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### One-Day Symposium on Drug Addiction: From Prevention to Intervention



On June 28, 2022, National Institute of Psychology organized its first ever symposium on topic of “One-Day Symposium on Drug Addiction: From Prevention to Intervention” in collaboration with Hosla Addiction and Psychiatric Treatment Centre and International Society of Substance Use Professionals. Mr. Bashir Ahmad Naz (President ISSUP-Pakistan Chapter) graced inauguration of the ceremony with his presence which was followed by welcome address of Director of National Institute of Psychology, Prof. Dr. Rubina Hanif. Organizers of symposium, Dr. Naeem Aslam and Dr. Jamil Malik, presented keynote addresses in which overview of prevention and intervention of drug abuse and drug abuse in youth were discussed. Symposium was conducted in hybrid mode in order to accommodate a wide range of research work from all over Pakistan.

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Experimental studies articulated the effectiveness of mindfulness based relapse prevention and compassion focused therapy in treatment of drug abuse. Remaining papers focused on psychological process of individuals with drug abuse and their caregivers. Symposium also included poster presentation competition. Junaid Ghazali, MPhil scholar of National Institute of Psychology, won the poster competition. The title of the poster was “Stress and Problematic Online Gaming Mediating Between FOMO and Parent-Child Conflict Among Students: Moderating Role of Communication Pattern”. The ceremony ended with a thank you note by Director and distribution of shields and certificates to participants and guests.

## Workshops at NIP

### Skills Training for Children With Behavior Disorders



A virtual workshop was conducted by Ms. Sadaf Arif on April 2, 2022 in which the focus was to teach the teachers, parents, and students of clinical psychology about behavior disorders in children, their assessment, and early detection in order to devise effective treatment plans. The disorders which were focused during the workshop included Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, and Conduct Disorder. Regarding these disorders, ten areas of focus included parents' stress, parents' thoughts, family interaction, parental and family involvement, discipline and rule following, learning of social behavior skills, learning of problem solving skills, coping with anger, self-directed academic behavior, as well as emotional well-being of the children. Resource person taught techniques to counter in above mentioned ten areas and some of them included stress management, anger management, relaxation techniques, changing thoughts, and developing coping skills.

### Referencing and Result Writing Through APA-VII

National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad successfully conducted another online workshop on topic of "Referencing and Result Writing Through APA-VII". The workshop was conducted by Dr. Irum Naqvi who is currently working as Assistant Professor at NIP. The three-hour workshop was distributed into three modules. These three modules included in-text citations and developing reference list; formatting of tables, figures, and images through APA-VII; and result writing



which primarily focused on the parameters which must be discussed while interpreting the results of the Tables. Every module of the workshop was followed by question answer session. Workshop was attended by students as well as professionals which mostly included teachers who were working in colleges and universities. Expertise of the resource person and her grip on the topic was appreciated by all the participants.

### Experiencing Autotelism: Going Beyond Boredom and Anxiety



A workshop was conducted by Dr. Aisha Zubair at the National Institute of Psychology on 19 May 2022. The workshop was titled Experiencing Autotelism: Going beyond boredom and anxiety. The workshop was aimed at enhancing skills for transmuting anxiety and boredom, core sense of character, unremitting attention, effortless high performance, synchronized pursuit of happiness, and psychosocial saga of peak experiences. The workshop was attended by a large number of participants. They learned how to maximize their experiences and to 'feel alive' and to really experience the world in it's real beauty. Certificates were awarded to participants after the workshop.

**Personality Disorders Examination: Assessment and Diagnosis Through DSM-V**



May 31st, 2022 witnessed another successful day for National Institute of Psychology, Quaid-i-Azam University when a third online workshop was conducted. The topic of the online workshop was “Personality Disorders Examination: Assessment and Diagnosis Through DSM-V” and the resource person for the workshop was Dr. Saira Khan who has completed her PhD Dissertation in personality disorders among clinical and non-clinical populations.



This four-hour workshop was divided into four sessions including introduction and ice breaking, theoretical foundations, understanding DSM-VI-TR and DSM-V with the way forward for assessment, personality assessment tools along with their administration and scoring. Participation of students, as well as professionals, provided an opportunity for an interactive workshop where Dr. Saira Khan was successful in demonstrating the application and assessment of DSM-V and possible drawbacks while using it with certain religious and cultural groups.

**Tap Into The Power of Emotions: Secret To Success at Work and Beyond**



A workshop was conducted on Developing Emotional Intelligence at the National Institute of Psychology, Quaid-i-Azam University, Islamabad. Research supports that 80% of our success is based on how well we utilize our emotional potential; and Dr. Sobia Masood, our resource person helped define what emotions were and how can we make it work for us in our personal and professional life.



The workshop focused on exploring the power of emotions, learning skills of self-awareness, self-management, social awareness, and relationship management. The aim was to improve personal and team performance. Certificates were distributed after the workshop



## Seminars at NIP

### Seminar on Islamic Psychology and Spiritual Wisdom



On 27<sup>th</sup> April, 2022, Prof. Dr. Muhammad Tahir Khalily (Professor of Clinical Psychology and Dean Faculty of Social Sciences and Humanities, Shifa Tameer-e-Millat University, Islamabad) delivered a seminar titled Islamic Psychology and Spiritual Wisdom at NIP. The seminar had been jointly organized by the National Institute of Psychology, and Rehmatul-lil-Aalameen Authority, Govt. of Pakistan. Prof. Dr. Tanvir Anjum (Tenured Professor, Department of History, Quaid-i-Azam University, Islamabad) who is also serving as a member of the Rehmatul-lil-Aalameen Authority attended the seminar as its representative.



The activity commenced with the recitation of the Holy Quran and its translation followed by a ‘naat’ recital by two NIP students: Hafiz Muhammad Akbar and Tania Ashraf. Later the Rehmatul-lil-Aalameen Authority, Govt. of Pakistan was introduced by Prof. Dr. Tanvir Anjum after which Prof. Dr. Muhammad Tahir Khalily commenced his insightful talk in which he comprehensively covered content on spirituality, religiosity, maladies of ‘nafs’, Muslim psychology and Islamic Psychology and conventional Western psychology. He also shared a list of scholarly reading material including books and journal articles for further reading and research. After a question/answer session,

NIP Director, Prof. Dr. Rubina Hanif gave her concluding remarks and thanked both esteemed guests for their time and presence. The activity concluded with the distribution of shields to the guests and a group photo with them.



### Effects of Drug Addiction on Brain and Body



A team from Hometown Community Foundation (HCF), a non-profit organization striving to save lives from substance use related deaths, delivered an awareness seminar titled ‘Effects of Drug Addiction on Brain and Body’ for NIP students on 12 April, 2022. On this occasion, an information desk was also set up by HCF to share relevant information with the students and distribute forms amongst them for joining the organization as volunteers.



The seminar was delivered by Ms. Mehwish Tariq (CEO, Hometown Community Foundation) and Ms. Rabya Ghafoor. The speakers shared comprehensive information related to the issue of drug addiction and the

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initiatives that their organization takes in this regard; empowering individuals and families with knowledge to give an understanding of substance abuse disorder and addiction and providing strategies to fight against substance abuse as their primary focus. The speakers encouraged the students to join the organization as volunteers and researchers to connect to a global network of people making a difference in their own lives in their communities and in the world. They were also asked them to visit the information desk set up by HCF on NIP premises on this occasion to get forms to register for volunteering opportunities with HCF.

Ezdi, and Senator Fawzia Arshad.



NIP collaborated with Behavioral Sciences Department of Fatima Jinnah Women University for participating in workshops under Universities Partnership Grants Program by USEFP. The series of workshops is a university teachers' capacity building program focused on strengthening their teaching and research capabilities. On June 21, 2022, first online workshop was conducted by Dr. Aneela Maqsood (Incharge Behavioral Sciences Department, FJWU), whereas further workshop on curriculum designing are in line-up in the month of July. Faculty from NIP, Institute of Gender Science, Anthropology, Sociology, and History participated in the workshop.

### NIP Faculty Participation Outside of NIP



On June 28, 2022; Dr Sobia Masood was invited as guest speaker in Ali Trust College. The purpose of the session was to aware the faculty about importance of emotional intelligence at workplace and while dealing with one another.



Ms. Arooj Mujeeb (Research Associate cum Lecturer) was selected for a 7-day residential training workshop titled "AmnQalaab (Cohort-VII)" organized by Shaoor Foundation for Education and Awareness.



Ms. Arooj Mujeeb participated in District Women Workers' Convention organized by Sustainable Social Development Organization (SSDO) on June 27, 2022. Organization is working on gender equality and empowering women and girls rights. The convention was specifically arranged to highlight the demand for labor rights of working women. The session was chaired by Federal Minister of Board of Investment Chaudhry Salik Hussain, Senator Farhat Ullah Babar, Senator Seemi National Institute of Psychology NEWSLETTER, April-June 2022



Foundation selects 30 participants for every cohort from different districts of Pakistan on basis of their social

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work activities. Cohort VII included males, females, and transgenders from 28 districts who were trained for inclusion, peace, and positive impact on society.



Resource persons included politicians, parliamentarians, social workers, researchers, journalists, and vice chancellors of different universities of Pakistan.



Dr. Irum Naqvi was invited by Student Tutoring and Counseling System of National University of Modern Languages (NUML) on May 11, 2022 for seminar on “Psychological Well-Being and Stress Management” where she lectured students about strategies which they can use to relieve their stress.

On 13<sup>th</sup> April, 2022, Ms. Raiha Aftab from the NIP faculty conducted a seminar for the students of International Islamic University Islamabad. The topic of the seminar was “Procrastination: A Thief of Time”.

On 1<sup>st</sup> April, 2022, Dr. Jamil A. Malik from the NIP faculty conducted a one-day workshop titled Mediation, Moderation, and Model Testing: SEM in AMOS at the University of Management and Technology, Lahore.

Dr. Naeem Aslam from NIP faculty attended a training course titled Physiology and Pharmacology organized by United Nations Office on Drugs and Crime for Prevention Specialists (UNODC) in Pakistan in coordination with Ministry of Narcotics Control and Ministry of National Health Services Regulations and Coordination at the Anti-Narcotics Force Academy, Islamabad. The aim was of the training course was to prepare a pool of national drug prevention trainers to implement the existing Universal Prevention Curriculum (UPC). The activity also intended to help the

Government of Pakistan to facilitate the development of the drug prevention workforce while conducting trainings on UPC curriculum in all four provinces in Pakistan. The course presented an overview of the physiology and pharmacology of psychoactive substances and their effects on the brain to affect mood, cognition, and behavior and the consequences of such use on the individual, the family and the community.

On 30<sup>th</sup> March, 2022, Dr. Sobia Masood and Dr. Saira Khan from the NIP faculty delivered a one-day training workshop for the cadets at the Karnal Sher Khan Cadet College, Swabi. The workshop was well received and the resource persons were appreciated for their valuable input.

Dr. Sobia Masood, Dr. Aisha Zubair, Dr. Naeem Aslam and Dr. Saira Khan from the NIP faculty had the honor of conducting a 2-day training workshop as resource persons at Military College, Murree on 28<sup>th</sup> -29<sup>th</sup> March, 2022 on the topic of Personality Development. The workshop had been arranged for the faculty and cadets of Military College, Murree.

## Dr. Claudio Longobardi's (Associate Professor of Department of Psychology, University of Turin, Italy) Visit to NIP



Dr. Claudio Longobardi, an Associate Professor of the Department of Psychology, University of Turin, Italy visited National Institute of Psychology (NIP) on 21<sup>st</sup> April, 2022 to discover possibilities of future linkages and research collaborations with the Institute. He appreciated the efforts of the Director, NIP regarding streamlining various academic and community-related projects and services and the way the institute has built its reputation on national global level. In the end, he extended his best wishes for the faculty and students of NIP.

## Sports Activities



Like every year, Student Club of National Institute of Psychology arranged sports activities during March and April, 2022. The institute has introduced a wide range of sports for its students including in-door and out-doors sports. The indoor sports chess, table tennis, luddo; whereas the outdoor sports included badminton, cricket, football, and volley ball. An exclusive competition of poetry writing was also arranged for poets and poetesses of the institute. For all the sports, all classes of BS, MPhil, and PhD were invited to take part in the matches.



All of the matches were conducted in dual sequence that is, first teams were made within the classes and inter-class matches were arranged. Afterwards, between-classes matches were arranged. Winners of every game were selected after a series of matches between the teams of different classes. For every series of match, one faculty or staff member worked as supervisor to maintain transparency. Winners of these competitions included.



## Hamd Arshad Winning Story

تحفہ

تالیوں کی گونج میں اس نے سر اٹھایا، دونوں ہاتھ ڈاکس پر رکھے تھے۔ مجمع سے بھرے ہال پر نگاہ دوڑائی، ہال کشادہ اور لوگ ہی لوگ تھے۔ شروع میں اسے لگا تھا کہ اس کے الفاظ دم توڑ جائیں گے۔ جب وہ اپنی تقریر کی تیاری کر رہا تھا اسے تب بھی ایسا ہی لگا تھا۔

اور پھر اس نے پوچھا تھا، سارے الفاظ ختم ہیں کیا؟

ادھر کون تھا جو اسے جواب دیتا۔ جو اسے بتا دیتا کہ الفاظ تو ایک ایجاد ہیں یاد ریافت ہیں۔ یہ لوح میں

محفوظ ہیں۔ کیا یہ واقعی ہیں۔ کیا یہ آدم سے پہلے تھے۔ تو نہ یہ ایجاد ہیں نہ دریافت ہیں۔ یہ تحفہ ہیں۔ کیا یہ تحفہ ہیں آدم کے لیے۔ اور تحفے زندہ رہتے ہیں۔ اور تحفے نہیں مرتے۔ اور اس کے الفاظ بھی زندہ تھے۔ ہمیشہ کی طرح ایک شاندار تقریر کا نعام آج بھی اس کے نام ہو گیا تھا۔ اور اب وہ لوگوں کے ہجوم سے دور ہال سے باہر آ گیا تھا تب ہی فیض نے اسے آواز دی تھی۔ اس کے قریب آتے ہی فیض نے تقریر کے متعلق گفتگو شروع کر دی۔ اور یہ ان دونوں جوانوں کا پُرانا یادگار تھا۔

تم نے کہا کہ 23 مارچ 1940ء کا اصل مقصد قرارداد اور ایک نظریہ پیش کرنا نہیں تھا۔

کیا غلط کہا میں نے؟ لگتا ہے بھائی نے اس دفعہ تقریر پوری نہیں سنی۔

فیض کو تقریر چھوڑ کر جانا پڑا تھا اور نہ ایسا کم ہی ہوتا ہے۔

میں کہہ رہا تھا وہ بڑے لوگ تھے جن کا مقصد اپنی قوم کو بڑے خواب دیکھنا سکھانا تھا۔ اور پھر ان خوابوں کو پورا کرنے کے لیے اہداف مختص کرنا سکھانا تھا۔ یہ تو ہم ہیں جسوں نے اصل بنیادوں کو بھلا دیا۔ انھوں نے اپنے کم فرٹ زون سے باہر ناممکنات کی دنیا میں قدم رکھا۔ اپنے مقاصد اور ہدف (ایگزیکٹو گولز)

واضح کیے۔ اور پھر پوری دنیا نے اس کے خواب پورے ہوتے دیکھے۔ آج ہم موٹیویشنل اسپیکرز کی

باتیں سن کر انہیں داد دیتے ہیں لیکن 23 مارچ کے دن گھروں میں بیٹھ کر چھٹی مناتے ہیں حالانکہ

پاکستانی ہونے کے واسطے ہمیں چاہیے کہ ہم ہر یوم پاکستان کو ایک خواب دیکھیں۔ ایک فیصلہ کریں اپنی

زندگی کو بہتر رخ دینے کا، اپنی عقل اور شعور کو استعمال کر کے روشن راہوں پر چلنے کا، پھر اس سب کے

لیے کوئی قرارداد کریں۔ کوئی عہد کریں۔ اپنے وطن کا نظریہ سامنے رکھیں۔ اور پھر دیکھیں کیسے دنیا کو

بھی آپ کے خواب پورے ہوتے نظر آئیں گے۔ ہم انہیں اسی لیے لیڈر کہتے ہیں۔

وہ خاموش ہوا تو ہلکی چلتی ہوا ذرا تیز ہوئی۔ اس ملک کی ہوائیں بھی محب الوطن ہیں۔

اسے بھی آج سے پہلے کاہل خول کو اتار پھینکا تھا۔ وہ فیض کو خدا حافظ کہہ کر ویسے ہی چمک آنکھوں میں

لیے چلا گیا تھا۔ یہ ملک بھی تحفہ تھا۔ اور اسے اپنے ملک کو زندہ رکھنا تھا۔ اور تحفے زندہ رہتے ہیں۔

## Featured Alumni Dr. Sadaf Tariq



Dr. Sadaf Tariq is not only a former student of National Institute of Psychology, Quaid-i-Azam University but she also worked as Lecturer in the institute. She enrolled herself in MPhil leading to PhD program at NIP and she was awarded the doctoral degree in 2012. Her PhD dissertation titled “Identity Styles, Causality Orientation, and Psychological Well-Being Among Adolescents: A Cross-Cultural Comparison”. As far as her professional journey is concerned, she has a rich teaching experience of one decade during which she worked as Principal Researcher, Research Associate cum Lecturer, and Lecturer at National Institute of Psychology. Her tenure as Lecturer lasted from 2010 to 2014 after which she quit her professional career in order to take charge of personal responsibilities. She has been part of various funded research projects and some of them included “Exploring the Perception of Purdah Among University Students of Islamabad City”, Study of Prevalence of Sexual Abuse Among Female Domestic Servants”, and “Perception of Family System Among British and Pakistani Adolescents”. She worked as researcher in first two projects in collaboration with Department of Sociology, whereas she was co-researcher in third project which at National Institute of Psychology under the Promotion of Research. During her tenure in the institute, she remained an active part of various administrative committees and worked as co-organizer of an International Conference titled “Terrorism and Extremism: Social Psychological Perspectives”. She currently resides in Karachi where she is volunteering for PAF community.

### PhD Public Defense



During the last three months, three PhD scholars of National Institute of Psychology presented their public defence. Mr. Syed Aziz ud Din Agha presented his defence titled “Bereavement and Post-Traumatic Growth: The Role of Religious Coping, Cognitive Processes, and Social Support” on April 12, 2022 under the supervision of Prof. Dr. Anis-ul-Haque.



Second defense was of Ms. Hafsa Khalil Toor. She presented her dissertation titled “Early Executive Function of Preschoolers: Role of Maternal, Paternal and Teachers Mental State Talk and Quality of Parenting” on April 20, 2022 under the supervision of Prof. Dr. Rubina Hanif.



Third defense took place on May 17, 2022 which was presented by Ms. Sofia Tabassum under supervision of Dr. Jamil A. Malik. The title of her dissertation was “Romantic Relations, Psychological Well Being and Social Hopelessness in Adolescence: Role of Social Support and Attribution Styles.