



Vol. 42, Issue No. 3 — July - September, 2023

In this Issue

International Conference (11-12 Sept)	1
International Conference (18-19 July)	2
Pictorial Glimpses of Conferences	4
Workshops at NIP	6
PhD Public Defence	7
Featured Alumni	8

International Conference on Mental Health and Protection of Host and Afghan Communities in Urban and Informal Settlements (11-12 September, 2023)



Editorial Board



Patron
Prof. Dr. Rubina Hanif
drrubinahanif@nip.edu.pk



Editor
Ms. Arooj Mujeeb
aroojmujeeb@nip.edu.pk



Computer Assistance
Ms. Amna Farooq
amnafarooq@nip.edu.pk

International Conference “Mental Health and Protection of Host and Afghan Communities in Urban and Informal Settlements” on 11-12 September, 2023 was 3rd joint event organized in collaboration with UN International Organization for Migration. Within these two days, the first day was preconference workshop organized by Dr. Nelofar Rauf (Assistant Prof. NIP) in which focus was creating awareness among health professionals regarding gender-based violence and assessment and prevention of substance use. The second was the Conference Day including keynotes, guest speeches, oral presentations of empirical studies, panel discussion, and poster presentations. Experts from developmental, governmental, academic sectors; international and national NGOs; and UN agencies attended the conference. The conference started at 9:00 am with Inaugural Ceremony. Dr. Humaira Jami (Organizer, Assistant Professor, NIP) delivered opening remarks; Prof. Dr. Rubina Hanif (Chief Organizer, Director, NIP) welcomed conference participants and guests; Dr. Marsela Nyawara (Emergency Health Officer, IOM) shared thoughts about conference objectives; Mr Alexey Dudarev as Guest Speaker (Head of Field Office Karachi, UNHCR) talked about significance of interdisciplinary approach in handling challenges faced by host and migrants. Finally, Mr. Hamood-u-Rehman (Chief Guest, Commissioner, Commissionerate of Afghan Refugees Sindh) shared thoughts on the issue under consideration and what measures Sindh government is taking up to address health related issues of host and Afghan communities.

The rest of the day included keynotes, guest speeches, oral presentations of empirical studies, panel discussion (coordinated by Dr. Aisha Zubair), and

International Conferences

poster presentations (coordinated by Dr. Arooj Mujeeb). Day was concluded with an overview of the conference by Dr. Humaira Jami and Note of Thanks by Prof. Dr. Rubina Hanif and Dr. Marsela Nyawara. Dr. S. M. Tariq Rafi (Chairman HEC Sindh) and Senator Karim Khuwaja (Chairman, Sindh Mental Health Authority) after their reflections on the conference distributed shields and certificate as token of appreciation to the Conference guests and presenters. During the Conference, Dr. Imran Bukhari managed registration, while Mr. Ubaidullah and Mr. Fahad Mukhtar provided IT support, while Mr. Tahir Ellahi coordinated administrative and logistic support.



Focus in the Conference was more regional in nature that is Sindh, a key area for providing employment facilities to diverse population in urban settings. All activities of the Conference were focused to emphasize the impact of trauma and displacement on mental health of Afghan and host communities and how safety, control, and protection can be restored to add predictability in life. The conference was well attended by 164 participants from 5 International, 35 NGOs, 17 governmental, 5 health-based, and 14 academic sector organizations. Following recommendations were shortlisted in the Conference, which were furnished by experts while sharing their experiences in discussing protection and care of displaced Afghans.

1. In educational settings Afghan people face different challenges in urban settings including complicated and unfamiliar documentation process, restricted access, unambiguous equivalency procedures, difficult administrative procedures, difficulty in language acquisition, and financial constraints. These experiences vary across gender and language spoken at home. Peer supported initiatives and digital literacy programs may help to combat these challenges. Awareness campaigns, streamlining equivalency procedures, and simplifying administrative procedures can help address issues faced in education sector.

2. Social cohesion programs and teamwork initiatives can be effective for social integration of Afghan people in urban settings. Successful integration hinges to language acquisition, social network development, positive local interactions, and access to essential services and policies tailored to Afghan people's needs. Social effects cognitive capital, shared values, beliefs, and norms

integrate or segregate people. Hence, similarity needs to be enhanced to promote tolerance among society.

3. Current research in Pakistan is more focused on data from men, Peshawar and Balochistan areas, highlighting mental health challenges related to unemployment, societal attitudes, and adaptation on prevalence of gender-based violence. Research further highlights that children, youth, and women are the most vulnerable segment among Afghan people. Research is needed to understand issues in urban and informal settings in Pakistan which is very scarce. Available data is quite less or outdated; hence, immediate attention is needed to plan interventions carefully.

4. Evidence-based ideas for prevention of mental health are needed to develop culturally sensitive and sustainable programs to empower communities and foster resilience ensuring equitable access to mental health services.

5. A coordinated multiservice approach is needed to support mental health and integration of refugees.

6. Maternal health and infant development are connected. Brief psychological intervention and learning through play is a feasible strategy to address self harm-based vulnerabilities among mothers.

7. The geo-political situation needs stability to ensure the safety and security needs of inhabitants. A safety net needs to be built to avoid trauma and abuse.

8. Training modules for training of health and mental health workers are required to be designed and implemented quickly to train them in how to meet needs of host and Afghans. They need to be aware of in how to reinstate protection and safety within their boundaries.

9. To bring element of certainty, predictability, and control in life of host and Afghans education, vocational trainings including women also actively engaged are of utmost importance. This will help them to integrate in the host society and to become productive members of the society.

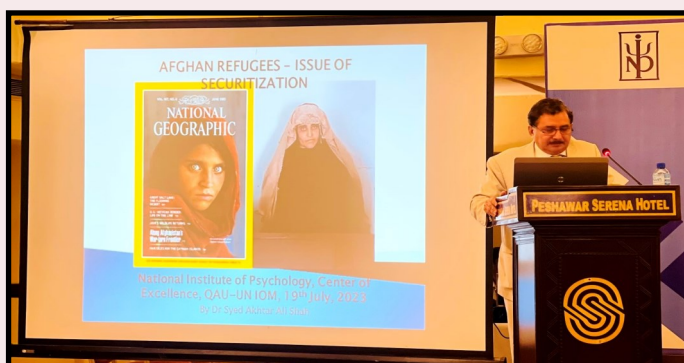
*Reported by Dr. Humaira Jami
Organizer, Assistant Professor*

International Conference on Fostering Empowerment Through Psychological Care, Safety and Protection Among Displaced Afghans (18-19 July, 2023)

The idea of having International Conference "Fostering Empowerment Through Psychological Care, Safety and Protection Among Displaced Afghans" from 18-19 July in Serena Hotel, Peshawar was jointly conceptualized by UN International Organization of Migration and National Institute of Psychology, Centre of Excellence, Quaid-i-Azam University, Islamabad. This conference was the outcome of deliberations and discussions in our jointly organized international conference held on 13-15 March in Serena Hotel, Islamabad.

The first day was preconference workshop organized by Dr. Nelofar Rauf (Assistant Prof. NIP) and Dr. Arooj Mujeeb (Lecturer NIP) in which focus was creating awareness among health professionals regarding gender-based violence and mental health issues of children and youth. The second was the Conference Day including keynotes, guest speeches, oral presentations of empirical studies, panel discussion, and poster presentations. Experts from developmental, governmental, academic sectors; international and national NGOs; and UN agencies attended the conference. The conference started at 9:00 am with Inaugural Ceremony. Dr. Humaira Jami (Organizer, Assistant Professor, NIP) delivered opening remarks; Prof. Dr. Rubina Hanif (Chief Organizer, Director, NIP) welcomed conference participants and guests; Dr. Marsela Nyawara (Emergency Health Officer, IOM) shared thoughts about conference objectives; Dr. Tehsin Fatima (Guest of Honour; Director Operations, Commissionerate of Afghan Refugees) shared her thoughts on the issue under consideration. Dr. Mudassar Aziz (Associate Professor) from University of Oslo, Norway talked about challenges faced by displaced people due to war (Online). Finally, Mr. Mahmood Aslam (Chief Guest, Health Secretary KPK) shared what measures KPK government is taking up to address health related issues of host and Afghan communities.

vulnerable segment of displaced Afghans including children, youth, and women and formulate strategies to provide protection and care in emergency situations by focusing at specific geographical location. Hence, this conference was built around this very concept.



The rest of the day included keynotes, guest speeches, oral presentations of empirical studies, panel discussion (coordinated by Dr. Aisha Zubair), and poster presentations (coordinated by Dr. Irum Naqvi). Day was concluded with an overview of the conference by Dr. Humaira Jami and Note of Thanks by Prof. Dr. Rubina Hanif and Dr. Marsela Nyawara followed by shields and certificate distribution ceremony joined by Dr. Gul Ghuttai Khalid (Program Officer, IOM) and Dr. Shahid Irfan (MHPSS, IOM). During the Conference, Ms, Riffat Zahir and Dr. Imran Bukhari managed registration, while Mr. Muhammad Usman along his IT team provided IT support, while Mr. Tahir Ellahi coordinated administrative and logistic support.

Focus in the Conference was more regional in nature that is Khyber Pakhtunkhwa (KPK), a key border crossing area, where there is a flow of vulnerable Afghan people entering with limited resources with deprived and stigmatized status. All activities were focused to emphasize the impact of trauma and displacement on mental health of Displaced Afghans and how safety, control, and protection can be restored to add predictability in their life. Following objectives were achieved in the conference:

1. Exciting collaboration between different public and private sectors was observed. In last conference of collaborative, holistic and interdisciplinary approach was strongly recommended to find solutions to the issues in hand that we achieved in this conference in finding ways to psychological care, protection and safety of displaced Afghans by employing interdisciplinary approach including perspectives from decolonialization of trauma, handling scrutiny issues across borders, culturally informed community based health care services, elevate women's status through education and entrepreneurship, intervention to handle discrimination and negative attitudes from psychological perspective, etc.
2. We observed strengthening of collaboration between academic sector collaborating with developmental sector. Current conference helped to mobilise academic sector to

International Conferences

put their intellect for research on issues faced by displaced Afghans.

3. GBV and mental health issues faced by Afghan youth and children and their protection and care were keenly focused on training mental health and physical experts in this context during pre-conference workshop.

4. Better attitude towards displaced Afghans was strongly advocated and interestingly Afghan and Pakistani youth got chance to interact and share views on this forum.

5. Innovative ways of engaging Female Afghan Artisan work and imparting education and skill training based upon self-help by social activists to increase predictability and control in life of vulnerable segment in displaced Afghans were interesting sharing of the day. Following recommendations were shortlisted in the Conference, which were furnished by experts while sharing their experiences in discussing protection and care of displaced Afghans.

1. KPK Provincial Government is open for innovative workable evidence-based ideas which can be materialised for the welfare of Afghans. KPK Government are welcoming NGOs and researchers to share their ideas and they will help in graduating efforts through collaborations. KPK government has allocated huge budget for displaced Afghans. NGO and academic sector can work out innovative solutions for welfare of Afghans and seek those funds.

2. Training modules for training of health and mental health workers are required to be designed and implemented quickly to train them in how to meet needs of displaced Afghans who are victims of trauma, stigmatisation, violence, and discrimination. They must be taught in how to reinstate protection and safety in respective sectors. Institutes like National Institute of Psychology, Quaid-i-Azam University can be assigned this task.

3. Research is also needed for exact number of Afghans, their demographic details, and to assess their current needs and problems. Available data is quite out-dated and erroneous at the moment; hence, immediate attention is needed to plan interventions carefully.

4. Funds and services management that governmental and nongovernmental sectors are employing needs to be monitored and evaluated by some focal or central body to have calculated and graduated efforts to meet goals.

5. Carefully designed prevention programs are needed to address health and mental health issues targeting at primary, secondary and tertiary care. Interdisciplinary and collaborative approach is needed to make comprehensive community-based programs. That must include following components.

- A. Evidence-based research in which academic sector can be engaged.
- B. Need assessment and evaluating readiness to develop and implement program.
- C. Awareness/training programs need to be started (traditionally media-based) to change the public's

attitude based upon stigmatization and discrimination towards displaced Afghans.

- D. Ensuring health-, shelter-, and food-based needs by engaging respective sectors.
- E. Mental health services need to be aptly provided along physical health care by designing easily manageable systems, one such example is health card.
- F. Law enforcing agencies including at borders need to be engaged to look into scrutinization process for both documented and non documented Afghans to ensure their and hosts' safety. So that concerns at both ends could be addressed.
- G. Engage host communities and government through policy making for safeguarding basic human rights-based services accessible to displaced Afghans.
- H. Education and skills-based trainings for displaced Afghans.
- I. Design skills exchange activities.
- J. Design culture sharing activities and engage Afghan artisan including women actively.
- K. Plan to utilize expertise of displaced Afghans in host community.
- L. Engage Afghan community in implementation of program and various activities undertaken to address element of language and cultural barrier.
- M. Program evaluation and monitoring in different phases to assess feasibility and success after pre-defined timelines.

These programs can firstly be implemented around borders then these can be extended to other regions. It was recommended to have such conferences in other regions too, for exploring indigenous issues that displaced Afghans are experiencing and also plan to engage significant organizations to collaborate for the goal across the country.

*Reported by Dr. Humaira Jami
Organizer, Assistant Professor*

“Glimpses”

Fostering Empowerment Through Psychological Care, Safety and Protection Among Displaced Afghans (18-19 July, 2023)



“Glimpses”
Mental Health and Protection of Host and Afghan Communities in Urban and Informal Settlements (11-12 September, 2023)



Workshops at NIP

Like ever, National Institute of Psychology, Quaid-i-Azam University conducted and hosted various workshops during the period of July-September, 2023. Some glimpses and descriptions of these events are as follow:

Basic Counseling Skills for Addiction Professionals

A 5-day Capacity Building Training Workshop on "Basic Counseling Skills for Addiction Professionals" was organized by Institute of Clinical Psychology, University of Karachi in collaboration with Center of Excellence, National Institute of Psychology, Quaid-i-Azam University. The workshop was conducted under phase 2 of the Project Local Challenge Fund of Higher Education Commission sponsored by World Bank. The training was conducted by Prof. Dr. Uzma Ali and Prof. Dr. Sobia Aftab (Co-investigator of LCF Projects). Principal investigator of the program was Prof. Dr. Salman Shahzad who was also the organizer of the training alongwith Prof. Dr. Rubina Hanif (Director, National Institute of Psychology). The training was attended by faculty from various universities of Rawalpindi and Islamabad during 18 to 22 September, 2023.



Ready, Set, Respond: Polishing Disaster Response Skills in 3 Dynamic Days



A three-day workshop was conducted between 7th to 9th September, 2023 in collaboration between National Institute of Psychology and BeMe. This three-day training was particularly designed for the practitioners who are working or intended to work in emergency situations.

The workshop was conducted by three resource persons including Ms. Sharmeen Khan (Co-founder BeMe and

Wellbeing Officer), Dr. Talha Rehman (Co-founder BeMe and General Physician), and Dr. Shireen Khan (Specialist Pediatrician at Health Hub Clinic, Dubai). The workshop was focused on emergencies and response of practitioners towards both of the situations. Dr. Shireen Khan, particularly, focused on the physiological symptomatology and first aid in case of emergencies, whereas Ms. Sharmeen Khan focused on psychological first aid. Dr. Talha Rehman engaged the audience in in-depth discussions about conceptualizing and working in disasters alongwith team and donors.

Optimizing Tele Mental Health Practices: Hands-on Training for Assessment and Interventions

A two-day training was conducted on 4th and 5th of September in collaboration with BeMe. The workshop was designed while keeping the scenario of tele-health in view which emerged after COVID-19. The workshop was mainly conducted by the resource persons from BeMe including Ms. Sharmeen Khan and Dr. Talha Rehman. The workshop focused on all the protocols which mental health practitioners need to follow while they are providing services online. Second day of the workshop was loaded with hands-on activities which were directed at learning of online assessment as well as practice of sessions.



4th National Youth Convention: Impacts & Prevention of Substance Use Among Youth



The 4th National Youth Convention Impacts & Prevention of Substance Use Among

Youth was organized by the National Institute of Psychology, Quaid-i-Azam University, Islamabad in collaboration with Subhan Medical Centre Trust

(SMCT), the Institute of Rehabilitation and Drug Addiction (IRADA), and the International Society of Substance Use Professionals (ISSUP) on 6th July, 2023 at the Earth Sciences Auditorium, Quaid-i-Azam University, Islamabad. The event comprised of multiple activities including speeches, presentations, a panel discussion, an anti-drug poster display/competition, and performances by NIP students that included live singing, a skit highlighting the negative impact of substance use, and a cultural show. The inaugural session of the event formally started with the recitation from the Holy Quran followed by a Naat, National Anthem and welcome address of Prof. Dr. Rubina Hanif (Director, NIP). The chief guest of the inaugural ceremony, Prof. Dr. Mumtaz Muhammad (HOD, Department of Earth Sciences, Quaid-i-Azam University, Islamabad) highlighted the issue of substance abuse as it needs immediate action on part of all the stakeholders to save the future generations from this menace. Dr. Syed Azhar Ali Kazmi (Poonch Medical Collge, Rawalakot), Mr. Farman Ahmed Turi (Rehab representative, Psychaid Rehab), Dr. Uzma Masroor (Shifa Tameer Millat University), and Dr. Sajid Alyana (NIMS University) were invited for discussion. Panel discussed connections between personality traits and drug abuse, crucial role of rehabilitation and psychologists in addressing the challenges of drug addiction, need for psychologists to increase their visibility in combating drug addiction, and reasons for drug prevention failures in our society including resource dependency, disoriented research, and insufficient outreach and commitment to preventive efforts. Skit and cultural show by NIP students infused the event with an electrifying energy and provided the much needed entertainment towards the end of the event which was led by Dr. Arooj Mujeeb. Dr. Irum Naqvi (Assistant Prof) announced winners of poster competition that had been on display at the venue throughout the day. The convention concluded with a note of thanks by Mr. Tahir Nawaz (CEO IRADA) and Prof. Dr. Rubina Hanif's (Director, NIP) heartfelt

gratitude to all guests, attendees and organizers.

*Reported by
Ms. Riffat Zahir*



PhD Public Defence

National Institute of Psychology hosted three PhD public defence during July—September. Details are as follow:

Public defence of Ms. Ayesha Saaed was conducted on September 25, 2023. Title of her research was “Effect of Parenting Dimensions, Basic Psychological Needs and Attribution Styles on Adolescents: Psychological Well Being as an Outcome”. Prof. Dr. Tanvir Akhtar and Dr. Maimoona Ismail Loona were examiners for the defence and supervisor was Prof. Dr. Rubina Hanif.



Public defence of Ms. Haleema Sadia was conducted on September 19, 2023. Title of her research was Safety Culture of Healthcare Settings: Exploring Impact of Cognitive, Behavioral, and Contextual Determinants. The research was supervised by Prof Dr. Rubina Hanif. The examiners for the

defence included Prof. Dr. Tanvir Akhtar and Dr. Aneela Maqsood.

Ms. Fauzia Malik defended her PhD on August 28, 2023. Title of her research was “Understanding Hoarding Behavior and its Correlates Among Clinical and Non-Clinical Groups. The research was supervised by Prof. Dr. Anila Kamal and examiners for the defence were Brig. Dr. Shoaib Kiani and Dr. Nazia Iqbal.

*Reported by
Naveed Aslam*



Featured Alumni



Dr. Shahid Irfan is a Mental Health Psychosocial Support (MHPSS) Consultant at International Organization for Migration (IOM) Pakistan, located at the Diplomatic Enclave, Islamabad. With a distinguished career spanning 20 years in Psychology, he has made significant contributions in various fields of the discipline including Personality and Social Psychology, Mental Health Psychosocial Support Coordination, Forensic Psychology, Advanced analyses, and Research methods. His expertise and dedication extend beyond teaching and research, as he has actively engaged himself in provision of mental health and psychosocial support services to the communities in emergency situations of flood, war and earthquake at National level. Dr. Shahid's recent involvement in capacity building of health and mental health professional as psychological first aid provider and organizing international conferences and pre-conference workshops at National and provincial level has demonstrated his commitment to promoting academic collaboration and knowledge exchange. His valuable contributions in these endeavors highlight his commitment to facilitate interactive learning experiences.

Prior to his current position, Dr. Shahid served as an Associate Professor at the Foundation University Islamabad, where he made notable contributions to the research at PhD and MS level. Alongside his teaching

and supervision responsibilities, he served as a member of the board of studies for MS and PhD Programs for Government and Private Universities. Additionally, he held the position of Editor, Foundation University Journal of Psychology (FUJP) showcasing his commitment to academic research. Dr. Shahid's research skills were further demonstrated as the CO-Principal Investigator in HEC funded NRPU projects, where he successfully organized various workshops, mental health activities, and training programs for the project team members and supervised them in data screening, safety, and analyses.

Dr. Shahid's passion for innovation in assessment is evident in his efforts to develop an indigenous measure of Personality and Intelligence Assessment in an internally funded project at Foundation University Islamabad. He also adapted clinical trial-based interventions to reduce stress, anxiety, and depression among adolescents during the pandemic. He can adapt to changing circumstances and integrate the technology into his work practices.

In addition to his administrative and teaching roles, Dr. Shahid has made significant contributions to the research community. He has more than 20 publications in HEC recognized journals and he has supervised 11 MS theses, guiding and mentoring students in their research endeavors. Furthermore, as a personality psychologist, he has been providing counseling services to youth for knowing their character strengths for the past 17 years. This shows his dedication for supporting the mental well-being of individuals.

In March 2017, Dr. Shahid defended his Ph.D. in Psychology (Personality and Social Psychology) at the National Institute of Psychology, Quaid-e-Azam University, Islamabad. His doctoral dissertation was inspired by the involvement of adults in extremism tendencies and aimed to explore the role of individual level differences in extremism tendencies. Given the scarcity of research on the role of personality traits and gender role beliefs in predicting extremism tendencies in Pakistan, particularly within the realm of psychology, his interdisciplinary work and strong quantitative research background have significantly contributed to filling this knowledge gap.

Dr. Shahid's multifaceted career, encompassing counseling, assessment, supervision, and administration of MHPSS activities in emergency settings, reflects his commitment to integrating psychology with humanitarian assistance. His contributions to humanitarian MHPSS support, combined with his expertise in academia and research, make him an asset for addressing the complex challenges faced by young psychologist while working for the community in disaster situations.

*Reported by
Dr. Shahid Irfan*