

## KAINAT ZIA

(Open to Work as Resource Person/Trainer & Researcher)

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### Key Professional Skills

CBT Trainer for Depression and Anxiety	Instagram & FB Video Live Sessions regarding M.H Advocacy
Psychotherapy	Onsite & Virtual Seminars, Training/Workshops
Training on DSM 5 & 5 TR	
Educational/Career Counselling	SPSS

### Academic Background

Degree Name	Major Subjects/Field	Institutions	Division/ Remarks	Year of Passing
<i>Professional Certifications</i>	NLP/TLT Master Practitioner Advance Level	American Board of NLP/TLT	International Triple Certification completed	July 2021
	NLP/TLT Practitioner Level 1	American Board of NLP/TLT	International Triple Certification completed	June 2021
<i>Professional Training</i>	Behavior Therapy (RBT)	Foundation University, RC	Successful Completion	2018
<i>MS Clinical Psychology</i>	Clinical Psychology	International Islamic University. Islamabad	CGPA (4.00/4.00)	2017
<i>Professional Diplomas</i>	Cognitive Behavioral Therapy (CBT)	PACT, Oxford Cognitive Therapy Centre (OCTC, UK)	International Certification Completed	2014
	Hypnosis (Introduction, History & Emotional and Physical Sexuality)	American Hypnosis Association (AHA)/ Hypnosis Motivation Institute Tarzana, California, USA	Initial Course Completed	Mar 2014 – Apr 2014
<i>Master of Science</i>	Applied Psychology	F.G Postgraduate College for women, Wah Cantt	80% (1 <sup>st</sup> Div.) <i>(All Pakistan Award of Excellence)</i>	2013
<i>Bachelor of Sciences</i>	Psychology, Zoology, Chemistry	F.G Postgraduate College for women, Wah Cantt	65% (1 <sup>st</sup> Div)	2011
<i>Factuality of Science</i>	Pre-Medical	F.G Postgraduate College for women, Wah Cantt	70% (1 <sup>st</sup> Div)	2009
<i>Matriculation</i>	Biology. Physics, Chemistry, Math	HITEC, Taxila Cantt	80% (1 <sup>st</sup> Div)	2007

### Publications (\*Corresponding Author)

Manuscript Title	Authorship	Journal	HJRS/Doi	Category/ IF	Year of Publication
1. Efficacy of Social Streaming Training on High School Boys' Aggression and Perceived stress	1 <sup>st</sup> /*CA	Multicultural Education (me)	ISSN: 1068-3844	X	2023
2. Impact Of Distraction Techniques on Adolescents' Hope and	1 <sup>st</sup> /*CA	Journal of Positive School Psychology	ISSN: 2717-7564	X	2023

Resilience: An Intervention-Based Study		(JPSP)	Volume 7, No. 4		
3. Relationship between health consciousness, self-compassion and social connectedness among adolescents and young adults during covid-19 lockdown	2 <sup>nd</sup>	Rawal Medical Journal (RMJ)	--	Y	Accepted in Mar, 2023 The publication is on the waiting list
4. Effect of Positive and Negative Religious Coping Styles on Perceived Stress of Teachers.	2 <sup>nd</sup> /*CA	Sir Syed Journal of Education & Social Research (SJESR)	ISSN: 2706-8285, 2706-6525 doi: <a href="https://doi.org/10.36902/sjesr-vol5-iss4-2022(20-28)">https://doi.org/10.36902/sjesr-vol5-iss4-2022(20-28)</a> .	Y	2022
5. Prevalence of Deviant Behavior among College Students: A Study based on their Birth Orders.	1 <sup>st</sup> /*CA	Pakistan Journal of Society, Education and Language (PJSEL)	ISSN: 2521-8123, 2523-1227 Volume 9, No. 1	Y	2022
6. Impact of Stress, Anxiety, and Depression on Quality of Life of Health Care Professionals: A Post Covid-19 Lockdown Analysis.	1 <sup>st</sup> /*CA	Human Nature Journal of Social Sciences	ISSN: 2788-5232, 2788-5240 Volume 3, No. 3	Y	2022
7. Impact Of Trust and Marital Satisfaction on Intimacy Among Wedded Couples: A Covid-19 Lockdown Analysis	3 <sup>rd</sup> /*CA	Webology	ISSN: 1735-188X Volume 18, No. 5	X	2021
8. Emotional State and Psychological Well-Being of Dermatological Patients	1 <sup>st</sup> /*CA	Open Access Library Journal (OALib)	doi: <a href="https://doi.org/10.4236/oalib.1100434">10.4236/oalib.1100434</a> .	IF= 0.60	2014

### Awards

- **1st prize** in Fresh Salad Competition in Spring Carnival (2015), female campus, IIUI.
- **All Pakistan Award of Excellence by Federal Government Educational Institutions [C/G] directorate (2013) for 1<sup>st</sup> position in MSc Applied Psychology in all over Punjab (2013)**
- **3rd prize** in Science Exhibition by F.G P. G College, Wah Cantt (2012-2013).
- **1st prize** in Science Exhibition by F.G P. G College, Wah Cantt (2011-2012).

### Scholarship

- Merit-based scholarship by International Islamic University, Islamabad from 2015 to 2017 for getting a 4/4 CGPA during each semester of MS Clinical Psychology.

### Work Experience

Current Positions			
Sr #	Designation	Organization	Duration
1	Lecturer Psychology (BPS-18)	University of Malakand (UOM), Dir(L), KP, Pakistan	March 7 <sup>th</sup> , 2018, to <b>Present</b>
2	Semester Coordinator at the	University of Malakand (UOM),	Nov 2019 to <b>Present</b>

	Department of Psychology	Dir(L), KP, Pakistan	
3	BS Psychology Research Supervisor	University of Malakand (UOM), Dir(L), KP, Pakistan	Fall 2020 - <b>Present</b>
4	Joint Secretary (a voluntary position)	Pakistan Association of Cognitive Therapist (PACT)	August 2021- <b>Present</b>
5	Founding Director	Universal Mental Health Forum (UMHF), Tele-mental health services platform.	July 2020 - <b>Present</b>
<b>Former Positions</b>			
6	Visiting lecturer (ADCP program)	Riphah International University, Malakand Campus, KP, Pakistan	April 2022 -August 2022
7	College psychologist/Educational counselor and Teacher trainer	Fazaia Inter College, Jinnah camp, Nur Khan Base, Rawalpindi, Pakistan	Feb 2016 - Nov, 2017
8	Intern Clinical psychologist	POF Hospital, Psychiatry Department, Wah Cantt	Sept 2015 - Dec, 2015
9	Intern Clinical psychologist	POF Hospital, Psychiatry Department, Wah Cantt	13 <sup>th</sup> Feb 2014 - 13 <sup>th</sup> May, 2014
10	Intern Clinical psychologist	Institute of Psychiatry, WHO Collaborating Centre, Benazir Bhutto Hospital, Rawalpindi	25 <sup>th</sup> July 2013 - 27 <sup>th</sup> Jan, 2014
11	Psychology Teacher	Private Tuition Center	2013-2015
<b>Additional Duties</b>			
12	Inspection Team Member, QEC & Focal Person Psychology Dept	QEC Office, UOM	<b>2020 - Present</b>
13	Member of UFM committee	Examination center, UOM	2018-2019
14	Exam Inspector B.A/BSc	Examination center, UOM	2018
<b>Professional Collaborations</b>			
15	Mental Health Awareness Speaker	UMHF × NUML social action project.	<b>2020 – Present</b>
16	Trainer	Training of Trainees through UMHF	<b>2020 – Present</b>
17	Psychological Content Creator	Soul Healing Foundation	2020-2021
18	Psychological Content Creator & M.H Activist	Psyche & the Mindxperts	2020-2021
19	Psychological Content Creator	Muaaz Raahi (Youtube Podcast Channel)	2020-2021

### Professional Affiliations (Current)

Sr #	Organization	Duration
1	Australian and New Zealand Mental Health Association membership certificate	Jan 2019 to date
2	Pakistan Psychological Association (PPA) lifetime membership Certificate with Good Standing Certificate	2015 till date
3	Pakistan Association of Cognitive Therapists (PACT)	2013 till date

### Research Paper Presentation & Proceeding Publication

Sr #	Title	Event Organizer	Status	Date/Year
1	Optimism level, Academic Achievement, and Subjective happiness of university students: Comparative study of Punjab and Khyber Pakhtunkhwa	7 <sup>th</sup> International Conference on Positive Psychology: Developing a Flourishing Community by NIP, Quaid-e-Azam University, Islamabad	Paper presentation	29 <sup>th</sup> -30 <sup>th</sup> Nov 2018
2	Relationship between Study Skills and Academic Achievement of University students: Moderating role of Academic Self Concept	1 <sup>st</sup> National Conference of Psychology-Emerging Social and Mental Health Issues in Society by LGU Lahore	Paper presentation	12 <sup>th</sup> -13 <sup>th</sup> Dec, 2017
3	Relationship of Work stress, Spirituality and Well-being among Working Women: Comparative analysis on Marital status	1 <sup>st</sup> National Conference of Psychology-Emerging Social and Mental Health Issues in Society by LGU Lahore	Paper presentation	12 <sup>th</sup> -13 <sup>th</sup> Dec, 2017
4	Investigating the Social stigma associated with HIV/AIDS in accessing to Health services	02 days 2nd International Conference on Causes & Consequences of HIV/AIDS rural and urban communities of Pakistan at University of Malakand	Paper presentation	5 <sup>th</sup> – 6 <sup>th</sup> April 2017
5	Relationship between Religious Orientation and Frustration Tolerance among Adults	2 <sup>nd</sup> Multidisciplinary Student Research Conference (MDSRC) by University of Wah	Paper presentation	16 <sup>th</sup> – 17 <sup>th</sup> Nov, 2016
6	Prevalence of Anxiety and Depression among Drug Abusers and Non-Abusers	02 days 2nd International Conference on Mental Health at Malaysia by IIUI, IIUM, IIIT.	Paper presentation	May 2015

### Master Trainer

Sr#	Activity	Title	Institute/Organization	Duration/Year
1	Virtual Training	Problem Solving Counselling	Riphah International University, Malakand Campus	6 <sup>th</sup> Nov, 2021
2	Webinar	Suicide & Its Prevention on World Suicide Prevention Day	Rotaract Club of Hyderabad Inspire	10 <sup>th</sup> Sept 2021
3	Two days Training Workshop	SPSS introduction and basic Data Analysis	Department of Psychology (UOM)	27 <sup>th</sup> - 28 <sup>th</sup> Oct, 2020
4	06 Training Workshops	Peace & Tolerance	Shaoor Foundation for Education & Awareness	Dec, 2019 – Jan, 2020
5	Seminar	Career Counselling for HSSC Students	Fazaia Degree College, MRF	22 <sup>nd</sup> Jan, 2020
6	Seminar	Depression & Suicide Prevention	Department of Psychology (UOM)	16 <sup>th</sup> Oct, 2019
7	Two days Training Workshop	SPSS introduction and basic Data Analysis	Department of Psychology (UOM)	24 <sup>th</sup> - 25 <sup>th</sup> June, 2019
8	Two days Training Workshop	Acceptance and Commitment Therapy (ACT)	Department of Psychology (UOM)	12 <sup>th</sup> to 13 <sup>th</sup> Dec, 2018
9	Two days Training Workshop	SPSS introduction and basic Data Analysis	Department of Psychology (UOM)	24 <sup>th</sup> to 25 <sup>th</sup> May, 2018
10	Workshop	Basic Instructional Training (BIT) of teachers	Fazaia Inter College Jinnah camp, Nur Khan Base	28 <sup>th</sup> July, 2017

## Event Organizer

Sr #	Title	Institution	Date/Year
1.	Two days training workshop on Stress Management during Major Life Transitions	Department of Psychology x PACT	21 <sup>st</sup> & 22 <sup>nd</sup> Nov 2022
2.	Two days' workshop on ASD, ADHD, and Learning disabilities	Autism Spectrum Disorder Welfare Trust at Department of Psychology (UOM)	23 <sup>rd</sup> – 24 <sup>th</sup> Nov, 2021
3.	Two days' workshop on ASD, ADHD, Learning disabilities and AAC Applications	Autism Spectrum Disorder Welfare Trust at Department of Psychology (UOM)	17 <sup>th</sup> – 18 <sup>th</sup> June, 2019
4.	2 <sup>nd</sup> National Conference in Applied Business and Management Research for solving indigenous problems	UOM	25 <sup>th</sup> & 26 <sup>th</sup> Apr, 2019
5.	World Mental Health Day	Department of Psychology (UOM)	24 <sup>th</sup> Oct, 2018
6.	1 <sup>st</sup> National Research Conference on Contemporary issues and Practices in Business and Management (NRCBM-2018)	Department of Management studies, UOM	13 <sup>th</sup> -14 <sup>th</sup> Sep,2018
7.	One day Seminar on Importance of Goal in Life; Avoiding Conflict, Establishing Peace and Harmony	Department of Psychology (UOM)	12 <sup>th</sup> April, 2018
8.	Three Days Training Workshop on advanced statistical analysis using AMOS	IIUI	27 <sup>th</sup> to 29 <sup>th</sup> Sep, 2017
9.	Chief of Air Staff (CAS) Award Ceremony	Directorate of Schools and Colleges – Air Headquarters, Peshawar	2016-17
10.	Science Exhibition cum Competition	Fazaia Inter College Jinnah camp, Nur Khan Base	22 <sup>nd</sup> Sep, 2016
11.	Two Days 2 <sup>nd</sup> International Conference on Mental Health in Malaysia	IIUI, IIUM, IIIT	May 2015

## Credentials

Sr #	Activity	Title	Institute/Organization	Duration/Year
1.	CPD- Webinar	Social and Emotional Wellbeing in Classroom	Oxford University Press Pakistan	March 2023
2.	CPD- Webinar	Teaching through Storytelling	Oxford University Press Pakistan	March 2023
3.	CPD- Webinar	Bullying: What Parents can do?	Fatima Hope & Psychological Center	5 <sup>th</sup> Feb 2023
4.	CPD- 3-days Workshop	Psychopathology: Assessment, Diagnosis & Management	Psychology Department, Riphah International University Malakand Campus	27 <sup>th</sup> - 29 <sup>th</sup> Jan 2023
5.	CPD- Webinar	Happiness Booster	Fatima Hope & Psychological Center	22 <sup>nd</sup> Jan 2023
6.	CPD- Webinar	Inspirational Father	Fatima Hope & Psychological Center	15 <sup>th</sup> Jan 2023
7.	CPD- Webinar	Cognitive Errors	Fatima Hope & Psychological Center	14 <sup>th</sup> Jan 2023
8.	CPD- Webinar	Forgive Yourself	Fatima Hope & Psychological Center	8 <sup>th</sup> Jan 2023
9.	CPD- Virtual Training	Counselling Skills	Emocare & global trainers, coaches, counselors' organization, India	8 <sup>th</sup> Jan 2023
10.	2days International Conference	Prevention, Treatment, and Rehabilitation of SUDs: Current Issues & Challenges	NUML, Rawalpindi	28 <sup>th</sup> & 29 <sup>th</sup> Dec 2022
11.	Virtual Training	Six Thinking Hats	Lead with Vision	28 <sup>th</sup> Dec 2022
12.	Certification of	QEC Focal Person Psychology	Quality Enhancement Cell,	21 <sup>st</sup> Dec 2022



	Appreciation		University of Malakand	
13.	12 International Conference of CBT	Youth, Psychosis & CBT	Pakistan Association of Cognitive Therapies (PACT), Lahore	14 <sup>th</sup> to 16 <sup>th</sup> Oct 2022
14.	CPD- Workshop	Mindfulness & Its Importance	Abdus Sami Psychiatric Clinic, Lahore	23 <sup>rd</sup> Aug 2022
15.	CPD- Workshop	Cognitive Therapies: Why & Why not	Abdus Sami Psychiatric Clinic, Lahore	19 <sup>th</sup> Aug 2022
16.	1 <sup>st</sup> International Conference of Applied Psychology	Enhancing Collaboration & Cooperation among Professionals	Riphah International University, Islamabad	July 2022
17.	Training Workshop	First Aid Responders Training	UNDP, HEC, Australian High Commission & Sehat Kahani	17 <sup>th</sup> & 18 <sup>th</sup> Sept 2021
18.	International Conference of Management and Social Sciences (ICMSS)	COVID-19 Pandemic: Change, Resilience, and Strategies	Lahore Garrison University	16 <sup>th</sup> & 17 <sup>th</sup> June 2021
19.	Workshop	Self-Image Enhancement	House of Pebbles	10 <sup>th</sup> Sept 2020
20.	4-day series of Workshop	The Sandwich Model of Therapeutic Action - An integration of Psychoanalytic approach in developmental and Cultural context	Self-Empowerment Center Pakistan (USA) in collaboration with Pakistan Society for Excellence in Psychology (Pakistan)	July 2020
21.	Training program	Peace, Tolerance and Mental Health	Office of the District Youth Officer: Dir Lower	Jan 2020
22.	Workshop	Psychological First Aid (PFA)	Mental Health Assistancy, Islamabad	20 <sup>th</sup> Oct 2019
23.	Workshop	Intellectual Property Rights	ORIC, UOM	26 <sup>th</sup> April 2019
24.	04 days training Workshop	Entrepreneurship	Shoor Foundation for Education and Awareness (SFEA)	Feb 2019
25.	Workshop	Personality Analysis	Keh Do Foundation (Sobia Khateeb Family Clinic)	12 <sup>th</sup> May 2018
26.	Workshop	Mixed Method Research in Applied Psychology/Social Sciences	by Department of Psychology (IIUI)	15 <sup>th</sup> Dec 2017
27.	1st National Conference of Psychology	Emerging social and Mental Health Issues in Society	LGU Lahore	12 <sup>th</sup> -13 <sup>th</sup> Dec 2017
28.	International Conference	Problems and Challenges to English Language Teaching Reforms in Religious Madarassas of Pakistan	HEC funded thematic research project, Department of English (UOM)	15 <sup>th</sup> -16 <sup>th</sup> Nov 2017
29.	Workshop	Management of Intellectual Disability	Pakistan Council of Clinical Psychology (PCCP)	28 <sup>th</sup> Oct 2017
30.	2 <sup>nd</sup> series of training Workshops	advanced statistical analysis using AMOS	IIUI	27 <sup>th</sup> to 29 <sup>th</sup> Sep 2017
31.	Workshop	Therapeutic techniques for Stress management	MHPT	April 2017
32.	Orientation Session	Hypnosis	MHPT	April 2017
33.	Workshop	Diagnosis (DSM-V) and Treatment of Sexual Disorders	Boats	31 <sup>st</sup> , Dec 2016
34.	Workshop	Gestalt Therapy	IIUI	1 <sup>st</sup> Dec 2016
35.	Certificate of Merit	Dedicated Counseling Services to Teachers and Students	Fazaia Inter College Jinnah camp, Nur Khan Base	5 <sup>th</sup> Oct 2016

36.	Course Completion	Continuous Professional Development (CPD) for Mental Health Professionals	Khalily Psychological Clinic (KPC), Islamabad	15 <sup>th</sup> May to 7 <sup>th</sup> Aug 2016
37.	1 <sup>st</sup> series of Training Workshops	Quantitative data analysis using SPSS	IIUI	14 <sup>th</sup> & 15 <sup>th</sup> Apr 2016
38.	Workshop	Child Abuse: myths, facts, misconception & prevention	Boats	6 <sup>th</sup> Feb 2016
39.	Seminar	Wakeup Call	IIUI	18 <sup>th</sup> Dec 2015
40.	2nd International / 4th National Conference/ workshop	Enhancement of Cognitive Abilities among Slow Learners	AFIRM	Apr 2015
41.	Workshop	ADD/ADHD	Green Meadows School (Fresh Foundation)	February 2015
42.	2-days Workshop	Test Construction	Psychology Department, IIUI	Nov 2014
43.	Workshop	Mental Health, Diabetes, Hepatitis and Women Health	Sussex partnership NHS Foundation Trust, UK	April 2014
44.	1st International Conference	Mental Health	IIUI	2012
45.	Course Completion	Spoken English Proficiency	Brook Field English Academy, Wah Cantt	2012

### Research Studies (In Progress)

1. Gender Differences in Conflict Management Styles among Married Couples.
2. Cognitive Behavior Therapy for Social Anxiety Disorder: A Case Report.
3. Relationship between Coping strategies and Anxiety among University students of Pakistan.
4. Effect of Bullying on Academic Self Concept and Emotional Intelligence of Pre-adolescents
5. Role of Aggression Replacement Training on Social competence, Perceived stress, and Aggression among adolescents.

### Language Proficiency

-  *English* (Read, Write, Speak)  
 *Urdu* (Read, Write, Speak)

### References

Would be provided on demand.