



## Conference Special Edition

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### 9<sup>th</sup> International Conference Trauma, Abuse, and Violence: Thriving for a World Without Torture



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National Institute of Psychology is considered a pioneer in conducting international conferences of psychology in Pakistan. July 23<sup>rd</sup>, 2022 was another such day when entire team of National Institute of Psychology worked hard and made its 9<sup>th</sup> international conference successful under supervision of Director Prof. Dr. Rubina Hanif (Chief Organizer) along with Dr. Saira Khan (Conference Organizer). The conference started with Quran recitation and preceded by opening remarks by organizer and welcome note by chief organizer. In her welcome note, Prof. Dr. Rubina Hanif welcomed all the speakers and audience and announced themes of the conference. The conference objectives were exuberantly expressed through traumatic events and the threats they pose to the well-being of individuals and overall society. She mentioned that conference was planned in a virtual mode to allow diversity and inclusion of participants across the globe. She aimed to streamline guidelines at the national level considering findings presented in scientific sessions. Lastly, she paid her thanks to all the keynote speakers, vice chancellor, dean social sciences, and conference collaborators.

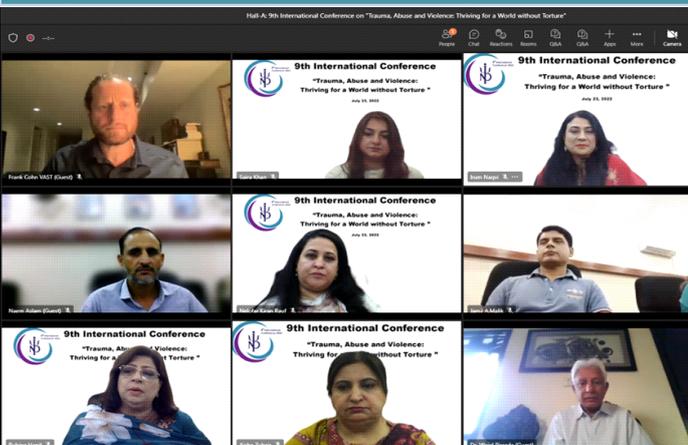
## Keynote Lectures

### Address by Prof. Dr. Muhammad Ali (Vice Chancellor, Quaid-i-Azam University,

Dr. Muhammad Ali emphasized that conference was a great initiative to gather academicians, professors, researchers, practitioners, and activists at a single platform to discuss the most recent innovations, trends, and concerns as well as practical challenges encountered, and solutions adopted in the field of trauma, abuse, and violence. Dr. Muhammad Ali emphasized that this conference was a great initiative to gather academicians, professors, researchers, practitioners, and activists at a single platform to discuss the most recent innovations, trends, and concerns as well as practical challenges encountered, and solutions adopted in the field of trauma, abuse, and violence. Additionally, it will also inculcate the research culture among the entire fraternity of psychology in our country, thereby, contributing to the collective goal of surviving in a violence-free society. He thanked the Director, NIP, and conference organizer for invitation and appreciated the efforts or taking the initiative to highlight such sensitive matters. He also emphasized to monitor the drug addiction and violent behaviors of students in universities.



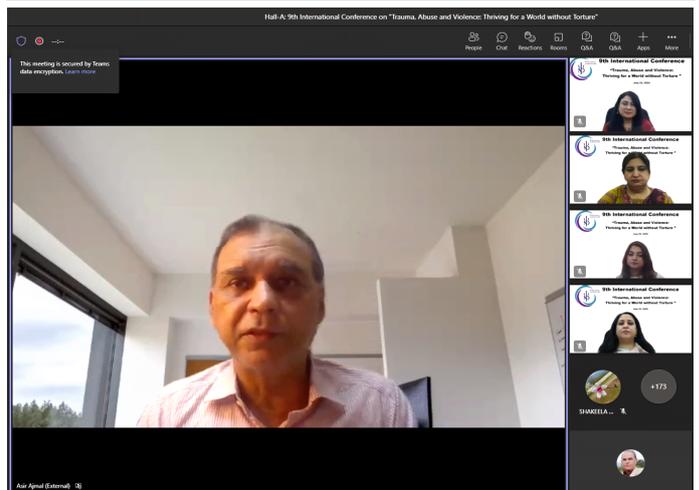
### Global and Local Anti-Torture Movements by Frank Cohn (Vancouver Association for Survivors of Torture, VAST)



The keynote speaker, Frank Cohn, appreciated the local and global movements against torture. He further explained that every country has a rich history of inhabitation from different ethnicities and cultures or skin colors. A key point worth highlighting regarding the role

of Vancouver Association for Survivors of Torture (VAST) was that this organization is working on mental health support or counseling through different trauma treatment modalities. He also mentioned that the common countries that reported trauma in their organization were Afghanistan, Mexico, Russia, and Canada. Refugees from such countries, where torture is very common, resulted in incarceration in Canada. The refugees of all different countries are reported in Canadian statistics. He concluded while highlighting the need to work conjointly to overcome this issue by centralizing the efforts to the local areas to minimize the challenges that we face to reduce the trauma in native countries as well as trauma of migration.

### Preventing Torture in Police Settings: Insights and Reflections by Dr. Asir Ajmal (Dean & Professor of Psychology at GIFT University):



The keynote speaker, Dr. Asir Ajmal, highlighted the fear of police in Pakistani population and emphasized the need for training of police from an international country's perspective though the police brutality and torture experienced in indigenous police stations are far more incomparable to international countries. He talked about the tendency of parents to pursue their children for jobs in police irrespective of their personality traits which may lead to need of a well-defined selection criterion for jobs of police. He further added that IQ tests have been a concern in the United States but its not part of selection criterion in Pakistan. He further discussed some situational factors that greatly impact the functioning of the police in the country. He concluded that first need to make the recruitment process more scientific. Another

recommendation was that there is a need to send the recruits to the police academy for training. In that way, the mindset is needed to be changed. Transferring to a police academy should not be considered as a punishment but a way of learning to ensure to minimize the dehumanized behaviors of police officers.

needs the sensitization of pension for the elderly. He further explained that social protection is the major area which Government can ensure to induce feelings of security. He added that the elderly population experiences different forms of abuse like physical, financial, and sexual abuse and Roots Pakistan has the vision to provides social protection programs for this population for past two decades. Other problems, which they face, include a growing gap between the elderly and their offspring, dependency, lack of pension programs, competitive financial world which is increasing the youngsters' tendency to get rid of financial responsibilities of elderly people. He greatly emphasized the social protection program in industrialized societies to provide protection in face of above-mentioned issues.

**Prevention Programs to Confront Sexual Violence Victimization in South Asian University Campuses by Prof. Dr. Lawrence H. Gerstein & Dr. Aashna Banerjee (Center for Peace & Conflict Studies, Ball State University, USA)**

The keynote speakers talked about the prevention programs that can be adapted to cope with the sexual violence victimization. It was highlighted that the universities need to pay attention to devise preventing techniques against sexual violence victimization happening at the university level to ensure the mental health of students. The speakers also highlighted that the intervention programs regarding bullying and victimization should be designed through collaboration at the national level to be implemented in educational institutes at larger scale.

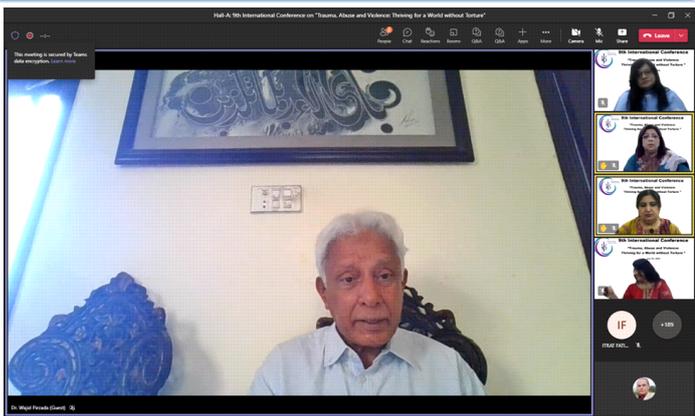
**Learned Helplessness as a Consequence of Traumatic Experience: New Methodological Ideas of Study by Dr. Olesya V. Volkova**



Learned helplessness is a state arising as a reaction to uncontrolled, mainly negative events, the avoidance of which is impossible, which are connected with the optimistic or pessimistic attributive style of explaining life events. In both cases, a person feels no longer safe, has a feeling that

he cannot control his own life and be confident in the future, and psychological and somatic symptoms manifest. Psychological include tension, anxiety, obsessive thoughts, apathy, the desire for solitude, or, on the contrary, fear of being alone and others. The analysis of contemporary psychological studies showed that the following points are distinguished as specific features of the learned helplessness of a person: changing the motivation of achievement, emotional, cognitive, and volitional spheres. The new methodological basis, presented in this study, combines three conceptual ideas: learned helplessness theory (Seligman), the theory about cultural and historical development of human psyche (Vygotsky), and ideas of trans-spective analysis (Klochko). This unique methodological combination allowed us to design the authentic questionnaire Subjective Assessment of the

**Elderly Abuse and Need for Social Protection by Dr. Wajid Pirzada (CEO Roots Pakistan-A Grassroots Development Action)**



The keynote speaker, Dr. Wajid Pirzada, emphasized the under researched area of elderly abuse and the need for social protection programs. He mentioned that elderly population belong to the low-income group in Pakistan and face various psychosocial consequences including social insecurity and lack of income. He articulated that the social protection programs enable the elderly to cope with such situations and suggested that Government

## Keynote Lectures

Learned Helplessness Genesis, which among all reveals the connection between learned helplessness and psychological trauma. Knowing learned helplessness genesis and the influence of traumatic experience on its formation can help to identify and predict it easily and increase the effectiveness of psychological assistance.

### **A Multicultural Approach to the Study of Mental Health Literacy and Myths on Trauma Caused by Catastrophes by Dr. Clara Gesteira**



Dr. Clara argued that there is scarce literature on Mental Health Literacy related to trauma, and particularly in catastrophe. Besides, limited attention has been paid to the role of cultural differences in this context. The aim of this cross-cultural pilot study was to compare people's myths on trauma and catastrophes in two different countries (i.e., Spain and Pakistan). With snowball sampling stratified by age range, an online questionnaire on myths related to trauma after catastrophes was completed by 80 participants. Multivariate covariance analysis was conducted on the scores of the set of items of the questionnaire, and a Covariance Analysis was also carried out for each of the 25 items, applying the correction of Bonferroni for multiple comparisons. Participants were reasonably knowledgeable on how people are supposed to respond to catastrophes. However, some misconceptions still prevail, like the universal need of psychological therapy because of necessarily suffering from a psychological disorder, or the obligation to confront, cry, talk, and show pain to overcome the situation, or to recover in a limited amount of time. Significant cultural differences were found, with Pakistani participants showing a higher level of belief in myths referred to the power of time to heal wounds, the identification between overcoming and forgetting, and the overprotection of children (all large effect sizes).

Future educational materials on mental health literacy should concentrate their efforts on these specific misconceptions that differ among countries and/or cultures. The significance of these myths is culturally discussed.

### **Journey of Voices Against Torture, Pakistan Dr. Farooq Mehdi**

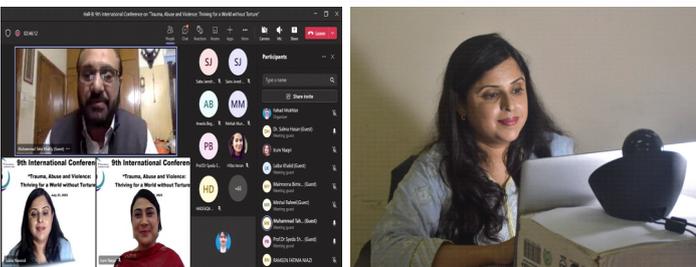
Voice Against Torture (VAT) represents the first organized and systematic effort to combat serious problems of torture in Pakistan. It is an inter-disciplinary forum for the struggle against all forms of torture and the treatment and rehabilitation of torture survivors and their families. Professionals from every sphere of life, doctors, psychiatrists, psychologists, physiotherapists, lawyers, social counselors, human rights activists, social workers, and research and documentation experts, put in their efforts to achieve the aims and objectives. Globally thousands of individuals and families, including many refugees, suffer from torture, from home to workplace, streets, academic and religious institutions and police stations and prisons. The impact of torture can remain on the body as well. The whole life of an individual is destroyed, and in turn, this goes on to affect their integration in society. VAT has focused on the core themes of dissemination of information; mobilizing public opinion; making doctors and the medical sensitized and informed about torture and its psycho-somatic sequels; mobilizing opinion among the community of scientists in such a way that they refuse to make instruments, which could be used in the process of inflicting torture; conducting research on all forms of torture, their effects and methods of treatment including rehabilitation; providing free medical facilities for the treatment of torture victims; providing specialized center where victims can be referred from anywhere for treatment and rehabilitation; acknowledging and supporting the activities of other national and international human rights organizations.

### Scientific Session 1-A



The session chair of the activity was Prof. Dr. Tanvir Akhtar and Prof. Dr. Iffat Rohail from Department of Psychology, Foundation University, Islamabad. The session in-charge was Dr. Jamil A. Malik (National Institute of Psychology, Quaid-i-Azam University, Islamabad). Papers in the session mainly discussed child maltreatment/adverse childhood experiences. As concluding remarks, Chair Dr. Tanveer congratulated the NIP team for organizing conference on a pertinent aspect of this issue. He suggested that critical points that should be highlighted in the papers presented in this session should be to address the preventions based on this issue. Dr. Iffat Rohail added that themes are based on a very sensitive issue, and she suggested that it is high time to develop intervention on this issue.

### Scientific Session 1-B



The session in-charge for the activity was Dr. Sobia Masood (National Institute of Psychology, Quaid-i-Azam University, Islamabad). This session was chaired by Prof. Dr. M. Tahir Khalily (Shifa Tameer-e-Millat University, Islamabad) and Dr. Syeda Shahida Batool (Department of Psychology, Government College University, Lahore). Papers in this session mainly discussed the Child Maltreatment/Adverse Childhood Experiences. Towards the end of the session, Dr. Shahida Batool appreciated the strength of conceptualization and rationale of the researches. She also talked about the importance of the theme and emphasized the need to explore more on such kind of topics. Prof. Dr. Tahir Khalili highlighted the techniques of intervention and appreciated all the participants for their work.

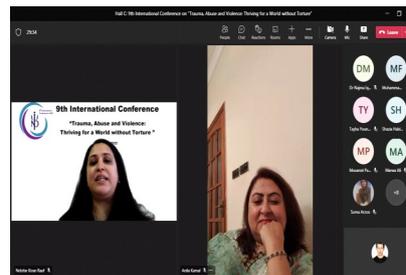
### Scientific Session 1-C

The theme of the scientific session was Adult survivors of Maltreatment and traumas and it was chaired by Prof. Dr.



Anila Kamal (Vice Chancellor, Rawalpindi Women University, Rawalpindi) and Dr. Najma Malik (Department of Psychology, University of Sargodha, Sargodha)

respectively. The session in-charge was Dr. Nelofar Kiran Rauf (National Institute of Psychology, Quaid-i-Azam University, Islamabad).



Twelve research papers were presented in the session which highlighted major traumatic events related to adults including marital conflicts, parental rejection, sexual harassment, burn survivors, postpartum depression, workplace bullying, rumination, and effect of Covid-19 pandemic. At the end, session chair emphasized the trauma effects and need for building resilience.

### Scientific Session 2-A



The session chair of the activity were Prof. Dr. Muhammad Jahanzeb Khan (Vice Chancellor FATA University, Khyber Pakhtunkhwa) and

Dr. Aneela Maqsood (Department of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi). The session in-charge was Dr. Aisha Zubair (National Institute of Psychology, Quaid-i-Azam University, Islamabad). The theme of the session was adult trauma and youth violence. Session chair suggested that we should have structured programs for dealing with trauma at school, academic institutions, and workplaces. A thorough investigation is required to focus on perceived neglect of trauma among adolescents.

## Scientific Sessions

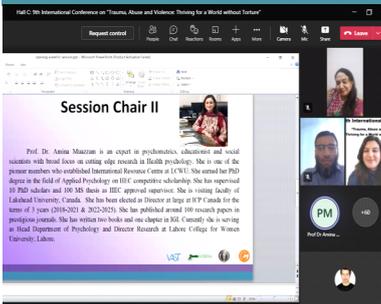
### Scientific Session 2-B



The session incharge for the activity was Dr. Naeem Aslam (National Institute of Psychology, Quaid-i-Azam University, Islamabad). This

session was chaired by Prof. Dr. Syeda Salma Hassan (Department of Psychology, Government College University, Lahore) and Dr. Nazia Iqbal (Department of Psychology, International Islamic University, Islamabad). Session papers focused on the theme of Domestic and Sexual Violence. Session chair emphasized the need of developing indigenous scales in these areas and suggested the academia to link with NGOs to create awareness seminars and raise voice against these issues. Dr. Nazia Iqbal highlighted the need for qualitative research to be conducted in future on the said issue.

### Scientific Session 2-C



The theme of the session was preventing, assessing and treating trauma. It was chaired by Prof. Dr. Sarwat Sultan (Department of Applied Psychology, Bahauddin Zakariya University, Multan) and Prof. Dr. Amina Muazzam (Department of Applied Psychology, Lahore College for Women University). Dr. Imran Bukhari (National Institute of Psychology, Quaid-i-Azam University, Islamabad) was the session incharge. Papers encompassed the effects of anti-bullying intervention plan, psychotherapeutic management of PTSD among women exposed to domestic violence, Trauma Focused Cognitive Behavioral Therapy Approach, prediction of traumatic stress using psychological capital.



### Scientific Session 3-A



The session chairs of the activity were Prof. Dr. Farah Malik (Institute of Applied Psychology, University of Punjab, Lahore) and Dr. Shazia Khalid (Department of Social Sciences and Humanities, National University of Medical Sciences, Rawalpindi). The session incharge was Ms. Raiha Aftab (National Institute of Psychology, Quaid-i-Azam University, Islamabad). She also emphasized the importance of studying the abuse faced by the children in the family from their childhood. She further added that indigenous tools are available for the assessment and testing of children with trauma.



### Scientific Session 3B

The session incharge for the activity was Dr. Irum Naqvi (National Institute of Psychology, Quaid-i-Azam University, Islamabad). This session was chaired by Prof. Dr. Rafia Rafique (Institute of Applied Psychology, University of the Punjab) and Prof. Dr. Anis-ul-Haq (Department of Applied Psychology, National University of Modern Languages, Islamabad). Papers mainly focused on the theme of media and war associated induced trauma. Towards the end of the session, Dr. Anis-ul-Haq appreciated all the participants for their efforts and highlighted the coping strategies to be used after trauma. He emphasized the need to investigate the impact of globalization. He also highlighted the role of Higher Education Commission Pakistan in eradicating bullying and trauma in academics settings.



## Workshops and Shield Distribution

### Pre-Conference Workshops

Three pre-conference workshops were conducted in on conference theme. First workshop titled “Anger Management Among Victims of Trauma Abuse and Violence” was conducted by Dr. Aisha Zubair. Resource person helped to identify threshold of anger, various



forms of aggression one needs to manage and how can we use different strategies to cope with it at work to make us grow in our personal and professional life.

Second workshop was conducted by Dr. Uzma Masroor and title of the workshop was “Art and Play Therapy for Trauma Treatment in Children. The resource person helped define and understand Play and Art therapy (usually used as a combined approach) is most effective for children because attempts to bring resolutions to different traumatic experiences that might influence their long-term functioning as grown-up adults.



Third workshop was conducted by Luke Felczak on IFAD Mapping. The four-hour workshop aimed to explain the clinicians, frontline workers, and anyone working directly with survivors of violence, consciously or unconsciously, employ their nervous system to co-regulate the nervous systems of the persons they serve.



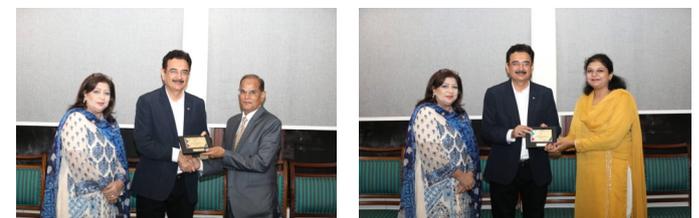
### Shields Distribution Ceremony for Conference Team



For acknowledging the efforts of entire team during 9th International Conference on “Trauma, Abuse, and Violence: Thriving for a World Without Torture”, NIP arranged a certificate/shields distribution ceremony and dinner on August 15, 2022 for staff, faculty, and students who were part of organizing committee.



Vice Chancellor Dr. Muhammad Ali was invited as Chief Guest of the ceremony along with Dean Faculty Social Sciences Dr. Muhammad Idrees and Registrar Dr. Raja Qaiser Ahmed. Ceremony started with welcome note of organizer conference organizer Dr. Saira Khan and preceded with welcome address of Director NIP Prof. Dr. Rubian Hanif and speech of Vice Chancellor Dr. Muhammad Ali. Director and Vice Chancellor appreciated the efforts of NIP team for conducting another international conference successfully and hoped that institute will grow leaps and bounds with such efforts.



# Newspaper Presence

