

Rabia Fayyaz
Lecturer in Psychology / Clinical Psychologist

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Summary of Experience

I am a **Certified Clinical Psychologist** with 7 years of **clinical practice** and more than 10 years of **teaching psychology & peace and conflict studies** at the University of Peshawar. I have provided diagnostic and psychotherapeutic services to mental health patients at the **District Medical & Rehabilitation Complex** and served **vulnerable groups** such as street children, survivors of gender-based violence, and individuals affected by trauma from conflicts and disasters.

I have served as an **Anti-Harassment Honorary Counselor for the Pak-U.S. Alumni Network** for 2 years and conducted professional trainings in mental and psychosocial health, conflict resolution, mediation, and peace building. My international certifications include the **International Visitor Leadership Program (USA)** on 'Promoting Peace & Tolerance' and a **Certification on Mediation from Clingendael Academy (Netherlands)**. With extensive clinical, peace-building, and mentoring experience, I am dedicated to delivering effective mental health care, resilience, and peace.

Member Pakistan Association of Clinical Psychologists

Membership No. 375

Designation: Clinical Psychologist

Membership Type: Professional

Education

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|----------------|--|
| 2020-25 | PhD
Institute of Peace & Conflict Studies, University of Peshawar (UoP)
Research: The Survivors of Political Violence in Khyber Pakhtunkhwa: Trauma, Stress, Growth and Treatment Interventions (Specialization: Peace Psychology) |
| 2015-18 | M.Phil Clinical Psychology (1 st Div.) Department of Psychology (DoP), UoP
Research: Prevalence of Anxiety and Resilience among students exposed to 2016 terrorist attack on Bacha Khan University Charsadda, KP |
| 2012 | Post Graduate Diploma in Clinical Psychology, DoP, UoP, (1 st Position Holder) |
| 2009 | B. Ed, Allama Iqbal Open University, (1 st Div.), Peshawar |
| 2007 | M.Sc. Psychology with majors in Clinical Psychology, (1 st Div.) DoP, UoP |
| 2004 | B.A, Psychology & Law, (1 st Div.) Amina Degree College for Women, Peshawar |

Professional Experience

Employer: Institute of Peace and Conflict Studies (IPCS), UoP

Designation: Lecturer in Psychology (May 1, 2015 till date)

Description

- Program Coordinator for MSc in Peace & Conflict Studies.
- Controller Examiner for BS Program.
- Deliver lectures to BS, MSc, & PGD programs on Introduction to Psychology, Peace Psychology, Social Psychology, Human Growth & Behavior, Cultural Violence, Conflict Mapping & Analysis, Introduction to Peace & Conflict Studies, Peace Conflict and Development, and Project Planning and Management.
- Supervision & guidance of research students at the graduate level.
- Guidance and counseling of students having academic, family, career, adjustment, and mental health issues, etc.
- Develop course outlines of the departmental programs of study.
- Arrange timetables, date sheets, paper setting, and checking.
- Member of academic/ non-academic committees, including the disciplinary committee.
- Organize workshops, seminars, and conferences from time to time.

Employer: Institute of Management Sciences, Peshawar

Designation: Visiting Lecturer in Psychology (Feb, 2020 till Jun, 2020)

Description

- Teach psychology to students of Social Sciences and Business Administration.

Employer: IPCS, UoP (Project: Strengthening Rule of Law Program, UNDP)

Designation: Project Officer (Concurrent Position) (May 2017 – Mar 2018)

Description

- Manage and organize 11 certificate courses on ‘Conflict Resolution, Mediation Skills & Peace Building’ for Government officials & civil society in KP.
- Select and engage specialized resource persons for the certificate course.
- Shortlist 30 participants each for the training course among applicants.
- Assist with project activities and the Management Information System.

Employer: IPCS, UoP (Project: Youth and Social Cohesion, UNDP)

Designation: Coordinator - Research Conference on Peacebuilding through Tolerance (Nov - Dec, 2017)

Description

- Organize 03 days of a cross-disciplinary academic research conference.
- Collaborate with academicians & researchers from social sciences nationally.
- Conduct cross-disciplinary Focus-Group Discussions with researchers on devising a scale on tolerance to gauge the level of (in)tolerance in society.
- Supervise project activities & report writing.

Employer: District Medical & Rehabilitation Complex (DMRC), Comprehensive Health & Education Forum (CHEF) International

Unit: Mental Health

Designation: Clinical Psychologist / Team Leader (Dec 19, 2011 till Apr 30, 2015)

Description:

- Team Leader of Mental Health Department (Secondary Health Unit), leading a team of psychologists, social workers, and community mobilizers.
- Supervise the team at three primary health centers in the community.
- Apply test batteries, diagnose psychological disorders, and provide counseling and

- psychotherapeutic services to patients.
- Work with a Consultant Psychiatrist to devise treatment plans based on client's interests, abilities, and needs.
- Refer patients for psychiatric investigations and medications.
- Deal with psychosis, anxiety, depression, OCD, PTSD, behavior disorders, intellectual disabilities, and ADHD.
- Apply psychotherapies including cognitive-behavior therapy, behavior therapy, and play therapy.
- Provide psychoeducation to patient's families.
- Provide mental health interventions to persons with disabilities (PWDs) referred by the physiotherapy unit.
- Motivate and rehabilitate challenged individuals in their lives.
- Impart mental health awareness in the community, schools, and colleges for early identification of mental disorders and psychological empowerment.
- Conduct capacity-building trainings on mental health and psychosocial support, for health professionals, staff, and school teachers.

Employer: CHEF International
Project: Mainstreaming Disability
Designation: Clinical Psychologist - Voluntary Services (On Need Base)
Description:

- Conduct free psychiatric camps on mental health in the communities of District Nowshera.
- Deliver trainings on “mental health and psychosocial support” for the project staff and community-based workers.
- Deliver capacity-building trainings on “Identification of mental disorders and referral mechanism” to the schoolteachers.
- Awareness sessions on mental health in primary and secondary schools.

Employer: International Medical Corps (IMC)
Project: Gender-Based Violence (GBV) and Human Rights in Afghan Refugees
Designation: GBV Counselor (Feb 10, 2009 till Mar 24, 2010)
Description

- Visit four Afghan Refugee Camps in Khyber Pakhtunkhwa province.
- Analyze data such as interview notes, test results, and reference manuals to identify symptoms and diagnose the nature of clients' problems.
- Identify GBV victims, diagnose psychological problems, and provide counseling and psychotherapy.
- Refer patients to specialists at other organizations for non-counseling treatment of problems.
- Train the Basic Health Unit staff on “Mental Health, Human Rights and GBV”.

- Arrange awareness sessions and seminars on Human Rights, Child, and Women Rights, and GBV at the grassroots level in a culturally acceptable way.

Employer: Just Peace International Inc.
Project: Capacity Building and Social Rehabilitation of Victims of Torture
Designation: Clinical Psychologist (Jun 2, 2008 till Dec 31, 2008)

Description

- Interview mental health patients, torture and violence victims and provide counseling and psychotherapeutic services mainly Cognitive Behavior Therapy (CBT).
- Design and implement behavior modification programs.
- Collaborate with the psychiatrist to develop and implement treatment & intervention programs that patients can understand and comply with.
- Train the social workers in the identification of torture and violence victims.
- Conduct free psychiatric camps.
- Visit the Peshawar Central Jail on need base.

Employer: Orphans Refugees & Aid (ORA) International
 (UNICEF Funded Project)
Project: Life Skill-Based Education (LSBE)
Designation: Clinical Psychologist (Sep 25, 2006 till May 30, 2008)

Description

- Analyze psychosocial problems of vulnerable street children and adolescents.
- Provide child psychotherapy and counseling.
- Provide individual, group, and family psychotherapy.
- Motivate children and adolescents for Life Skill-Based Education.
- Motivate drug addicts for social rehabilitation.
- Impart health education regarding HIV/AIDS and Sexually Transmitted Diseases.
- Work in direct contact with the vulnerable communities of KP, Peshawar.

Psychiatry Internship

Hospital: Department of Psychiatry, Government Lady Reading Hospital,
 Peshawar.
Designation: Intern (Jun 1, 2010, till Apr 30, 2011)

Description

- Assessment of patients, history taking, diagnosing, providing supportive counseling, and CBT to the patients.
- Design psychological management plan and its implementation.
- Active participation in case conferences.

Hospital: Khyber Teaching Hospital / Sarhad Mental Hospital, Peshawar
Designation: Intern (M.Sc Clinical Psychology Internship, 2006)

Description

- Patient intake, assessment, diagnosis, test batteries, psychotherapeutic services.

International Certifications

- Online Training on “E-Mediation for Alumni” conducted by the Clingendael Academy, The Hague, Netherlands, from 14-16 June 2021.
- Attended **International Visitors Leadership Program on “Promoting Peace and Tolerance among Educated Youth”** organized by the U.S. Department of State in the United States, Nov. 05-23, 2018.

- Attended **Training of Trainers for Insider Mediators**, held at the Clingendael Institute, The Hague, Netherlands, 3-14 Sep, 2018.
- Attended a two-week training on **Ewha Global Empowerment Program “Asian Feminisms and Transnational Activism”** held at the Asian Center for Women’s Studies, Ewha Womans University, Seoul, South Korea, 2012.

Academic Research Publications

Fayyaz, R., & Chitrali, J. A. (2025). The Survivors of Political Violence in Khyber Pakhtunkhwa and Mental Health Care System through Alternative Treatment Interventions. *Qlantic Journal of Social Sciences and Humanities*, 6(2), 20-31. <https://doi.org/10.55737/qjssh.vi-ii.25339>

Fayyaz, R., & Chitrali, J. A. (2025). Post-Conflict Recovery and Rehabilitation: An Alternative Psycho-Social Approach. *Journal of Social Horizons*, 2(2), 1-10. <https://doi.org/10.5281/zenodo.15358681>

Shaukat, B., Ahmad, J., & Fayyaz, R. (2024). Exploring Behavioral Tolerance: Analyzing Student Interactions During Classroom Activities in Higher Education. *Pakistan Journal of Law, Analysis and Wisdom*, 3(9). <https://pjlw.com.pk/index.php/Journal/article/view/v3i9-116-125>

Shaukat, B., Ahmad, J., & Fayyaz, R. (2023). Exploring the Impact of Teachers’ Reflective Practices on Tolerance at the University of Peshawar. *CARC Research in Social Sciences*, 2(3). <https://doi.org/10.58329/criss.v2i3.49>

Amjad, R., Fayyaz, R., & Sarfaraz, F. (2024). Fear of Failure in Athletes: A Comparative Analysis of Performance Fear Appraisal Inventory Subscales between Sportsmen and Sportswomen. *Migration Letters*, 21(S10), 871-876. <https://migrationletters.com/index.php/ml/article/view/10590>

Fayyaz, R. (2012). Role of Psychosocial Support in Women Empowerment. *Voices from Asian Women Activists*. Ewha Global Empowerment Program, Ewha Womans University, Seoul, South Korea. <https://www.goodreads.com/book/show/98145345-our-voice-1>

Research Articles (Non-Published)

- ‘**Prevalence of Anxiety and Resilience among students exposed to 2016 Terrorist Attack on Bacha Khan University Charsadda, Khyber Pakhtunkhwa**’ Department of Psychology (DoP), University of Peshawar (UoP), 2018.
- ‘**Prevalence of Depression and Meaning of Life among Physically Disabled individuals in Peshawar, Pakistan**’, DoP, UoP, 2014.
- ‘**Smoking and its relationship with Depression and Anxiety**’. DoP, UoP, 2006.
- ‘**Comparison of need for Dominance, Achievement, and Nurturance among postgraduate male and female students**’. DoP, UoP, 2006.
- ‘**To assess the relative strength of the six basic values in the personality of Drug Addicts and Normals**’. DoP, UoP, 2005.

Capacity-Building Trainings Conducted as Trainer

- “CSOs as Peacebuilders, Facilitators, & Insider Mediators”, 2025. (Trained 150+ insider mediators across Khyber, enhancing local peace infrastructure.)
- “Insider Mediation” for peacebuilders, 2025.
- “Peace Psychology and its significance”, 2024.
- “Teaching and Talking of Peace in the Vulnerable Region of Pakistan”, 2023.
- “Teaching Resilience through Digital Collaboration”, 2022.

- “Conflict Prevention and Peacebuilding”, 2015.
- “Peacebuilding, Conflict, and Conflict Resolution Techniques”, 2015.
- “Mental Health”, organized by CHEF International for 30 Doctors of KP, 2014.

Voluntary Services

- Provided motivation & supportive counseling to patients suffering from physical (dis)abilities at **Mehboob Institute of Physiotherapy**, Peshawar.
- Provided mental health first-aid services for the recovery of child survivors & bereaved families of the **Peshawar Army Public School Massacre**, Dec 16, 2014.
- One day visit to engage with **Autistic Children** in a School in Peshawar.
- Activities conducted during the **COVID-19 Pandemic**
 - Webinar on "Psychosocial Support for Youth dealing with COVID-19 Isolation Trauma", hosted by The Enlight Lab & Cure Door Resource Center, 2020.
 - Host Clinical Psychologist in a live program on "Psychological Impacts of COVID-19" held by Radio Tribal News Network Pashto, 2020.
 - Trainer in a webinar on "Resilience in COVID-19" held for all Pakistan US Consulate Staff, 2020.
 - Panelist in Webinar on "Psychological Impacts of COVID-19 Pandemic", 2020.
 - Virtual Internship Training Program as a ‘**Mentor**’ with the U.S. Embassy Islamabad and Pak-U.S. Alumni Network, Sep 1 - Nov 30, 2020.
 - Served as ‘**Anti-Harassment Honorary Counselor**’ for Pak-U.S. Alumni Network, June 2020 - June 2022.

Contributions

- Developed "**Mental Health Survival Guide during COVID-19**", March 30, 2020.
- Developed “**Conflict Prevention and Peacebuilding Training Manual**” for local members of refugee-affected areas, IPCS-UNDP, 2015
- Developed “**Mental Health Training Manual for KP Doctors**”, CHEF International, 2014
- Developed “**Manual on Basic Human Rights and Gender Based Violence**” for community-based trainings and seminars in Afghan refugee camps, IMC, 2009.

Training Workshops Attended

- Cognitive Behavior Therapy in the Era of AI, 2024
- Cognitive Behavior Therapy, Four CME Credit Hours, 2024
- Obsessive-Compulsive Disorder: Recent Updates and Challenges, 2021.
- Cognitive Behavioral Play Therapy for Trauma Survivors, 2018.
- Curriculum-based workshop on Peace & Conflict Studies, 2017.
- Workshop on inculcating tolerance, critical thinking, questioning preconceived notions and narratives, 2016.
- Conflict Resolution & Peacebuilding, 2016.
- Teaching Practicum, Logic & Critical Thinking, Scientific Writing of Manuscripts, Research Based Statistics, Research Methodology, Effective Presentation, 2016.
- Training on Sphere Minimum Standards, 2015.
- Summer School on Governance, Conflict and Peacebuilding in the Pakistan-Afghanistan Region, 2015.
- Introduction to Cognitive Behavior Therapy with Psychosis, 2014.
- Workshop on Mental Health, 2013
- Inclusive Education, 2013.
- Sign Language, 2012.
- Provision of Psychosocial support to Monsoon Flood Affectees, 2011.

- Establishing a Gender Sensitive Career Counseling, 2011.
- Disability Inclusive Disaster Risk Reduction & Management, 2011.
- Security and Safety Training Course, 2009.
- Gender-Based Violence Counseling, 2009.
- Monitoring and Evaluation of Projects, 2009.
- Capacity Building and Social Rehabilitation of Victims of Torture, 2008.
- Theatre Training Workshop, 2007.
- Counseling Techniques for Children and Adolescents, 2007.
- Dealing with Child Sexual Abuse Cases, 2007.
- Code of Ethics for Media on Reporting of Children's Issues, 2007.
- Rehabilitation and Detoxification Program of Drug Addicts, 2006.

Conferences and Seminars Attended

- Mental Health to Global Mental Health, International Psychiatric Conference, 2025
- Human Rights Day Seminar, 2024
- Strategic Foresight for Sustainable Development Goals (SDGs), 2018.
- Peace, Conflict & Violence: Challenges & Resolution Strategies, 2017
- Alternative Dispute Resolution, 2017
- Partnership for Peace and Dignity for All
- The Dynamics of Change in the Pakistan-Afghanistan Region: Politics on Borderland, 2015
- State and Society of Pakistan: Challenges and Opportunities, 2015
- The Current Challenges for Psychology: From Crisis to Sustainable Solutions, 2015.
- International Cognitive Behavior Therapy Conference, 2014.
- National Psychiatric Conference, 2014.
- Mental Health in Primary Care, 2012.
- War on Terror: Psychosocial Effects and Neuro-psychology Workshop, 2010.
- Symposium on War Psychiatry, 2010.

Surveys Conducted

- Knowledge, Attitudes, and Practices (KAP) Survey on '**Gender-Based Violence and Human Rights**' in four Afghan Refugee Camps of KP, by IMC, 2009.
- '**Need Assessment Survey for Basic Life Needs**' of Internally Displaced Persons (IDPs) from Swat, Buner, and Dir, by IMC, 2009.
- Knowledge, Attitudes, and Practices (KAP) Survey on '**Health-Related Issues**' in four Afghan Refugee Camps of KP, by IMC, 2009.

Core Competencies

Conflict resolution and transformation skills, Mediation skills, Counseling & Psychotherapeutic skills, Communication skills, Interpersonal skills, Computer skills, Presentation skills, Research skills (Quantitative/Qualitative), and Report writing skills.

Languages

English: Proficient in understanding, speaking, reading, and writing.

Urdu/Hindi: Proficient in understanding, speaking, reading, and writing.

Pushto: Proficient in understanding, speaking, and reading.

Punjabi/Hindko: Advanced in understanding and speaking

Arabic: Basic in understanding, speaking, reading, and writing.

References

- **Dr. Jamil Ahmad**

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- **Dr. Erum Irshad (Clinical Psychologist)**

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- **Dr. Mian Mukhtar ul Haq Azeemi**

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