Inside the Issue

- Academic Session 2-4
- Panel Discussions 4-6
- State of the art lecture and training 6
- All Pakistan Performing Arts Competition 7
- Department of Psychology Alumni Dinner 8
- All Pakistan Poster Competition 8
- New Arrival 9
- Fulbright Postdoctoral Scholarship 2010-2011 9
- First PhD completion 10
- Departmental/GCU Seminars, Lectures & Workshops by Faculty 10
- Miss Nasreen Akhtar Completes M.Phil 10
- Farewell Dinner/Party 10
- Ms. Amina Tarar joining Manchester Metropolitan University for two months training and research 10
- 7th Academic Visit of Dean of Arts and Social Sciences 11
- Psychology National 11
- Students' Corner 12

Mental Health Week Activities, 2010, by Department of Psychology, GC University, Lahore

The Department of Psychology GC University, Lahore, during Mental Health Week activities, 2010, organized a range of academic and co-curricular activities under the theme “Forensic Psychology: Issues and interventions” especially focusing on the current situation of mounting violence and terrorism in the country. Dr. Farah Malik, the Chairperson of the Department of Psychology and the chief organizer of mental health week events, in her welcome address during inauguration ceremony of the two days conference on the theme, shared that keeping in view the quagmire of terrorism that prevails the country today, its devastating psychological effects and the need for developing an effective intervention strategy, the conference has been arranged to address these issues. Dr. Farah Malik further stated that since violence and terrorism is psychological warfare, it's high time for those from this field to come forward and provide a practical solution to this quagmire that we face as a nation. Dr. Khalid Aftab, Vice Chancellor GC University, along with highlighting various aspects of this issue, appreciated department's efforts in arranging mental health week activities around this issue that besets the nation. Dr. Najma Najam, VC, KIU, Gilgit, in her keynote address analyzed terrorism through various psychological perspectives and concluded her speech with highlighting psychological factors pivotal to terrorism and violence and strategies for solutions. The conference comprised of six academic sessions with a total of thirty research papers presented amongst which eight papers were from the faculty at Department of Psychology, GCU, two state of the art lectures namely “Terrorism: Setting New Trends in Pakistan” by Mr. Akhtar Ali Syed and “Suicide Risk and Prevention” by Dr. Safiullah Afghan and a workshop on “Suicide Risk Management” also by the same. Two panel discussions on coping with terrorism and violence were also arranged in which eminent columnists and analysts as Mr. Oria Maqbool Jan and Mr. Mubashar Luqman, academicians as Mr. Safroosh Irfani, Prof. Khalid Saeed, Mr. Amjad Tufail, barristers from Lahore High Court Mian Abdul Qudoos and Justice(R) Zufiqar Ali Bukhari, social and crisis intervention workers from Shirkat Gah and Director Rescue 1122, Dr. Rizwan Nasir, and SP Shahzad Asif enlightened the audience with their valuable opinion. The conference concluded with important workable solutions in various directions regarding police empathy training, media coverage of terrorism, issues relating to governance, and social and legal interventions. Besides the conference, co-curricular activities as poster and performing arts allowed students from all over the country to express their opinion and sentiments regarding towards the crisis in country. Participating teams and academicians from leading institutions deeply appreciated Dr. Farah Malik's efforts in organizing the event at a time when addressing the issue was needed. Conference proceedings are in progress and will be published by the end of June, 2010.

Amina Tarar

Chief Editor: Dr. Farah Malik, e-mail: dr.farahmalik@gcu.edu.pk, Ph: 111-000-010 Ext 307, Direct: 92-42-99211596
Editors: Ms. Amina Tarar
Department of Psychology, GC University Lahore, e-mail: psychologygcu@hotmail.com
Designed by: Abdullah Abrar, Printed by: Prime Publishers (042-36306678)
1st International Conference on Forensic Psychology: Issues and Interventions by the Department of Psychology, GCU, was held from April 1 to April 2, 2010. The Guest of Honour in the inaugural session was Prof. Dr. Khalid Aftab, Vice Chancellor, GC University, Lahore. Dr. Farah Malik, the Chairperson, Department of Psychology, GC University, delivered the welcome address. She emphasized the importance of the theme of the Mental Health Week events and stated that there is a need to help the nation cope with the quagmire of violence and terrorism in the prevailing circumstances, and for that the awareness of Forensic issues is necessary. She highlighted the themes to be focused on in the conference. Dr. Khalid Aftab, the Vice Chancellor of GC University, Lahore in his address stated that, terrorism and all other forms of violence such as domestic violence were having strong negative effects on our society. He requested the participants that they being professionals and students of psychology should try and contribute practically to the society and help in decreasing violence and terrorism. The keynote address was delivered by Dr. Najma Najam the Vice Chancellor, KIU, Gilgit, an eminent psychologist, scholar and researcher having experience in the field of psychology of over 30 years. She elaborated the causes that turn individuals into terrorists and approached the discussion from different perspectives, giving emphasis on psychoanalytical, behaviourist and psycho-social perspectives. The Inaugural session ended after Prof. Dr. Khalid Pervaiz, Dean of Social Sciences and Dr. Farah Malik, Chairperson of the Department of Psychology, presented a souvenir to Prof. Dr. Najma Najam.

Following the inaugural session the 1st academic session was conducted on April 1, 2010 on the theme, “Terrorism: A threat to Mental Health”. Prof. Dr. Ruhi Khalid, Director, Department of Psychology, Beaconhouse National University, Lahore, chaired this session. The papers presented were Gender Differences in Anxiety, Depression and Stress among Survivors of Lahore Suicide Bombings by Prof. Dr. Yasmeen Farooqi and Maria Habib, Violence, Political Stability and Mental Health by Dr. Akhtar Ali Syed, War on Terror : Mental Health of People of Pakistan by Dr. Farah Malik, Rabia Khawar, Saima Saeed, and Rabia Ifthikhar, Terrorism Catastrophizing, Perceived Stress and Death Anxiety among University students by Rabia Nayab and Prof. Dr. Anila Kamal, and Psychological distress and coping strategies used by the victims of families of suicide blasts by Mudassir and Prof. Dr. Rukhsana Kausar. Prof. Dr. Ruhi Khalid concluded the session while appreciating the effort by GCU. She said that this is an excellent effort and will help indigenous Psychology grow and flourish. She stated that events such as these will guide professionals and budding psychologists in making positive changes and playing an active role in the Pakistani society.
The **2nd academic session** was conducted on **April 1, 2010**, on the theme, "**Terrorism: Attitudes and Perception**". Prof. Dr. Nosheen K. Rehman, Ex-chairperson, Center for Clinical Psychology, University of Punjab, chaired this session. The papers presented were, Suicide Attacks and Mental Health of Youth by Dr. Farah Malik, Syeda Salma Hassan and Ayesha Parveen, Community Attitudes and Perceptions regarding Terrorist Attacks by Amjad Tufail, Perceptions about Suicide Bombings: A Thurston Scale by Amina Tarar and Bareera Saeed, Resilience, Cognitive Appraisal and Coping Strategies used by Traffic Police Wardens in Relation to Terrorist Attacks by Hina Haq and Prof. Dr. Rukhsana Kausar, and Perceptions about Terrorism: A Qualitative Study by Dr. Farah Malik, Rabia Khawar, Salima Bilal, Rabia Iftikhar and Prof. Dr. Asir Ajmal. The session was concluded by Prof. Dr. Nosheen K. Rehman who posed that not only quantitative but qualitative researches should also be given importance. She appreciated the efforts by the Department of Psychology, GCU.

The **3rd academic session** was conducted on **April 2, 2010**, the theme, "**Violence and Mental health**". Prof. Dr. Rafia Hassan, an eminent psychologist and Ex-Chairperson, Department of Psychology, University of Punjab, Lahore, chaired this session. The papers presented in this session included, Determinants of Marital Conflicts and Infertility by Ambreen Iqbal and Prof. Dr. Rukhsana Kausar, Violence Tactics Against Women in Pakistani Families by Dr. Farah Malik and Farwa Rizvi, Spousal Violence and its Impact on Women's Mental and Physical Health by Huma Butt, and Sexual Harassment of Nurses at Workplace by Sheeraz Ilyas Sheikh and Ramesh Kumar. The session concluded with some words by Prof. Dr. Rafia Hassan who said that violence is an issue that is needed to be dealt with effectively and appropriately in order to make better the health of individuals. She also emphasized the need for objective research.

The **4th academic session** was conducted on **April 2, 2010**, on the topic, "**Crime and Addiction: Psychosocial Correlates**". The Session was chaired by Dr. Aneeq Ahmad, an eminent cognitive neuroscientist working at the Department of Psychology, Henderson State University and Visiting Professor at GC University, Lahore. The papers presented in this session were, Impact of Family Relations on Aggression of Juvenile Delinquents in Punjab by Maryam Khurshid and Najma Iqbal Malik, Linking Cognitive Failures and Aggression among Adults by Sanam Javed, Hina Ahmad Hashmi and Asma Saleem, Relationship between Depression and Trait Hope among Female Criminals by Umber Baloch and Hina Ahmad Hashmi, Emotion Recognition among Drug Addicts by Dr. Farah Malik and Mussafa Butt, and Relationship between Psychological Well-being and Social Support among Incarcerated Juveniles by Yasmin Manzoor and Aisha Zubair. The session was concluded by Dr. Aneeq Ahmad. He appreciated the efforts by the paper presenters; he
hoped that the event would help raise awareness of the problems which are in serious need to be addressed in our society. He also emphasized the need for professionals and students of Psychology to concentrate on Interventions.

The 5th academic session was conducted on April 2, 2010, on the topic, "Youth and Family Issues". The Session was chaired by Prof. Dr. I. N. Hassan, the Ex Director of Gender and Psychological Service Centre, Islamabad. The paper presentations were, Psychopathic Trends among Juvenile Delinquents and Non-Delinquents by Dr. Farah Malik and Riffat Ali, Child Sexual Abuse in Pakistan: The Need for An Indigenous Scientific Knowledge Base: Effective Policy Making and Prevention by Uzma Gillani, Emotional Problems in Street Children by Naeem Aslam, Role of Life Satisfaction and Suicidal Ideation among Depressed and Non-Depressed People by Rabia Chaudry and Hina Ahmad Hashmi and Domestic Violence and Psychological Well-being among Victimized Women by Sumaira Naz and Najma Malik. This session was concluded by Prof. I. N. Hassan on a note that tackling the problems is very necessary. She hoped the session would help the professionals and students of Psychology in making positive changes in Pakistani society.

The 6th academic session was conducted on April 2, 2010, on the topic, "Coping Strategies and interventions". The Session was chaired by Prof. Dr. Rukhsana Kausar, Chairperson, Department of Applied Psychology, University of the Punjab, Lahore. The paper presentations included, Perceived Stress, Stress Appraisal and Coping Strategies Used in Relation to Television Exposure of Terrorism by Prof. Dr. Rukhsana Kausar and Tahira Anwar, Coping with Terrorism: Need for a new strategy by Prof. Dr. Asir Ajmal. War on Terror: Perception of America among Pakistani Youth by Amina Tarar and Alam Rubina, Evaluating a Cognitive and Behavioural Group Intervention Program with Aggressive Children by Rabia Iftekhar and Prof. Dr. Asir Ajmal. The chairperson in the end appreciated the efforts of the paper presenters, she said that once we have identified and thoroughly studied the Forensic Issues of our society, we need to go further and develop ways by which we can control the negatively affecting aspects.

Shields were presented to the guests chairing each session and certificates awarded to the paper presenters at the end of each session.

Two Panel Discussions on Coping with Terrorism and Violence, were arranged on April 1 and 2, 2010 in evening sessions after the academic sessions. Dr. Farah Malik acted as the moderator for the first panel discussion and Mr. Akhtar Ali Syed, clinical psychologist from Brothers Charity Association, Ireland and member of Image Analysis Institute, New York, chaired the session. Mr. Oria Maqbool Jan (columnist, poet and playwright), Mr. Saroosh Irfani (Associate Professor and Co-Director and Program Advisor, Department of Cultural Studies, NCA), Mr. Mubashar Luqman (journalist and columnist), Mr. Rizwan Nasir(Director rescue 1122), Mr. Amjad Tufail (Assistant Professor, MAO College), SP Shahzad Asif (SP Investigation Civil Lines, Lahore) and Justice Zulfiqar Ali Bokhari (ex-vice president Lahore High Court Bar; Ex-General Secretary Supreme Court Bar, Ex-Assistant Advocate General Punjab). Dr. Rizwan
Nasir, said that we need sound economic interventions to deal with this problem. He also emphasized a more focused education oriented towards our current need and capacity building of organizations to combat this crisis. Mr. Mubashar Luqman stated that there are many kinds of terrorism as corruption, injustice, undemocratic system but we give lopsided attention to only one form which is suicide bombing. One way of fighting against terrorism, he added, is to rethink and rephrase our identity crisis. We need to revisit our history and redefine what is true and applicable to current circumstances. Mr. Oria Maqbool Jan expressed that the foremost thing is to see how we define terrorism and how it has got mingled up with concept of Jihad in Islam. He said there are problems within Muslims and particularly Pakistani society which are be tackled if we wish to tackle terrorism. We will have to combat the issues in our society that have made it a breeding ground for frustration and despair of the economically lower classes. Dr. Farah Malik added that these terrorists were once called mujahedin; then they were needed by America to fight against Russia; but now as they are no more needed, hence they are titled as terrorists. We need to think about how to reintegrate them in society. Mr. Akhtar Ali Syed held that our religious scholars and thinkers should discuss these issues for the purpose of solution rather than further problems. We also need to be aware of the changes we have undergone. Yesterday we did not have any Jihad against America, why today? Justice Syed Zulfiqar Ali Bokhari said that although Pakistan is undergoing terrorists, attacks day in and day out, a peace loving civil society in Pakistan is constantly raising voices against it. We need to take several steps at gross roots levels to eradicate this menace. People need to be educated of all these things. Law and order situation needs to be improved and that can only be achieved through supremacy of law. We need to provide our people better opportunities of not only education but also employment. Mr. Saroosh Irfani said that in a culture of terrorism, all forms of terrorism have become valid. It was not that there were no economic problems in our history. If we study Iqbal, much of whose work is in Persian, we gather that there were economic difficulties for Muslims but no existential fear which has now surmounted. But we expect our youth to understand the real issues rather than reverting to a negative expression of themselves and its problems. SP Investigation Shehzad Asif also suggested some strategies for fighting terrorist attacks; as better scanners, public's cooperation with police especially in post attack scenario and moral building. Mr. Amjad Tufail said that although we should not fall a prey to conspiracy theory and blame America to an extent that we stop finding reasons within ourselves, but we should also avoid the terrible mistake of not understanding how foreign influences are playing havoc in our country. Dr. Farah Malik concluded the panel discussion by thanking all the guests for their valuable suggestions that can help the nation at various levels to fight terrorism out of our country.

The participants of Panel Discussion on April 2, 2010, were, Dr Zahid Mehmood, (Renowned Clinical Psychologist, Director Department of Clinical Psychology, GC University Lahore) chairing the session, Mian Abdul Qadoos, (Lawyer, President of Lahore High Court Bar Association), Dr. Aisha Sitwat, (Eminent Psychologist, Acting Director of Centre for Clinical Psychology, University of Punjab, Lahore), Professor Khalid Saeed, (Psychologist, Professor Bahauddin Zakariya University, Multan), Dr. Nauman Amjad, (Psychologist, Department of Applied Psychology, University of Punjab, Lahore), Mr. Sarmad Sultan Khoosat, (famous media person), Mr. Imran Qureshi, (Social Worker, In-charge of the Legal Section Shirkat Gah) and Dr. Asir Ajmal, eminent psychologist, Professor at the Department of Psychology, GC University, Lahore served as the moderator. Dr. Nauman Amjad suggested various interventions to cope with violence including police empathy training, prison reforms, and inter-faith dialogues to cope with violence and crime.
Miss Ruqqaya from rescue 1122 gave a statistical picture of crime and domestic violence in various cities of Pakistan. Sarmad Khoosat alluded the role media can play in this regard. He suggested that since media is pervasive hence journalists need to be careful and responsible while spreading any news. Mian Abdul Qudoos pointed out to various causes of violence like poverty, lack of good governance and uncertainty of punishment. He also related to legal interventions in this regard. Dr. Ayesha Sitwat stated that women need to be aware of their rights and duties especially as a mother. Imran Qureshi from Shirkat Gah illuminated on the various backward rituals and customs of our society that are oppressing women. He elaborated on karo kari and explained how this oppressive custom is prevailing in all provinces of Pakistan with different names. Violence at various levels and in its various forms was discussed at length during the discussion. Dr. Zahid Mehmood while concluding the session held that we need to accept our weaknesses and loopholes in our systems to overcome the problem of violence. For example, we need to accept that why sisters and daughters are killed just because they wish to marry someone is in fact not honour but sexual jealousy and need for control. Why have we trained our men that it's alright to physically offend a woman especially when she is his wife? We need to end violence at all levels especially violence against women. Dr. Asir Ajmal concluded the panel discussion by thanking the guests for their valuable suggestions on the topic.

State of the art lectures and Training Workshop

Dr. Akhtar Ali Syed, the Principal Clinical Psychologist at the “Brother Charity Services and Mental Health System”, Ireland Republic and Consultant at the “Image Analysis Institute, New York, U.S.A delivered a state of the art lecture on, “Pakistan: Setting New Trends in Suicide Attacks” on April 1, 2010. He threw light on the history of suicide attacks, and explained reasons behind the creation of a suicide bomber and a terrorist. He discussed different logics; doctrinal logic, individual logic, socio-political logic to explore these reasons. He also said that the commonly accepted opinions about terrorism should not be accepted until they have been proved objectively.

The 2nd state of the art lecture was on April 2, 2010 and was given by Dr. Safiullah Afghan, an eminent psychiatrist from UK. He is currently working as consultant in Adult Psychiatry at the Dorothy Pattison Hospital, Walsall Teaching Primary Care Trust, UK. The lecture was delivered by him on “Suicide Prevention in Pakistan; Policy and Strategic Imperatives”; he emphasized that suicide prevention in Pakistan should be given importance as the rate is constantly increasing. He elaborated the techniques that can be useful in undertaking the task. He concluded with the message that mental health betterment should be everyone's business.
A one day training workshop on “Suicide Risk Management” by Department of Psychology, GC University, Lahore, was held on March 31, 2010, as a part of GCU Mental Health Week activities. A total of 32 participants from various institutions attended this workshop. The resource person for this event was Dr. Safiullah Afghan. He is known for his expertise as a master trainer for delivering “Skill-based Training On Suicide Risk Management - STORM” both within his organization as well as other countries. Dr. Safi Ullah Afghan elaborated upon identification, assessment and treatment of a person exhibiting suicidal behaviour as its attempt and ideation. The focus of this workshop was to train psychologists as to how people with suicidal behaviour can be dealt with effectively and how their mental health can be restored and retained.

All Pakistan Performing Arts Competition

All Pakistan Performing Art Competition was arranged on April 3, 2010, by Department of Psychology, GCU, as a part of mental health activities. The theme was Forensic Psychology: issues and interventions. A total of eight postgraduate Psychology institutions participated. The students focused especially on terrorism, its causes and impact on society. The competition comprised of a series of mimes and plays which reflected students' skills as playwrights, actors and artists. The scenes depicting terrorist acts and their aftermath gained a thorough applause from the audience during the competition. The judges, Mr. Sarmad Khoosat, Miss Seemaba Babri and Mr. Farhan Ibadat appreciated both the themes and their depiction by the students. Department of Psychology, GCU, being the host institution did not compete but presented a mime directed by Miss Syeda Salma Hasan and a one act play “Jaib Katra” by Saadat Hasan Manto, directed by Dr. Asir Ajmal, which gained loud applause from the audience. Institute for Clinical Psychology, University of the Punjab won Consolation Prize, Department of Applied Psychology, University of the Punjab, won Second Prize, Institute of Social and Cultural Studies, University of the Punjab won Third Prize whereas Fatima Jinnah University, Rawalpindi, won First Prize.
Department of Psychology Alumni Dinner

Department of Psychology arranged alumni dinner and social evening on April 3, 2010. Alumni of the department along with current students and faculty enjoyed a musical evening, cherished their memories of their time spent at the department and gave encouraging messages to the current students. The department also arranged elections amongst alumni and Mr. Tauqeer Saleem Khan, Assistant professor MAO College was elected as the President.

All Pakistan Poster Competition

The Mental Health Week events by the Department of Psychology, GC University Lahore, began on March 31, 2010, with an All Pakistan Poster Competition, inaugurated by Dr. Khalid Aftab, the Vice Chancellor of GC University, Lahore. The competition focused on Terrorism and its coping strategies, Crime and its Socio-Psychological aspects, Family Violence and Child Abuse and Youth related issues. The judges for the competition were Prof. Mirza Ather Baig, Head of the Department of Philosophy and the Chairman Societies Board, GC University and Mrs. Samina Shakir, Associate Professor in Department of Psychology, University of Education, Lahore. A total of ten teams including Department of Psychology, GC University participated. 1st Position was won by The Centre for Clinical Psychology, University of Punjab, Lahore. The 2nd Position was secured by the Institute of Social and Cultural studies, University of Punjab, Lahore and Home Economics for girls, Lahore won the 3rd Position. GC University, Faisalabad got the Consolation Prize. GC University, Lahore, being the host institution, did not compete in the event. In the closing of this 1st event of the Mental Health Week, the Vice Chancellor appreciated the participation of all institutes. He said that crime and terrorism is casting a very negative impact on our society and Psychology should be made use of effectively for the betterment of the mental health of individuals. He said that he was glad to see that the need for betterment was being acknowledged and highlighted.

International Research Collaboration Projects completed in 2010:

1. Selective attention towards facial expression in Drug Addicts in Pakistan. 
   Team: Dr. Farah Malik, Prof. Glyn Humphreys, & Mussafa Butt. Collaboration with: University of Birmingham, UK.

2. “Effects of Duration of Untreated Psychoses (DUP) on cognition and emotion recognition in patients on First Episode Psychoses (FEP)” Phase I
   Team: Dr. Farah Malik, Rabia Khawar, Prof. Dr. Haroon Rashid Chaudhry, Dr. Nilufar Mossaheb, Monika Schloegelhofer, Dr. Rainer Kaufman, & Herald Aschauer. Collaboration with: University of Vienna, Austria.

Ongoing International Research Collaboration Projects in 2010

1. Expressed Emotions and Schizophrenia in Pakistani families
   Team: Dr. Kausar Suhail, Dr. Shabbir Rana and Miss Nasreen Akhtar. Collaboration with: University of Warwick, (PMI 2)

2. “Effects of Duration of Untreated Psychoses (DUP) on cognition and emotion recognition in patients on First Episode Psychoses (FEP)” Phase II.
   Principal Investigator: Dr. Farah Malik. Collaboration with: University of Vienna, Austria.
Ongoing Indigenous Projects:

2. Impact of Terrorism on the Mental Health of people of Pakistan. (Dr. Farah Malik, Rabia Khawar, Saima Saeed & Rabia Iftikhar)
3. Suicide Attacks and Mental Health of Youth (Dr. Farah Malik, Syeda Salma Hasan, & Aisha Perveen)
4. Perceptions of Suicide Bombing: A Thurston Scale (Amina Tarar & Bareera Saeed)
5. Perceptions about Terrorism: A Qualitative Study (Dr. Farah Malik, Rabia Khawar & Salia Bilal)
6. Emotion Recognition in Drug Addicts (Dr. Farah Malik & M. Mussaffa Butt)
7. War on Terror: Perceptions of America Among Pakistan Youth (Amina Tarar and Alam Rubina)

New Arrival
Dr. Aneeq Ahmad

We feel proud to introduce Dr. Aneeq Ahmad as our new colleague. Dr. Aneeq Ahmad has done his MS in Psychology and Ph.D. in Behavioral Neuroscience from University of Wisconsin-Madison, USA. He has done his post doctoral fellowship from National Institute of Health, Bethesda, MD. He is currently an Associate Professor at Henderson State University, Arkadelphia, USA, and has joined the Department of Psychology, GCU, under HEC Short Term Foreign Faculty Hiring Program. He was a student at the Department of Psychology, Government College during his graduation and Masters and was awarded a role of honor in 1978. Dr. Aneeq Ahmad has published extensively in both his area of specialization and other social psychological topics. Although Dr. Aneeq Ahmad is a behavioral neuroscientist, he cannot resist literary expressions which he inherits from his parents Mr. Ishfaq Ahmad (late) and Ms. Bano Qudsiya--- two great writers, thinkers and playwrights of Pakistan. He has himself contributed a lot to Urdu literature as a playwright and talk show script writer and has received “Playfairs Award” for writing television serial “Aab-o-Dana”. We welcome Dr. Aneeq Ahmad to our department and hope that he will find his return to his own department after a long time a very productive experience.

Departmental Publications:

Pakistan Journal of Social and Clinical Psychology will be published Biannually from 2010, in June and December. Special issue of our journal PJSCP titled as Terrorism: impact and issues, Volume 9, No. 2 will appear in December 2010. PJSCP has been upgraded to Y category by HEC and its Editorial Board is expanded.

The Department has published GCU PsychABSTRACT comprising of abstracts of MSC., M. Phil & B.A./B.Sc. (Hons.) theses, faculty publications and papers presented at conferences. It will be available on departmental website as well as in print by the end of June, 2010.

Fulbright Postdoctoral Scholarship 2010-2011

We feel proud to share that Dr. Farah Malik has been awarded Fulbright Postdoctoral Fellowship 2010-11. Her research work will be on “Intimate Partner Rejection/Control as Risk Factor for Parental Rejection/Control of Children in Pakistan and US Families: A Cross Cultural Perspective.” We congratulate Dr. Farah on this yet again another great achievement and wish her all the best with her future endeavors.
First PhD completion

The department will be awarding its first PhD degree to Ms. Irum Fatima in the forthcoming convocation. She has completed her thesis under supervision of Dr. Kausar Suhail. Her research is titled "Belief in a Just World and Subjective Well Being in Mothers of Normal and Down Syndrome Children." Currently, nineteen more PhD scholars at the department are proceeding with their research.

Departmental/ GCU Seminars, Lectures & Workshops by Faculty

Miss Syeda Salma Hassan delivered a lecture on "Psychological Problems of Women and their Solutions" at the Department of Islamic Studies, GCU. She elaborated on various psychological perspectives to explain psycho-social problems of Pakistani women, their causes and solutions.

Dr. Asir Ajmal has delivered lectures/trainings for Professional Competency Enhancement Program for Teachers (PCEPT) arranged by Quality Enhancement Cell at GCU.

Dr. Aneeq Ahmad is proceeding with his series of seminars on Behavioral Neuroscience at the Department of Psychology, GCU. The first seminar was on Sensation and Perception and the second one on Effects of Omega 3 Fatty acids on brain. He is also conducting workshops at the department for faculty training in Experimental Designs & Analysis.

Publications


In Press:


Miss Nasreen Akhtar Completes M.Phil

We congratulate our colleague Miss Nasreen Akhtar on completing her M.Phil. Her research was on "Perception of Family Criticism and Emotional Over- Involvement in Pakistani Families."

Farewell Dinner/Party

The department bid farewell to three colleagues namely Dr. Iftikhar Ahmad, Mrs. Durre Neer Goraya and Miss Saliha Anjum. Dr. Iftikhar and Mrs. D.N Goraya have retired after completing their service tenure and Miss Saliha Anjum has joined Fatima Jinnah Women University, Rawalpindi to proceed with her PhD on HEC scholarship in University of Edinbraugh, UK.

Ms. Amina Tarar joining Manchester Metropolitan University for Two Months Training and Research

The department has expressed best wishes to Amina Tarar in a dinner to bid her farewell for her short visit to MMU, UK.
for training and research sponsored by Charles Wallace Trust Award that she won last year. She will be proceeding to the host institution on June 11, 2010.

7th Academic Visit of Dean of Arts and Social Sciences

Dean of Arts and Social Sciences paid 7th Academic Visit to the department on May 18, 2010. Dr. Farah Malik presented the Quarterly Progress Report of the Department and shared both current academic activities as well the future goals set by the department.

Seminar at NUST, Islamabad: Emotional Intelligence

Dr. Farah Malik delivered a Seminar on Emotional Intelligence at NUST Centre for Career Counseling and Advisory on March 04, 2010. NUST Rector Lieutenant General Engineer Muhammad Asghar was the chief guest on the occasion. Dr. Farah explained in detail factors of emotions and which are psychological arousal, conscious experience and behavioural expression. She also elaborated on the main domains of emotional intelligence which are interpersonal, intrapersonal, adaptability, stress management and general mood and emotion recognition as an emerging area of research interest.

Punjab University, Lahore: Workshop on Conducting & Writing Research

Dr. Farah Malik delivered a workshop on writing and publishing research at the University of the Punjab. She explained both principles/guidelines of write up of the research report/thesis as well as its publication. Dr. Shabbir Rana was also a resource person in the workshop where he delivered a lecture on Qualitative Research.
Pakistan Association of Clinical Psychologists symposium on Hope and Happiness

Dr. Asir Ajmal conducted a symposium on Hope and Happiness as president of PACP on January 9, 2010 at Amin Maktab. Research studies around the theme were shared and psychologists were encouraged to promote hope and optimism through their work.

Workshop on Forensic Psychology, Beaconhouse National University

Dr. Asir Ajmal conducted a workshop on forensic psychology at BNU, in which he explained factors in crime, its causes and dealing with it at various levels along with other issues in forensic psychology.

Students’ Corner

Awareness Campaign regarding Mental Health Problems

Office bearer students of Dr. Ajmal Psychological Society have started an awareness raising campaign regarding mental health problems. The purpose of the campaign is to create awareness among GCU students of different subjects about psychological problems, their causes and solutions. The campaign aims at ending stigma associated with psychological problems so that they are comprehended with a disease approach just like physical ailments. The first step in this regard was showing a movie “A Beautiful Mind” in Bokhari Auditorium. The movie is based upon real life story of Professor Nash who fighting with his disease schizophrenia and its hallucinations, ultimately succeeded and won a Nobel prize.

ALUMUS

A letter from an old student of our department has revealed things striking yet adding to our pride. A scanned copy of letter by Mr. Adbul Shakoor, currently an advocate at Peshawar High Court, revealed that department of Psychology which is believed to have been established as new and separate department from Philosophy in 1962, was in fact called Department of Philosophy and Psychology when the above mentioned was awarded a degree in the subject in 1952. A scanned copy of his degree is also attached here for readers’ interest. Mr. Abdul Shakoor, who is also a writer, has shared in his letter that Psychology was being taught as a separate discipline in 1951 and he studied experimental, social, educational and general psychology at the department. The department had a working collaboration with FC College and both departments shared trainings and lectures in various fields of Psychology.

Quotable Quotes

“Leadership is action, not position.” (Donald H. McGannon)

“Young gorillas are friendly, but they soon learn!” (Will Cuppy)

“Calamities are of two kinds: misfortune to ourselves and good fortune to others!” (Ambrose Bierce)

“What a wonderful life I have had. I just wish I’d have realized it sooner!” (Collete)

“How many things are there which I do not want?” (Socrates)