

Psychologist

Dr. Rahat Waseem

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Professional Profile

- A highly skilled and motivated psychologist with over ten years of dedicated service as a lecturer and Assistant Professor at FUSST.
- Possesses extensive experience in conducting psychological assessments using a variety of testing techniques.
- Effectively manages a diverse workload encompassing lectures, presentations, and seminars across various branches of Psychology.
- Provides counseling services to both students and professionals, demonstrating a commitment to fostering mental well-being.
- Adheres rigorously to established policies and procedures governing confidentiality and data protection.
- Proficient in addressing clients' mental health issues through counseling and employing appropriate treatment methods such as Eye Movement Desensitization and Reprocessing (EMDR). Utilizes diverse assessment methods to evaluate clients' needs, abilities, and behaviors.

Objective

Seeking to improve my skills, potential and knowledge in the field of psychology to contribute to the growth and success of the organization.

Academic Qualifications

- **2023: Ph.D. (Psychology) from Foundation University School of Science and Technology**
- **1998: M Phil (Psychology), 3.9 GPA, Quaid-e-Azam University, Islamabad, 1st Div**
- **1990: M.Sc. Applied psychology, Federal Govt College for Women, F-7/2 Islamabad, Punjab University**
- **1990: B.Sc. (Botany, Zoology, Applied Psychology), Govt College for Women 6th Road, Rawalpindi**
- **1988: F.Sc. (Biology, Physics, Chemistry), Govt. College for Women 6th Rd., Rawalpindi, 2nd Div**
- **1986: Matric (Math, Biology, Physics, Chemistry), Anglo Arabic Public School, Rawalpindi, 1st Div**

Distinctions

- Roll of Honor in M.Sc. Applied Psychology from Punjab University.
- 1st Position in the college in M.Sc. examination held by the University of Punjab.
- Subject prizes in five subjects in M.Sc. Part I.

Work Experience

- Served as a lecturer of psychology at FUSST for over 10 years.
- Performed as Lady Medical Officer (Clinical Psychologist) in CMH Okara for over two years duly approved by Medical Directorate GHQ.
- Taught “Behavioral Science” to B.Sc. Honors, Institute of Ophthalmology. Al-Shifa Eye Trust Hospital, Rawalpindi.
- Taught “Experimental Psychology” to M.Sc. Part II in Federal Government College, F-7/2, Islamabad.
- Conducted Seminars on “Research Methodology” and "Psychology of Jean Piaget" in Murray College, Sialkot.
- Teaching experience at Marjan Public School, Nazimuddin Road, Islamabad.
- Teaching experience at Jack and Jill Montessori, Sialkot.

Projects

- Doctoral Thesis on “Impact of Appetitive Dimensions of Intimate Relationships on Quality-of-Life and Marital Satisfaction of Married Couples: Conditional Direct and Indirect Effects.
- M-Phil research on Cognitive Development of Pre-Schoolers comparing the Piagetian Theory with a Neo-Piagetian approach.
- Development of “Satisfaction Scale of Patients” in CMH Okara.
- Clinical Case Reports of patients of Rawalpindi General Hospital and PIMS, Islamabad.

Research

Impact of Appetitive Dimensions of Intimate Relationships on Quality of Life and Marital Satisfaction of Married couples: Addressing Conditional Direct and Indirect Effects	2016-2023	7 years Ph.D. Thesis	Four publications are already done and three are under process.
Organizational Culture Predicts Emotional Intelligence among Pharmaceutical Industrial Employees	June 2020	Article 1	International Review of Management and Business Research Vol. 9 Issue.2
Mindfulness Attention Awareness Scale: Translation and Validation in Pakistan	2021	Article 2	Webology (ISSN: 1735-188X) Volume 18, Number 4, 2021
Life Orientation Test- Revised: Translation and Validation in Pakistan	2021	Article 3	Multicultural Education Volume 7, Issue 11, 2021
Couple Satisfaction Index-16: Translation and Validation in Pakistan	2023	Article 4	Journal of Positive School Psychology 2023, Vol. 7, No. 1, 1356-1370

Workshop Conducted

Conducted a Workshop on “Stress Management at Workplace” in Quaid-e-Azam University Islamabad.

Workshops Attended

- Workshops, seminars and conferences conducted at FUSST, Psychology department.
- Workshop on “Eye Movement Desensitization and Reprocessing” used for the management of Psychological Trauma, conducted by University of Birmingham & EMDR Europe in collaboration with University of Health Sciences, Lahore & EMDR Pakistan.
- Workshop conducted by Pakistan Anti-Narcotic Control Board.
- Workshops conducted at Quaid-e-Azam University for improving the curriculum of Pakistani primary schools.
- Workshops conducted at Quaid-e-Azam University about Focus Group Discussions
- Workshops conducted at FUSST, Psychology department in August 2025 on Mind and Brain by Dr. Aqeel.

References

Dr. Sadaf Ahsan Associate Professor, HOD, Dept. of Psychology, FUSST

Brig. Ahmed Shoaib, Head, Dept. of Psychiatry, AFIMH – RWP