

Rabia Fayyaz

Clinical Psychologist / Lecturer in Psychology

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Summary of Experience

I am a qualified clinical psychologist with more than seven years of professional experience in practicing psychotherapy and counseling. Over the years, I have extensively provided diagnostic as well as counseling services to the mental health patients including victims of gender based violence, domestic violence, torture victims, 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 also been conducting professional capacity building trainings on mental health and related topics. Currently, I am working as a Lecturer in Psychology in the Institute of Peace and Conflict Studies (IPCS) at the University of Peshawar.

Education

- 2014** M.Phil (Coursework Completed), Department of Psychology, University of Peshawar
- 2011** Post Graduate Diploma in Clinical Psychology, (1st Position Holder) Department of Psychology, University of Peshawar
- 2006** M. Sc. Psychology with majors in Clinical Psychology, (1st Div.) Department of Psychology, University of Peshawar
- 2008** B. Ed, Allama Iqbal Open University, (1st Div.), Islamabad
- 2004** B.A, Psychology & Law, (1st Div.)
Amina Degree College for Women Peshawar.

Professional Experience

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

Designation: Lecturer in Psychology

Duration: May 1st, 2015 till date

Description

- Deliver lectures to the students of MA and Diploma in Peace and Conflict Studies.

Employer: CHEF International (District Medical & Rehabilitation Complex - DMRC)

Project: Mental Health

Designation: Clinical Psychologist / Team Leader

Duration: December 19th, 2011 till April 30th, 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 Psychiatrist.
- Identified people with psychological disorders, applied test batteries, diagnosed the problems/disorders, and provided counseling and psychotherapeutic services to the mental health patients.
- Identified disaster survivors, gender based violence and domestic violence victims and provided counseling and psychotherapeutic services to the survivors, victims and their families.
- Identified children with intellectual disability and psychological disorders. Applied child psychotherapy to the children, and psycho education to their families.
- Advised mental health clients and physically disabled patients on how they could be helped by psychotherapy.
- Developed therapeutic and treatment plans based on clients' interests, abilities, and needs.
- Applied individual, family, or group therapy according to the need of the patient.
- Motivated and rehabilitated the patients/clients in their lives as much as possible.
- Referred clients to psychiatrist for further investigations and psychotropic treatment of problems.
- 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 inside the schools and colleges for identification of mental disorders and psychological empowerment.
- Coordinated with mental health supervisor and lead the three primary health centers at the community level.

- Supervised and trained the social workers and community mobilizers in identification of the people in need of psychological help from the community.
- Conducted several capacity building trainings on mental health and other related topics for health professionals, social workers, staff, and teachers.
- Reported mental health activities to the head office and donors.

Employer: CHEF International
Project: Mainstreaming Disability, Nowshera
Designation: Mental Health Consultancy Services
Duration: On Need Base

Description:

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

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

Description:

- Provided supportive counseling and psychotherapy to patients suffering from physical problems.
- Advised clients on how they could be helped by psychotherapy.
- Developed therapeutic and treatment plans based on clients’ 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
Designation: Gender Based Violence (GBV) Counselor
Duration: February 10th, 2009 till March 24th, 2010

Description:

- Identified GBV victims, diagnosed the psychological problems and provided supportive counseling and psychotherapy.
- Consulted with other professionals to discuss therapies, treatments, counseling resources, or techniques, and shared occupational information.
- Referred clients to specialists or to other institutions / organizations for non counseling treatment of problems.
- Advised clients on how they could be helped by counseling and psychotherapy.
- Analyzed data such as interview notes, test results, and reference manuals in order to identify symptoms, and to diagnose the nature of clients' problems.
- Counseled individuals, groups, families to help them understand problems, define goals, and develop realistic action plans.
- Developed therapeutic and treatment plans based on clients' interests, abilities, and needs.
- Evaluated the results of counseling methods to determine the reliability and validity of treatments.
- Conducted capacity building training for the basic health unit staff on Human Rights and Gender Based Violence.
- Held awareness sessions and seminars on Human Rights, Child Rights, Women Human Rights and Gender Based Violence Issues at grass root level in a culturally accepted way.

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

Description:

- Interviewed patients / torture and violence victims and gave diagnostic tests.
- Provided individual, family or group psychotherapy.
- Designed and implemented behavior modification program.
- Collaborated with the psychiatrist to develop and implement treatment and intervention programs that patients can understand and comply with.
- Assisted and 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 25th, 2006 till May 30th, 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 Khyber Pukhtunkhwa.

Employer: Capital Grammar School, Hayatabad, Peshawar
Designation: Teacher
Duration: 2 months

Voluntary Work / Internship:

- 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**

Assessment, history taking, diagnosing, application of test batteries, and provision of supportive counseling to the mental health patients.

- **Mental Health Initiative for Peshawar Army Public School Trauma Incident, December 16th 2014**

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

Researches and Articles

- 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 on **“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

- Knowledge, Attitudes and Practices (KAP) Survey on **GBV 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

- 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.

Professional Trainings & Workshops

- Three days international conference of psychology on **“The Current challenges for Psychology: From Crisis to Sustainable Solutions”** by Institute of Applied Psychology, Lahore, 2015.
- One day training workshop on **“Introduction to CBT with Psychosis”** by Pakistan Association of Cognitive Therapists (PACT), 2014
- One day **“International CBT Conference”** by Pakistan Association of Cognitive Therapists (PACT), 2014
- Four days training on **“Orientation on Mental Health”** by Chef International, 2014
- Three days **“National Psychiatric Conference”** by Pakistan Psychiatric Society, Faisalabad, 2014.
- Two days training on **“Mental Health”**, by CHEF International, 2013.
- Attended one day conference on **“Disability Inclusive Disaster Risk Reduction”**, 2013.
- 4 days training on **“Disability Inclusive Disaster Risk Reduction & Management”** by CHEF International, 2013.
- 5 days training on **“Sign Language”** by CHEF International, 2012.
- International Psychiatric Conference on **“Mental Health in Primary Care”**, Marriot Islamabad, 2012.
- Five days TOT workshop under NIP-UNDP project on **“Provision of Psychosocial support to Monsoon Flood Affectees in selected Districts of Pakistan”** organized by National Institute of Psychology, Islamabad, 2011.
- Four days training on **“Establishing a Gender Sensitive Career Counseling”** by CHOICES Islamabad, 2011.
- One day symposium on **“How to defeat Psychiatric Epidemic in war zone”** held at PC, Peshawar, 2010.
- Five days conference on **“War on Terror: Psychosocial Effects”** and workshop on **“Neuro-psychology”** by Dept. of Psychology, University of Peshawar, 2010.
- Three days training on **“Security and Safety”** by Armadillo, organized by IMC, 2009.
- Three days training on **“Monitoring and Evaluation of Projects”** by Sustainable Development Policy Institute (SDPI), organized by IMC, 2009.
- Five days training on **“Gender Based Violence (GBV) Counseling”** by International Medical Corps, 2009.
- 15 days residential training of trainers on **“Capacity Building and Social Rehabilitation of Victims of Torture”** implemented by European Perspective and Just Peace International, based in DoongaGali, 2008.
- Five days residential **“Theatre Training Workshop”** organized by UNICEF and STREET, based in Islamabad, 2007.

- Training on “**Counseling Techniques for Children and Adolescents**” by UNICEF and STEP, 2007.
- Training on “**Dealing with Child Sexual Abuse Cases**” by UNICEF and STEP, 2007.
- Three days workshop on “**Gender, Justice and Development**” under Human Rights Population Program, UNFPA organized by RAHNUMA – FPAP, 2006.
- Workshop on “**Code of Ethics for Media on reporting of Children’s Issues**”.
- Training on the “**Rehabilitation and Detoxification Program of Drug Addicts**”.

Professional Trainings Conducted

- Developed “**Mental Health Training Manual for Khyber Pukhtunkhwa (KP) Doctors**”, CHEF International, 2014
- A number of Capacity Building Trainings conducted on Mental Health for CHEF International, District Medical and Rehabilitation Complex, Aurat Foundation, 40 Doctors of Government Peoples Primary Health Initiative (PPHI), KP.

Certifications

Organization: CHEF International
Awarded: Certificate of Appreciation
Awarded for: Outstanding contribution in mainstreaming disability project activities (Medical camps, capacity building trainings, and mental health awareness sessions) in Nowshera, Pakistan.

Organization: Dost welfare Foundation
Awarded for: Field Work
Experience: Dealing with Drug Addicts, taking case histories, orientation about rehabilitation process of drug addicts.

Organization: Special Education Foundation
Awarded for: Social Work
Experience: Dealing with Mentally Retarded and Handicapped Children.

Organization: Provincial AIDS Control Program, Department of Health,
Government of NWFP with Friends of the Mind (Mentally ill
Narcotic Dependents) & **Aurat Foundation**

Awarded for: Participation in painting competition

Core Competencies

- Innovative and creative thinking.
- Exceptionally strong written and oral communication ability.
- Capacity building training skills.
- Report writing & documentation skills.
- Exceptionally strong interpersonal skills.
- Good at coordination and taking initiatives.

Computer Skills

- Proficient in MS Office, Desktop Management, Email and Web Browsing.

Languages

Proficient in speaking, reading and writing

- English
- Urdu
- Pushto (Speaking only)
- Hindko

Personal Information

Nationality : Pakistani
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