

Ms. Faiza Nisar

Lecturer

Department of Psychology

Foundation University Islamabad, New Lalazar Campus

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Professional Summary

Experienced Clinical Psychologist and Educator with over 8 years of teaching and administrative expertise in Clinical Psychology. Proven track record in academic program coordination, clinical consultancy, student supervision, and mental health advocacy. Skilled in trauma therapy, psychological assessment, and psychosocial interventions with active involvement in research and professional development.

Education

MS in Clinical Psychology

Bahria University Islamabad Campus (2015-2017)

Current Appointment

Permanent Lecturer / MS Program Coordinator

Foundation University Islamabad, Lalazar Campus

March 2023 – Present

Previous Appointments

- **Permanent Senior Lecturer**
Bahria University, Islamabad Campus
July 2018 – February 2023
- **Advisor Student Affairs (Admin & Management, Dept. Level)**
Department of Professional Psychology, Bahria University, Islamabad Campus
February 2021 – Present

- **Consultant Clinical Psychologist**
Small Steps Learning Center (Pvt) LTD, Bahria Town Phase IV Islamabad
July 2020 – Present
- Psychologist Hub, PWD Rawalpindi (*August 2025-Present*)
- **Consultant Clinical Psychologist**
Well Being Center, Bahria University Islamabad Campus
2018 – Present
 - **Admin In-Charge**
Well Being Center (Counseling Center) & Trauma Therapy Unit, Bahria University Islamabad Campus
July 2018 – January 2020
 - **Visiting Lecturer**
Bahria University Islamabad Campus
February 2018
 - **Internee Psychologist**
Benazir Bhutto Hospital
May 2017
 - **Trainee Psychologist**
Capital Hospital Islamabad
May 2016

Professional Memberships

- Member, Pakistan Psychological Association

Supervision of Students

Year	Thesis Title	Degree	Student Name(s)
2022	Relationship Between Eating Behaviors and Emotional Wellbeing	BS Psychology	Hira Usman, Tooba Saeed, Anoosha Zeb
2021	Impact of Social Media Addiction on Family Relationships and Wellbeing	BS Psychology	Bismah Zameer, Zainab Awan, Sophia Bangash
2020	Coping Strategies, Optimism, and Academic Motivation	BS Psychology	Khizra Sarwar, Wafa Mansub
2020	Effect of Smartphone Usage on Attention and Aggression Among Drivers	BS Psychology	Ushna Dar, Amna Asim, Rimsha Kamran, Iqra Fayyaz

University and Public Service Activities

- MS Clinical Psychology Program Coordinator (Spring 2025 onward)
 - Placement Coordinator for MSCP & BS Psychology Students (Fall 2024)
 - Member, Board of Studies and Board of Faculty
 - Coordinator & Team Member, Omer-e-Rawan Health and Wellness Centre
 - Clinical Team Member: Course Outline Development for MS Clinical Psychology & MS Psychology Programs (HEC revised curricula)
 - Clinical Team Member for Case Conferences (MSCP & BSCP Students)
 - Member, MS Clinical Psychology Virtual Program Proposal
 - Team Member, MSCP Admission Interviews
 - Organized Mental Health Day (October 2023)
 - Organizing Member, 3-Day Workshop on Psychosocial Intervention by Dr. Peter Hughes
 - Advisor Student Affairs (Feb 2021 – Present)
 - Guest Speaker in various professional webinars during COVID-19 crisis
 - Member, Safety Team, Bahria University Islamabad Campus
 - Faculty Coordinator, BU Carnival 2018 and 2019
 - Supervised community service counseling at Sultana Foundation and Pakistan National School System
 - Departmental Coordinator, Grooming and Community Service Programs
 - Internship and Bahria Psychology Club Coordinator and Placement Officer (Aug 2019 – Jan 2020)
 - Managed Mental Health Day Event (2019)
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Research Interests

- Clinical Psychology: Practices & Interventions
 - Psychological Assessment
 - Social Issues
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Professional Development & Workshops

- Workshop on “Mind & Brain – Multidisciplinary Innovation in Psychology & Neuroscience” (August 19-20, 2025)
 - Teachers Training on “Responding to Misbehavior in the Classroom; Aggression and Conduct Problems” (August 12, 2025)
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Publications

1. Community Attachments are Associated with COVID-19 Public Health Behaviors Among Adolescents in Pakistan. *Child and Youth Care Forum* (Online, October 2021)
 2. Abnormal Eating Attitudes and Body Image Dissatisfaction among University Students: An Exploratory Study. *Pakistan Journal of Clinical Psychology*, Vol. 18 No. 2 (2019)
 3. The Impact of Emotional Intelligence on Career Decision-Making Difficulties and Generalized Self-Efficacy Among University Students in China. Vol 22 (2022)
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Funded Research Project

Level of Agreement among Parent, Teacher and Adolescent's Self-report of Social, Emotional and Behavioral Problems: Teachers Training and Parental Intervention Strategies

Duration: February 2025-February 2026

Certifications

- Certified Trauma-Based Eidetic Psychotherapist
 - Certified Practitioner of Neuro-Linguistic Programming (NLP)
 - Certified Practitioner of Autism
 - Certified Dyslexia Intervention Specialist
 - Certified EMDR Practitioner
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Selected Professional Presentations

- Oral Paper Presentation, 4th International Conference on Neglect, Abuse and Trauma (March 2021)
Topics: Emotional Intelligence & Career Decision Making; Gender & Body Image Dissatisfaction
- Oral Presentation, International E-Conference on Psychosocial Wellness & Rehabilitation (Dec 2020)
Topics: Emotional Intelligence, Psychological Correlates of COVID-19 Behaviors
- Oral Presentations at 2nd EMS International Conference on Emerging Trends in Management and Social Sciences (Nov 2020)
- Paper Presentation, 1st International Conference on Issues in Management and Social Sciences (Aug 2020)
- E-Poster Presentation, University of the Punjab, Lahore (Feb 2019)
- Paper Presentation, Sarhad University of IT, Peshawar (Oct 2018)

