

## **Prof. Dr. Saima Ehsan (GMBPsS) (UK)**

Professor of Psychology | Consultant Clinical Psychologist (FUI) | Qualitative Researcher| Master trainer in Qualitative Research| IPA Representative in Pakistan| Former Head of Psychology Department Foundation University Islamabad (FUI) Pakistan| Founding Member of Foundation University Islamabad, Pakistan| Graduate Member of British Psychological Society (UK).

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### **Professional Summary**

Highly accomplished Professor of Psychology and Consultant Clinical Psychologist with 33 years of experience in education industry with a strong ethical foundations in teaching and research methods. Passionate about psychological research in Clinical Psychology, Health Psychology, Virology, Child Psychology, Educational Psychology and Positive Psychology. Foreign-certified Master Trainer in Qualitative Research Methods (UK), trained in Interpretative Phenomenological Analysis (IPA) directly by Jonathan A. Smith, and internationally recognized as an IPA representative in Pakistan and IPA Master Trainer in Pakistan appointed by Prof. Jonathan A. Smith the developer of IPA from University of London (UK).

A Graduate Member of the British Psychological Society (UK), since 15 years committed to fostering global academic and research collaboration and in developing the community of IPA researchers in Pakistan.

### **Key Skills & Competencies**

- **Research & Analytical Analysis:** Expertise in Qualitative Research, Interpretative Phenomenology, and Exploratory Interviewing.
- **Quantitative Research Skills :** Particularly in Experimental Research
- **Teaching Skills:** Strong background in Clinical, Health, Child, and Educational Psychology. Proficiency in IT tools for data analysis and research methodologies.
- **Research & Professional Skills:** Expertise in Phenomenological Research and Interviewing skills. Foreign certification from( UK)
- **Leadership & Collaboration:** Team-oriented with excellent interpersonal and problem-solving abilities.
- **Diversity & Ethics:** Advocate for multicultural collaboration and professional integrity in education and research.
- **Project Management Skills**
- **Therapeutic & Counselling Skills**

## Education & Certifications

### *Ph.D. in Psychology (Clinical & Health Psychology)*

**Government College University, Lahore, Pakistan (2018)**

- **Specialization:** Clinical and Health Psychology, Virology (HIV).

### *MS in Child Developmental Psychology*

**University of Surrey, Guildford, UK (2009)**

### *Master of Education (M.Ed.)*

**University of the Punjab, Pakistan (1999-2000)**

- \*Graduated with Distinction (A+), 3rd Position Overall.

### *M.Sc. in Applied Clinical Psychology*

**University of the Punjab, Pakistan**

### *B.Ed. (Bachelor of Education)*

**Allama Iqbal Open University, Islamabad, Pakistan**

### *B.A. (Bachelor of Arts) – Applied Psychology, Education & Persian*

**University of the Punjab, Pakistan**

### *F.A. (Fellow of Arts) – History, Psychology, and Education*

**Govt. Post Graduate College for Women, Rawalpindi, Pakistan**

### *Secondary School Certificate (SSC) – Arts*

**F.G Sir Syed Girls Secondary School, Rawalpindi, Pakistan**

## Professional Certifications & Memberships

- Graduate Member of The British Psychological Society (UK) (2010–till Present)
- Lifetime Member, Pakistan Psychological Association (PPA)

- **Foreign Certified Master Trainer in Interpretative Phenomenological Analysis (IPA), University of London (UK)** Trained directly by **Prof. Jonathan A. Smith**, the developer of IPA from Birkbeck University of London (UK)
  - **IPA Representative in Pakistan appointed by Professor Jonathan A. Smith of University of London.**
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## Professional Experience

### Clinical Psychologist

**Pakistan Institute of Medical Sciences (PIMS), Islamabad** (Feb 1990 – Aug 1991)

- Provided psychological assessment, test administration, and counseling services for neurotic and psychotic patients.
  - Conducted psychology classes for postgraduate nursing students at Pakistan Institute of Medical Sciences Islamabad (PIMS)
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### School Psychologist & Special Education Teacher

**PAF School for Special Education, Chaklala** (Sep 1991 – June 2001)

- Provided psychological assessments and counseling for differently-abled children (intellectually disabled, hearing & speech impaired, CP, autistic, and physically handicapped).
  - Trained children in speech therapy, behavior modification, and life skills development.
  - Advised and counseled parents on managing children's educational and psychological needs.
  - Conducted home visits to assess and support students' development.
  - Served as Second-in-Charge, managing staff and administrative duties.
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### Postgraduate Lecturer & University Faculty Member (FFCE)

**PAF College of Education for Women, Chaklala** (Sep 1991 – Aug 2001)

- Lectured on Educational Psychology for B.Ed. students, achieving a 100% result rate.

- Served as Head Examiner & Paper Setter for Punjab University's Diploma in Education program (1997–2000).
- Worked as a tutor for B.Ed. training courses at Allama Iqbal Open University (2000–2001).

**Fauji Foundation College of Education (FFCE), New Lalazar (Aug 2001 – Feb 2002)**

- Taught Educational Psychology and Educational Administration to B.Ed. students.
- Provided career and psychological counseling to students.
- Organized academic and extracurricular activities.

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## Assistant Professor & Head of Psychology Department (FUI)

**Foundation University, Islamabad (FUI) (Feb 2002 – Jan 2013)**

- **Founding Member of Foundation University Islamabad (FUI)**
  - Established developed and raised the Department of Psychology of Foundation University Islamabad (FUI).
  - Designed and launched MSc, BS, and M.Phil. Psychology programs of Psychology Department FUI.
  - Managed academic affairs, research projects, faculty coordination, and student counseling.
  - Developed partnerships with the Armed Forces Institute of Mental Health and Pakistan Institute for Medical Sciences Islamabad for clinical training programs of Students and Clinical Practice of Students
  - Conducted faculty development and student training workshops.
  - Developed Research Culture at Psychology Department (FUI).

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## Administrative & Leadership Roles (FUI)

**Foundation University College of Liberal Arts and Sciences (FUCLAS), Rawalpindi (2006 – 2013)**

- Oversaw academic and administrative operations as Head of Applied Psychology Department (FUI)
- Designed and updated course curricula for psychology programs.
- Developed and managed research collaborations, student internships, and clinical training programs.

- Acted as a key member in multiple university committees, including Academics Council, Graduate Studies, Admissions, and Quality Assurance.
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## Workshops & Training Programs Conducted (FUI)

- Conducted multiple **Master Trainer Courses (2003–2006)** for Fauji Foundation School teachers and Vice Principals
  - Led **Teacher Training Programs on Classroom Management, Behavior Modification, and Learning Disabilities** for educational institutions and Fauji Foundation School system.
  - Organized faculty development workshops at Foundation University.
  - Conducted **psychological well-being training for earthquake victims (2005–2006)** in collaboration with HEC, UN, and the Ministry of Education.
  - Delivered numerous workshops on **research methods, human rights, and psychological resilience**.
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## Research Supervision & Academic Contributions

- Supervised over **30+ Master's thesis projects** in psychology, focusing on emotional intelligence, self-esteem, parenting styles, organizational psychology, and mental health.
  - Contributed to **UNESCO and UNICEF-sponsored educational programs** for disaster-affected regions.
  - Authored training manuals and educational resources for psychology programs.
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### 2024 (PhD Projects)

- **PhD Dissertations Supervised**
  - **Farhana Sajjad Kiani** – *Cultural adaptation and evaluation of the positive psychology intervention program for older adult retirees: An experimental study*
  - **Samreen Khurshid** – *Cognitive Dysfunctioning and Quality of Life after Chemotherapy and the Role of Optimism, Coping, and Perceived Social Support among Female Breast Cancer Survivors*
  - **Hadia Ghaffar** – *Behavioral Health Assessment of Hearing-Impaired Adolescents: The Influence of Emotional Intelligence, Familial Social Support, and Resilience*

### 2025 (Ongoing PhD Projects)

**Saba Khurshid**- *Examining the Role of Self, Efficacy, Emotional Trauma Knowledge and Emotional intelligence in High School Teachers Responses to students' Emotional Trauma: An Intervention Based Study*

## 2021

- **International Online Conference: Rectifiers for Post-COVID World**
  - Guest Speaker & Panelist | *Young Psychologist Association, Pakistan* | May 8, 2021
- **International Conference on Understanding Hidden Disabilities: Creating a Resilient & Inclusive World**
  - Organizing Member | *Foundation University School of Sciences & Technology* | December 3, 2021
- **MS Dissertation Supervision (2019-2021)**
  - **Ramsha Shaghir** – *Exploration of stigma, self-identity, workplace difficulties, and thrivership in women living with facial burns*
  - **Sehar Fatima** – *Personal and social difficulties, life decision-making, and problem-solving strategies in idiopathic Parkinson's disease patients*
  - **Sehrish Shakoor** – *Burnout, social stigma, and treatment satisfaction among mothers of children with Oro-facial deformities*

## 2020

- **Mental Health Conference 2020: Consultative Dialogue on Mental Health and Wellness**
  - Guest Speaker & Panelist | *Young Psychologist Association, Pakistan* | October 17, 2020
- **National Conference on Qualitative Psychology (NCQP 2020)**
  - Participant | *National University of Sciences and Technology (NUST), Islamabad* | March 5, 2020
- **Seminar on Academia-Industry Linkages**
  - Participant & Faculty Member | *Foundation University Islamabad* | October 6, 2020
- **Seminar on World Mental Health Day**
  - Participant & Faculty Member | *Foundation University Rawalpindi Campus* | October 10, 2020
- **Certificate Course (Coursera – University of Toronto, Canada)**
  - *Mind Control: Managing Your Mental Health During COVID-19* | June–July 2020
- **Post-International Conference Workshop on Interpretative Phenomenological Analysis**
  - Conducted as a Resource Person | *University of the Punjab Lahore* | December 11, 2020 (Online)

## 2019

- **International Conference of Applied Psychology: Practices and Interventions**
  - Oral Paper Presentation: *Living with HIV: Physical Suffering and Emotional Distress* | *University of the Punjab Lahore* | February 6-8, 2019
- **Training Workshop on Interpretative Phenomenological Analysis**

- Resource Person | *Centre for Clinical Psychology, University of the Punjab Lahore* | January 21, 2019
- **Co-Chair, Scientific Committee – International Conference on Recent Trends & Interventions in Clinical Psychology**
  - *University of the Punjab Lahore* | March 20-22, 2019
- **Training Workshop on Interpretative Phenomenological Analysis**
  - Resource Person | *Government College University Lahore* | April 24, 2019
- **Workshop on Criminal Cognitions and Their Relevance**
  - Participant | *Government College University Lahore* | December 22, 2019
- **Various Workshops & Seminars at Foundation University Rawalpindi Campus (2019)**
  - *Manuscript Writing & Publishing in Impact Factor Journals* – December 31, 2018
  - *Reference Writing (APA Manual)* – March 2019
  - *Conducting & Supervising Research: Literature Review* – August 27, 2019
  - *Writing Proposals & Thinking Beyond* – August 27, 2019
  - *Effective Supervision of PhD Research* – August 28, 2019
  - *Awareness Session on Web of Science & Research Metrics* – August 28, 2019
  - *A Valid Research Problem & Intellectual Property System of Pakistan* – August 29, 2019
  - *Training Workshop on NVivo* – October 3, 2019

## 2018

- **International Conference on Positive Psychology: Developing a Flourishing Community**
  - Attended | *National Institute of Psychology, Quaid-e-Azam University, Islamabad* | March 29-30, 2018
  - Poster Presentation: *An Interpretative Phenomenological Analysis of Parent's Perception of Differences in Their Children's Personalities*
- **Pre-Conference Training Workshop on Interpretative Phenomenological Analysis**
  - Conducted as a Resource Person | *National Institute of Psychology, Quaid-e-Azam University Islamabad* | November 16, 2018
- **International Conference of Applied Psychology: Practices and Interventions**
  - Attended | *University of the Punjab Lahore* | February 6-8, 2019
- **Training Seminar on Manuscript Writing & Publishing**
  - Participant | *Foundation University Rawalpindi Campus* | December 31, 2018

## 2017

- **International Conference on Professional Development in Higher Education**
  - Attended | *Pakistan Higher Education Commission, Islamabad* | March 19-20, 2018
- **International Conference: Emerging Trends in Psychology – Preparing for the 21st Century**
  - Organized | *Foundation University Rawalpindi Campus* | December 18-19, 2017
- **Workshops at Foundation University Rawalpindi Campus (2017-2018)**

- *Psychotherapy for Childhood Abuse* – December 14, 2017
- *Autism and Behavioral Therapy* – 2017
- *Therapeutic Techniques for SLD Children* – July 17-18, 2018
- **Research Seminar on Interpretative Phenomenological Analysis**
  - Conducted | *Foundation University Rawalpindi Campus* | September 19, 2018

### ***Dissertation Supervision (2017-2022)***

- **MS Clinical Psychology (2017-2021)**
  - Supervised numerous MS Dissertations over 35 including Topics: Adverse Childhood Experiences, Unemployment & Mental Health, Breast Cancer & Life Satisfaction, PTSD & Yoga, Myocardial Infarction & Meaning in Life, Death Anxiety in Cancer Patients, Stigma in Women with Facial Burns, Burnout in Mothers of Children with Oro-facial Deformities, Attitudes toward Qualitative Research.
- **PhD Research Guidance (2016-2022)**
  - Provided qualitative research guidance for multiple PhD dissertations in **Business & Management Sciences** and **Education**, covering topics like Psychological Entitlement, Volatility Spillover in Islamic Equity Markets, Educational Counseling, and Disruptive Mindset in Management.

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### **Committees & Leadership Roles Foundation University Islamabad (FUI)**

**(2023-2024- 2025)**

Member of various academic & research committees including

- Member Board of Advance Studies & Research (BASAR)
- Member Academic Council (FUI)
- Member Board of Studies( FUI)
- Member Board of Faculty( FUI)
- Chairperson KPI,s Committee (FUI)
- Team Leader for Self-Assessment Report Committee (SAR Report Writing For PhD Program).
- Member Anti-drug and Tobacco abuse Committee Foundation University School of Health Sciences. (FUSH).
- Member Academic Planning Committee (FUSST)
- Team Leader RIPE Committee
- Member Selection Committee for PhD Candidates
- Member of the Anti-Drug and Tobacco Abuse Committee and Academic Planning Committee.
- Team Lead of Interviewing committee for MS Clinical Psychology Program for Batches Fall 2024-2025.
- Member interviewing committee for hiring visiting faculty for psychology program



## HEC approved PhD Supervisor

HEC-approved PhD supervisor with extensive experience of Supervising & Evaluating MS and PhD theses.

## Official Subject Expert Invitations

- Invited by the “Shaheed Benazir Bhutto Women University Peshawar” in a Promotion Board as a “Subject Expert” for the promotion of Assistant Professor to the rank of Associate Professor” on Tenure Track System. Selection Board was held on 26.7.2024.
- Invited as a Subject Expert in by the National Institute of Psychology QAU Islamabad in the PhD Research Proposal Defense of 3 PhD Scholars on 5<sup>th</sup> May, 2025.

## Academic & Research Supervision

- Supervised numerous MS Clinical Psychology dissertations on topics such as psychological well-being of people living in Old age homes, gaslighting, chronic pain, and self-harm among medical students, Artificial Intelligence, Drug Addiction & Rehabilitation,

## Training & Workshops (2018-2024)

- Conducted and participated in numerous faculty development programs on research methods, cognitive behavior therapy, and neuro-linguistic programming.
- Conducted Master Trainer workshops in Interpretative Phenomenological Analysis (IPA), leading workshops at national level and international conferences.

## International Conferences & Research Contributions

- Chaired and participated in multiple international psychology conferences.
- Published over 25 research papers in reputable journals, focusing on mental health, qualitative research, Clinical & Health Psychology
- Recognized as an official reviewer for various international journals, including Springer and Elsevier.
- Received the best paper award as a 2<sup>nd</sup> author of the study in the domain of psychology at the 12<sup>th</sup> Applied Business Research Conference (ABRC 2025) themed “ AI & Sustainability: Redefining the Landscape of Management & Social Sciences, research paper titled “Automated Intellect’s: Navigating Artificial Intelligence Impact on academic behavior of undergraduate students The Conference was held on April 17<sup>th</sup>, 2025 and organized by Capital University of Science & Technology Islamabad.
- Awarded a certificate of appreciation for chairing the scientific sessions in an International Conference (ICIMI 2024) on Intergenerational Transfer of Mental Illness: Patterns of Risk & Protective Factors organized by by the Government College University Faisalabad on 16<sup>th</sup> -18<sup>th</sup> Oct 2024.

- Awarded a certificate of appreciation as a resource person for conducting a Pre-Conference Workshop on (15<sup>th</sup> October 2024) on “ Interpretative Phenomenological Analysis” in an International Conference (ICIMI 2024) on Intergenerational Transfer of Mental Illness: Patterns of Risk & Protective Factors organized by the Government College University Faisalabad on 16<sup>th</sup> -18<sup>th</sup> Oct 2024.
- Awarded a certificate on presenting paper entitled “What Matters to you When Old age Home is your Home: Exploration of Role of Reminiscence, Social Engagement and Gratitude among Old Age Home Residents as a 2<sup>nd</sup> author of the study in an International Conference (ICIMI 2024) on Intergenerational Transfer of Mental Illness: Patterns of Risk & Protective Factors organized by the Government College University Faisalabad on 16<sup>th</sup> -18<sup>th</sup> Oct 2024
- Awarded a certificate of appreciation as a resource person for conducting a seminar on “Interpretative Phenomenological Analysis” from Bahria University Islamabad on 29<sup>th</sup> May, 2025.

### Awards & Honors

- Interviewed by BBC Wiltshire (UK) on my experimental study at the University of Surrey, Guildford (UK).
- Awarded British Council Charles Wallace Fellowship Award (2014) for Professionals.
- Received Interpretative Phenomenological Analysis training directly from the developer of IPA Professor Jonathan A. Smith of University of London (UK). A very demanding, unique and creative qualitative research methodology currently used in many countries in many disciplines of Psychology.
- Appointed as an Interpretative Phenomenological Analysis (IPA) representative in Pakistan by Professor Jonathan A. Smith the main developer of IPA from University of London (UK).
- Honorary Awards by distinguished universities of Pakistan i.e. (NIP) Quaid – e- Azam University Islamabad, Centre for Clinical Psychology Punjab University Lahore, Government College University Lahore, Riphah International University Islamabad, NUML University Rawalpindi, Lahore College for Women University, Kinniard College for Women University, Gift University , Jhang University , Government College University Faisalabad (GCUF) on conducting Qualitative Research Workshops as a resource person on a very demanding and unique research methodology of “Interpretative Phenomenological Analysis”.
- Received “PRIDE OF THE NATION AWARD” as an IPA representative in Pakistan as an acknowledgement and recognition of my services in promoting and training people in IPA in Pakistan’s academia and nominated as an IPA representative in Pakistan from the world renowned researcher, scholar and developer of IPA professor Jonathan A. Smith of the prestigious University of London. (UK).
- Received letter of felicitation from Rector FUI on receiving “Pride of Nation Award” as an IPA representative in Pakistan.
- Graduate Member of the prestigious professional body of “The British Psychological Society (UK).
- Founding Member of Foundation University Islamabad Pakistan. Established and raised

the Department of Psychology Foundation University Islamabad on a very sound and strong footings and remained head of the department of psychology FUI for 13 years.

- Invited as a Guest Speaker on a seminar on World Mental Health Day at “Fazaia Bilquis College of Education for Women” PAF Nur khan base chaklala on ‘ Securing Mental Health” on 21<sup>st</sup> October, 2022
- Invited as Guest of Honour on Breast Cancer Seminar held at FUSST on 30<sup>th</sup> October, 2021.

### **Consultancy & Clinical Practice**

- Consultant Clinical Psychologist at Foundation University School of Health Sciences, providing counseling services to students and staff.

### **Projects Co -PI**

Provided project consultancy on food security and artificial intelligence research.

### **Journal Reviewer**

Reviewer: Springer: BMC Public Health Journal (UK)

Reviewer: Rawal Medical Journal (PK)

Reviewer: British Journal of Health Psychology (UK)

Reviewer: International Journal of Human Rights in Health Care (Emerald UK)

Reviewer: Journal of Transport & Health (UK)

Reviewer: Elsevier