

Memoona Rauf

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QUALIFICATION

| DEGREE | BOARD / UNIVERSITY | SESSION |
|--|--|---------------|
| PhD Psychology | Riphah International University | 2023-Continue |
| MS (Clinical Psychology) | GC University Lahore | 2013-2015 |
| Advance Diploma in Clinical Psychology | University of Sargodha (Gold Medal) | 2012-2013 |
| BS (Applied Psychology) | CG University Faisalabad | 2008-2012 |
| Intermediate (Pre Medical) | BISE Multan | 2006-2008 |

TEACHING EXPERIENCE

Lecturer of Psychology
Department of Applied Psychology
University of Sahiwal, Sahiwal
2020-Present

Visiting Lecturer
Department of Applied Psychology
University of Sahiwal, Sahiwal
2016-19

Responsibilities: Delivered lectures to BS, M.Sc. and ADCP programs. Served as a Research and Placement supervisor as well as conducting viva. Involved the students in extracurricular activities regarding psychology field.

Lecturer of Psychology
GC University Faisalabad, Sahiwal Campus
2018-19

Responsibilities: Delivered lectures to BS programs of different fields.

CLINICAL EXPERIENCE

- Two months internship in DHQ Faisalabad.
- Three months placement as a Trainee Clinical Psychologist in PIMH Lahore.

- Three months placement as a Trainee Clinical Psychologist in Amin Maktab Institute of Special Education, Lahore.
- Three months placement as a Trainee Clinical Psychologist in Mayo Hospital, Lahore.
- Three months placement as a Trainee Clinical Psychologist in Gangaram Hospital, Lahore.
- Three months placement as a Trainee School Counselor in Govt. Girls High School Lady Maclegan and Muslim Model High School for Boys, Lahore.
- Two months placement as a Trainee Campus Counselor at GC University Lahore.

JOURNAL PUBLICATIONS

- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” (Manuscript No. : RMJ-2018-04-204) published in Rawal Medical Journal as an Original Article in 43(4): 729-732.
- “Psychological Distress and Interpersonal Relationships among Special Education Teachers” (Manuscript No. : RMJ-2018-11-431) published in Rawal Medical Journal as an Original Article in 44(2): 294-297.
- “Authoritarian Parenting: a Cause of Low Self-esteem” under procedure.

RESEARCH EXPERIENCE

- Conducted quantitative research on “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” during MS program from Clinical Psychology Unit, GC University Lahore.
- Conducted quantitative research on the topic of “Psychological Distress and Interpersonal Relationships among Special Education Teachers” during ADCP program from University of Sargodha, Lahore Campus.

PRESENTATIONS

- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” Oral presentation at UMT Lahore, 2nd International Conference.
- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” poster presented at University of Sahiwal on World Mental Health Day (2017) exhibition.

SUPERVISION

- Research supervisor at University of Sahiwal for students of BS in the department of Applied Psychology.

- Placement supervisor at University of Sahiwal for students of BS in the department of Applied Psychology.

SCALES TRANSLATION

- **Relationship Scale Questionnaire**

Original: Bartholomew & Horowitz (1991)

Urdu version: Memoona Rauf (2013)

- **Kessler's Psychological Distress Scale (K10)**

Original: Ronald C. Kessler (2003)

Urdu version: Memoona Rauf (2015)

- **Spiritual Assessment Inventory**

Original: Todd W. Hall & Keith J. Edwards (1996)

Urdu version: Memoona Rauf (2015)

MEMBERSHIPS

- Member of Alumni Society of Clinical Psychology Unit, Government College University Lahore.
- Member of International Young Psychologists Society, Pakistan.

SEMINARS / WORKSHOPS ATTENDED

- "Attention Deficit Hyperactivity Disorder & Depression in children and adolescence" at King Edward Medical University, Lahore.
- "Practical implications of transactional analysis" at GC University, Lahore.
- "Co-morbidity and Treatment strategies for Opioid dependence" at Sir Ganga Ram Hospital, Lahore.
- One day seminar & exhibition on Mental Health day in Department of Applied Psychology, University of Sahiwal.
- "Psychoanalysis" seminar at University of Sahiwal.
- "Disability to Ability" workshop by Amman Welfare Society in Sahiwal.

PROFESSIONAL SKILLS

- Student counselling
- Psychological assessment, diagnosis and therapy of clients
- Rapport building & behavioral observation

PERSONAL ABILITIES

- Focused, hard working and creative
- Able to make effective decisions independently
- Able to resolve complex issues by thinking innovatively
- Able to learn new things quickly
- Good management skills
- Effective team player with good communication skills
- Willing to help colleagues
- Focused on self-motivation and time management
- Prefer to provide solutions to others