

# Memoona Rauf

Email: memoonarauf@uosahiwal.edu.pk

## PERSONAL INFORMATION

Father's name: Muhammad Rauf  
Nationality: Pakistani  
Domicile: Sahiwal  
Languages: English & Urdu  
Marital Status: Single  
Date of Birth: 19 March, 1991  
CNIC: 36502-2419817-2

## QUALIFICATION

DEGREE	BOARD / UNIVERSITY	SESSION
MS (Clinical Psychology)	GC University Lahore	2013-2015
Advance Diploma in Clinical Psychology (ADCP)	University of Sargodha (Gold Medal)	2012-2013
BS (Applied Psychology)	CG University Faisalabad	2008-2012
Intermediate (Pre Medical)	BISE Multan	2006-2008
Matriculation	BISE Multan	2004-2006

## PRIVATE PRACTICE

Clinical Psychologist  
Rasheed Memorial Hospital, Sahiwal.  
2016-Present

**Services:** Psychological assessment, diagnosis and treatment of psychological problems through psychotherapy and counseling.

## TEACHING EXPERIENCE

Lecturer of Psychology

Department of Applied Psychology

University of Sahiwal, Sahiwal

2020-Present

Visiting Lecturer

Department of Applied Psychology

University of Sahiwal, Sahiwal

2016-19

**Responsibilities:** Delivered lectures to BS, M.Sc. and ADCP programs. Served as a Research and Placement supervisor as well as conducting viva. Involved the students in extracurricular activities regarding psychology field.

I have taught various subjects including:

- Abnormal Psychology
- Clinical Psychology
- Psychotherapy
- Developmental Psychology
- Child Development & Psychopathology
- Theories of Personality
- Introduction to education
- Introduction to Psychology
- Islamic Perspectives in Psychology
- Research Methodology

Lecturer of Psychology

GC University Faisalabad, Sahiwal Campus

2018-19

**Responsibilities:** Delivering lectures to BS programs of different fields.

## **CLINICAL EXPERIENCE**

- Two months internship in DHQ Faisalabad.
- Three months placement as a Trainee Clinical Psychologist in PIMH Lahore.
- Three months placement as a Trainee Clinical Psychologist in Amin Maktab Institute of Special Education, Lahore.
- Three months placement as a Trainee Clinical Psychologist in Mayo Hospital, Lahore.
- Three months placement as a Trainee Clinical Psychologist in Gangaram Hospital, Lahore.
- Three months placement as a Trainee School Counselor in Govt. Girls High School Lady Maclegan and Muslim Model High School for Boys, Lahore.
- Two months placement as a Trainee Campus Counselor at GC University Lahore.

## **JOURNAL PUBLICATIONS**

- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” (Manuscript No. : RMJ-2018-04-204) published in Rawal Medical Journal as an Original Article in 43(4): 729-732.
- “Psychological Distress and Interpersonal Relationships among Special Education Teachers” (Manuscript No. : RMJ-2018-11-431) published in Rawal Medical Journal as an Original Article in 44(2): 294-297.
- “Authoritarian Parenting: a Cause of Low Self-esteem” under procedure.

## **RESEARCH EXPERIENCE**

- Conducted quantitative research on “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” during MS program from Clinical Psychology Unit, GC University Lahore.

- Conducted quantitative research on the topic of “Psychological Distress and Interpersonal Relationships among Special Education Teachers” during ADCP program from University of Sargodha, Lahore Campus.

## PRESENTATIONS

- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” Oral presentation at UMT Lahore, 2<sup>nd</sup> International Conference.
- “Psychological Distress, Spirituality and Quality of Life in Cardiac Patients” poster presented at University of Sahiwal on World Mental Health Day (2017) exhibition.

## SUPERVISION

- Research supervisor at University of Sahiwal for students of BS, Masers and ADCP in the department of Applied Psychology.
- Placement supervisor at University of Sahiwal for students of BS, Masers and ADCP in the department of Applied Psychology.

## SCALES TRANSLATION & ADAPTATION

- **Relationship Scale Questionnaire**

Original: Bartholomew & Horowitz (1991)

Urdu version: Memoona Rauf (2013)

- **Kessler Psychological Distress Scale (K10)**

Original: Ronald C. Kessler (2003)

Urdu version: Memoona Rauf (2015)

- **Spiritual Assessment Inventory**

Original: Todd W. Hall & Keith J. Edwards (1996)

Urdu version: Memoona Rauf (2015)

## **MEMBERSHIPS**

- Member of scientific advisory board of Rawal Medical Journal since 10 August, 2018 as a reviewer.
- Member of Alumni Society of Clinical Psychology Unit, Government College University Lahore.
- Member of International Young Psychologists Society, Pakistan.

## **ACADEMIC PROJECTS**

- Three case studies in Rauf Clinic Sahiwal, Under Health Psychology in BS
- Three clinical case studies in District Head Quarter Hospital Faisalabad, under Clinical Psychology in BS (Hons)
- Survey Report on work conditions in Sadakat Textile Mills, under Industrial and Organizational Psychology in BS (Hons)
- Report on work conditions in National Bank of Pakistan, under Human Resource Management in BS (Hons)
- Mini research project in BS (Hons)

## **SEMINARS / WORKSHOPS ATTENDED**

- “Attention Deficit Hyperactivity Disorder & Depression in children and adolescence” at King Edward Medical University, Lahore.
- “Practical implications of transactional analysis” at GC University, Lahore.
- “Co-morbidity and Treatment strategies for Opioid dependence” at Sir Ganga Ram Hospital, Lahore.
- One day seminar & exhibition on Mental Health day in Department of Applied Psychology, University of Sahiwal.
- “Psychoanalysis” seminar at University of Sahiwal.
- “Disability to Ability” workshop by Amman Welfare Society in Sahiwal.

## **ACADEMIC ACHIEVEMENTS**

- Gold Medal in degree of Advance Diploma in Clinical Psychology (ADCP) from University of Sargodha, Lahore Campus.
- Remained in Top 8 students in MS Clinical Psychology.
- Achieved 1<sup>st</sup> Division throughout academic career.
- Got laptop from government of the Punjab on good academic performance.

## **PROFESSIONAL SKILLS**

- Student counselling
- Psychological assessment, diagnosis and therapy of clients
- Rapport building & behavioral observation

## **PERSONAL SKILLS**

- Focused, hard working and creative
- Able to make effective decisions independently
- Able to resolve complex issues by thinking innovatively
- Able to learn new things quickly
- Good management skills
- Effective team player with good communication skills
- Willing to help colleagues
- Focused on self-motivation and time management
- Prefer to provide solutions to others

## **REFEREE**

Dr. Rabia Iftikhar  
Assistant Professor  
The Clinical Psychology Unit,  
Government College University Lahore