchers to devise a draft scale on Tolerance to gauge the level of tolerance in society.
- Supervised and managed project activities.
- Report writing.

**Employer:** District Medical & Rehabilitation Complex (DMRC), CHEF International  
**Unit:** Mental Health  
**Designation:** Clinical Psychologist / Team Leader  
**Duration:** December 19<sup>th</sup>, 2011 till April 30<sup>th</sup>, 2015

**Description:**

- Worked as the Team Leader of the mental health department, DMRC, leading the team of psychologists, social workers, and social mobilizers.
- Worked in collaboration with a Consultant Psychiatrist. Referred patients to psychiatrist for further investigations and psychotropic treatment.
- Identified people with psychological disorders, applied test batteries, diagnosed mental health problems, and provided counseling and psychotherapeutic services to mental and physical health patients (person with disabilities).
- Identified children with intellectual disability and psychological disorders. Conducted child psychotherapy.
- Provided psycho education to families of patients.
- Developed therapeutic and treatment plans based on clients' interests, abilities, and needs.
- Applied individual, family, or group therapy according to the need of patients.
- Motivated and rehabilitated the patients in their lives as much as possible.
- Formed self help groups of the psychiatric patients.
- Implemented culturally appropriate mental health interventions and imparted awareness on mental health issues inside the community at grass root level.
- Conducted awareness sessions in schools and colleges for identification of mental disorders, awareness and psychological empowerment.
- Supervised the team working at three primary health centers in community.
- Conducted capacity building trainings on mental health and psychosocial support, counseling skills for health professionals, social workers, hospital staff, and school teachers.

**Employer:** CHEF International  
**Project:** Mainstreaming Disability, Nowshera  
**Designation:** Mental Health Consultancy Services  
**Duration:** On Need Base (December 19<sup>th</sup>, 2011 till April 30<sup>th</sup>, 2015)

**Description:**

- Conducted Free Psychiatric Camps on mental health in the communities of Nowshera.
- Delivered capacity building trainings on “mental health and psychosocial support” to the project staff, and community based organization workers.
- Delivered capacity building trainings on “Identification of mental disorders and referral mechanism” to the school teachers.
- Awareness raising sessions on mental health in the primary and secondary schools

**Employer:** Mehboob Institute of Physiotherapy  
**Designation:** Clinical Psychologist  
**Duration:** On Need Base

**Description:**

- Provided motivation, supportive counseling and psychotherapy to patients suffering from physical (dis)abilities.
- Developed therapeutic and treatment plans based on patients' interests, abilities, and needs.
- Applied individual, family, or group therapy according to the need of the patient.

**Employer:** International Medical Corps (IMC)  
**Project:** Gender Based Violence in Afghan Refugees  
**Designation:** Gender Based Violence (GBV) Counselor  
**Duration:** February 10<sup>th</sup>, 2009 till March 24<sup>th</sup>, 2010

**Description:**

- Identified GBV victims, diagnosed psychological problems and provided counseling and psychotherapy.
- Referred clients to specialists at other organizations for non-counseling treatment of problems.
- Analyzed data such as interview notes, test results and reference manuals in order to identify symptoms and diagnose the nature of clients' problems.
- Counseled individuals, groups, families to help them understand problems, define goals, and develop realistic action plans.
- Conducted capacity building trainings for Basic Health Unit staff on "Human Rights and GBV".
- Arranged awareness sessions and seminars on Human Rights, Child and Women Rights, and GBV Issues at grass root level in a culturally acceptable way.
- Developed 'Lesson Plan Draft' for community awareness sessions on GBV and Human Rights.

**Employer:** Just Peace International Inc.  
**Project:** Capacity Building and Social Rehabilitation of Victims of Torture  
**Designation:** Clinical Psychologist  
**Duration:** 2<sup>nd</sup> June, 2008 till 31<sup>st</sup> Dec, 2008

**Description:**

- Interviewed patients, torture and violence victims and provided counseling and psychotherapeutic services.
- Designed and implemented behavior modification programs.
- Collaborated with psychiatrist to develop and implement treatment & intervention programs that patients can understand and comply with.
- Trained the social workers in identification of torture victims.
- Visited the Peshawar Central Jail on need base.

**Employer:** ORA International (UNICEF Project)  
**Project:** Life Skill Based Education (LSBE)  
**Designation:** Clinical Psychologist  
**Duration:** September 25<sup>th</sup>, 2006 till May 30<sup>th</sup>, 2008

**Description:**

- Analyzed psychosocial problems of vulnerable street children and adolescents.
- Provided child psychotherapy and counseling.
- Provided individual, group, and family psychotherapy.
- Motivated children and adolescents for Life Skills Based Education.
- Motivated drug addicts for social rehabilitation.
- Imparted health education regarding HIV/AIDS and Sexually Transmitted Diseases.
- Worked in direct contact with the vulnerable communities of KP, Peshawar.

**Voluntary Work / Internship at Psychiatry Ward:**

- LRH (Lady Reading Hospital) Duration: **10 months (Coursework)**
- KTH (Khyber Teaching Hospital) Duration: **Routine visits during M.Sc**
- Sarhad Mental Hospital Duration: **Routine visits during M.Sc**

**Activity:** Assessment, obtaining history, diagnosing, application of test batteries, and provision of psychotherapeutic services to mental health patients.

- **Mental Health Initiative for Peshawar Army Public School Massacre, December, 16<sup>th</sup> 2014**

Volunteered mental health first aid services for the recovery of child survivors & bereaved families of Peshawar school attack.

**Researches and Articles**

- Research on **‘Prevalence of Anxiety and Resilience among students exposed to 2016 Terrorist Attack on Bacha Khan University Charsadda, Khyber Pakhtunkhwa’** Department of Psychology, University of Peshawar, 2018.
- Research on **‘Prevalence of Depression and Meaning of Life among Physically Disabled individuals in Peshawar, Pakistan’** Department of Psychology, University of Peshawar, 2014.
- Article on **‘Role of Psychosocial Support in Women Empowerment’** published in the Journal ‘Voices from Asian Women Activists’ Ewha Global Empowerment Program, Ewha Womans University, Seoul, South Korea, July 2012.
- Research on **‘Smoking and its relationship with Depression and Anxiety’**. Department of Psychology, University of Peshawar, 2006.

- Research on ‘**Comparison of need for Dominance, Achievement, and Nurturance among post graduate male and female students**’. Department of Psychology, University of Peshawar, 2006.
- Research ‘**To assess the relative strength of the six basic values in the personality of Drug Addicts and Normals**’. Department of Psychology, University of Peshawar, 2005.

### Surveys Conducted

- Knowledge, Attitudes and Practices (KAP) Survey on **Gender Based Violence and Human Rights** in four Afghan Refugee Camps of NWFP, by International Medical Corps, 2009.
- **Need Assessment Survey for Basic Life Needs** among Pakistan Internally Displaced Persons (IDPs) from Swat, Buner and Dir, by International Medical Corps, 2009.
- Knowledge, Attitudes and Practices (KAP) Survey on **Health related issues** in four Afghan Refugee Camps of NWFP, by International Medical Corps, 2009.

### International Trainings

- Attended two weeks course on **Ewha Global Empowerment Program “Asian Feminisms and Transnational Activism”** by Asian Center for Women’s Studies, Ewha Womans University, Seoul, South Korea, 2012.

### Trainings Attended

- “Curriculum based workshop on Peace & Conflict Studies” at Learning Innovation Division, HEC, 2017
- “Teaching Practicum, Logic & Critical Thinking, Scientific Writing of Manuscripts, Research Based Statistics, Research Methodology, Effective Presentation”, Center for Human Resource and Career Development, 2015-16.
- Summer School “Governance, Conflict and Peace-Building in the Pakistan-Afghanistan Region”, Department of Political Science and Hanns Seidel Foundation, 2015.
- “Introduction to CBT with Psychosis”, Pakistan Association of Cognitive Therapists (PACT), 2014
- “Mental Health”, Chef International, 2013
- “Disability Inclusive Disaster Risk Reduction & Management”, CHEF International, 2013.
- “Inclusive Education”, CHEF International, 2013.
- “Sign Language”, CHEF International, 2012.
- “Provision of Psychosocial support to Monsoon Flood Affectees in selected Districts of Pakistan”, National Institute of Psychology, QAU, 2011.

- “Establishing a Gender Sensitive Career Counseling”, CHOICES, Islamabad, 2011.
- “Neuro-psychology Workshop”, Dept. of Psychology, Univ. of Peshawar, 2010.
- “Security and Safety”, ARMADILLO & IMC, 2009.
- “Gender Based Violence Counseling”, International Medical Corps (IMC), 2009.
- “Capacity Building and Social Rehabilitation of Victims of Torture”, European Perspective & Just Peace International, 2008.
- “Theatre Training Workshop”, UNICEF & STREET, 2007.
- “Counseling Techniques for Children and Adolescents”, UNICEF & STEP, 2007.
- “Dealing with Child Sexual Abuse Cases”, UNICEF & STEP, 2007.
- “Code of Ethics for Media on reporting of Children’s Issues”, 2007
- “Rehabilitation and Detoxification Program of Drug Addicts”, DOST Foundation 2006

### **Conferences and Seminars Attended**

- “Peace, Conflict & Violence: Challenges & Resolution Strategies”, COMSATS, Lahore, 2017
- “Alternative Dispute Resolution” Conference, SRLP, UNDP, Islamabad, 2017
- “Seminar on Partnership for Peace and Dignity for All” UNDP and PRIO
- “The Dynamics of Change in the Pakistan-Afghanistan Region: Politics on Borderland”, Dept. of Political Science and Hanns Seidel Foundation, 2015
- “State and Society of Pakistan: Challenges and Opportunities”, HEC, 2015
- “The Current challenges for Psychology: From Crisis to Sustainable Solutions”, Institute of Applied Psychology, Lahore, 2015.
- “International CBT Conference”, Pakistan Association of Cognitive Therapists (PACT), 2014.
- “National Psychiatric Conference”, Pakistan Psychiatric Society, Faisalabad, 2014.
- International Psychiatric Conference “Mental Health in Primary Care”, Islamabad, 2012.
- “Disability Inclusive Disaster Risk Reduction”, CHEF International, 2013.
- “How to defeat Psychiatric Epidemic in war zone”, Symposium, 2010.
- “War on Terror: Psychosocial Effects” Dept. of Psychology, University of Peshawar, 2010.

### **Contributions**

- Developed “**Conflict Prevention and Peace Building Training Manual**” to help build capacity of local members of refugee affected areas through training workshops for promotion of peace, Institute of Peace and Conflict Studies- UNDP Refugee Affected and Hosting Areas Programme, 2015
- Developed “**Mental Health Training Manual for Khyber Pukhtunkhwa (KP) Doctors**”, CHEF International, 2014

## **Core Competencies**

- Innovative and creative thinking.
- Exceptionally strong written and oral communication ability.
- Report writing & documentation skills.
- Exceptionally strong interpersonal skills.
- Computer skills.

## **Languages**

Proficient in understanding, speaking, reading and writing English and Urdu.

## **Personal Information**

Nationality: Pakistani  
CNIC: 17301-5608032-0