

**UZMA ALI (Ph.D)**  
**ASSOCIATE PROFESSOR**  
*Institute of Clinical psychology,*  
*University of Karachi-Karachi-Pakistan*

**ACADEMIC QUALIFICATION**

Date		Name of Institution	Academic Degree/Diploma/certificate	Main Field of Study
From	To			
Jan 1998	Sep 2003	University of Karachi	<b>Ph.D +2 Years Internship +Didactic Analysis M.Phil/Ph.D Course work</b>  <b>Post Magistral Diploma in Clinical Psychology + One year Internship 1st Position</b>	Clinical Psychology
Jan 1998	Dec 1998	University of Karachi		Statistics, Research Design and Methodology, and Rehabilitation
Jan 1997	Dec 1997	University of Karachi		Psycho diagnosis, Psychotherapy, Child Psychology, Ethics ,Psychophysiology, Neuro Psychology, and Psychopharmacology
Jan 1995	Dec 1996	University of Karachi	<b>Masters of Arts (Psychology) 2<sup>nd</sup> Position</b>	Psychological Testing Abnormal Psychology, Statistics, Personality, Social Psychology, Psychoanalysis, Psychophysiology and Research
1991	1993	University of Karachi	<b>Bachelor of Arts</b>	Psychology, Economics and Education
1987	1989	Board of Education Karachi	<b>Intermediate</b>	Psychology, Fine Arts and Islamic History
1986	1987	Federal Board of Education	<b>Matriculation</b>	Chemistry, Physics, Biology and Mathematics

***Topic of Ph.D Research***

➤ **“Substance Addict Fathers and Psychological Problems of their Adults Children”**

**Supervisor:** Prof.Dr.Seema Munaf Institute of Clinical Psychology, University of Karachi

***PROFESSIONAL AFFILIATION***

➤ Pakistan Association of Clinical Psychology Since 2003

***PROFESSIONAL EXPERIENCE***

***Institute of Clinical Psychology***

***Designation***

**Acting Director /Associate professor  
Oct 8<sup>th</sup>, 2010**

- **Associate Professor (BPS-20)**
- **Assistant Professor (BPS-19)**  
2009
- **Assistant Professor (BPS-18)**  
2007
- **Research Officer( BPS-17)**
- **Cooperative Teacher(BPS-17)**  
,2003

***Duration***

**from Sep 23,2010 to**

from Oct 2009 till date  
from Feb, 2007 to Oct  
from Feb , 2004 to Feb  
from Dec, 2003 to Feb<sup>h</sup>,2003  
from Jan<sup>t</sup>,2003 to Dec

***Professional Responsibilities Include:***

- Teaching
- Research Supervision, and Clinical Internship,
- Supervision at Post Graduate level in Research
- Conducting /editing Researches

***Clinical practice:***

- Provides Consultation and Intake Interviews in OPDs
- Psycho diagnosis and Psychotherapy for individuals with mental healths problems including individuals with special needs
- Providing marital counseling and family therapy
- Career counseling
- Parental counseling of children with behavioral problems and children with special needs
- Conducting Didactic Analysis of Ph.D Students

**Research Experience (Ph.D)** from Jan1st, 1998 to Dec31,2002

**Research Experience (Post Magistral Diploma)** from Jan 1<sup>st</sup>, 1997 to Dec 31<sup>st</sup>, 1997.

**As per University rule/Practice**

## ***Honorary Teaching Experience/Clinical Experience***

- Honorary teacher at Institute of Clinical psychology, University of Karachi. Taught “Consumer behavior” course to M.Phil/Ph.D student from Aug 2002 to December 2002.

- Worked at **AZAM HOSPITAL** (Drug Treatment and Rehabilitation Center) Karachi-Pakistan as a Clinical Psychologist from January 2001 to December 2002.

### **Responsibilities Include:**

Psychological Assessment and Psychotherapy of Substance Addicts, Family counseling AA meetings, Follow-up and After Care sessions.

- Worked at **Mind Care Clinic** (drug treatment center) Karachi-Pakistan as a Clinical Psychologist from Jan 99 to June 99 and May 2002 to December 2002.

### **Responsibilities Include:**

Psycho diagnosis and Psychotherapy of mentally disturbed individuals, including children with special need, Marital and Family counseling, and career counseling.

## ***OTHER PROFESSIONAL SERVICES***

- **Rehabilitation Incharge** from Jan 2010 till date
- **Associate Editor** Pakistan Journal of Clinical Psychology, published by Institute of Clinical Psychology, University of Karachi from 2006 till date
- **Assistant Editor**, Pakistan Journal of Psychology, published by Institute of Clinical Psychology, University of Karachi from 2009 Dec, June 2010
- **Member Editorial board** Pakistan Journal of Psychology. Published by Institute of Clinical Psychology, University of Karachi from 2004 to Dec, 2009. From Dec, 2010 till date.
- **Student counselor** for one year, 2004.
- As a **Resource Person** Representing Institute by giving lectures and arranging workshops in different National and International organizations
- Worked as **Organizer for Two International conferences** held by Institute of clinical psychology, University of Karachi (1996 & 1997).
- Member Academic committee since 2004 year.
- Executive Member, Newsletter Motivation, Published by Institute of Clinical Psychology, University of Karachi
- Member Examination Committee since 2006 till date at Institute of Clinical Psychology, University of Karachi

## **PUBLICATIONS**

### **RESEARCH PUBLICATION IN NATIONAL JOURNAL**

<b>S. N</b>	<b>Title of Publication</b>	<b>Name of Journal In Which it was Published</b>	<b>Date/VOL/NO/ And PP of Journal</b>	<b>Address of Institution/Organization Who published the Journal</b>
1	Ali,U.,&Aslam,S. Ordinal Position of Birth and Individual's Psychological needs on Edwards Personal preference Schedule	<i>Pakistan Journal of Clinical Psychology,</i>	(2011),10(1),53-64.	Institute of Clinical Psychology, University of Karachi -Pakistan
2	Hasan,S.,Ali,U.,&Shaheen, A. Prevalence of Personality Disorders During The years 2003-2009 at The Institute of Clinical Psychology, University of Karachi	<i>Bahria Journal of Professional Psychology</i>	(2011),9,27-46.	Institute of professional Psychology, Karachi, Bahria University
3	Ali,U.,&Nisa,U.Comparing types of Aggression in individuals with psychotic and neurotic disorders	<i>Bahria Journal of Professional Psychology</i>	(2010),7,03-15	Institute of professional Psychology, Karachi, Bahria University
4	Ali,U.&Kamrani,F.Self acceptance in clinical and non Clinical population	<i>FWU Journal of Social sciences</i>	(2010),3,2,37-44	Frontier Women University Peshawar
5	Ali,U.,&Tariq,M. Anxiety as a determinant of career indecision among college students.	<i>Pakistan Journal of Psychology,</i>	(2009), 40,1,17-27.	Institute of Clinical Psychology, University of Karachi -Pakistan
6	Ali,U.&Moghal,F. Self esteem and religious orientation among adults of religious institution in Karachi.	<i>Pakistan Journal of Clinical Psychology,</i>	(2009). 8, 1, 37-49.	Institute of Clinical Psychology, University of Karachi -Pakistan
7	Shabbir,M.,&Ali,U.Intellectual Functioning of Adults with Schizophrenia and Major Depressive Disorder.	<i>Pakistan Journal of Psychology,</i>	(2009). 40,1,67-75	Institute of Clinical Psychology, University of Karachi -Pakistan
8	Munaf,S., Sultana,T., Zubair,U., Ali,U., & Agha,S. Heroin addicts: A	<i>Journal of Basic and Applied Sciences</i>	(2007), 3(2),85-87.	Faculty of Science, University of Karachi-Pakistan

	comparative study of perceived social support in treatment between recovery and relapse cases.			
9	Ahmad,U., & Ali,U. Behavior Therapy: It's Applicability in the reduction of maladaptive behavior of autistic children.	<i>Pakistan journal of psychology,</i>	(2007) 38,(2)61-74.	Institute of Clinical Psychology, University of Karachi -Pakistan
10	Khan,M.A.,Raza,A.,& Ali,U. Work stress, Job Satisfaction and coping Mechanism of Supervisors in Pharmaceutical in Karachi.	<i>Market Forces Journal of Management, Information and Technology</i>	(2007). (Jan) vol.3 pp303-323.	Pakistan Air Force –Karachi Institute of Economics And Technology-Karachi-Pakistan
11	Ali,U.,& Ilyas,S.The Effects of Physical exercise on the level of Depressive Symptoms and Self concept: A pre and post study.	<i>Pakistan Journal of Clinical Psychology</i>	.(2007). vol.6 no(1&2),73-86.`	Institute of Clinical Psychology, University of Karachi -Pakistan
12	Ali,U.,&Munaf,S. Psychopathic tendencies in Children of Substance Addict Fathers.	<i>Journal of Social Sciences and Humanities</i>	(2007), vol.46 part(II),127-138.	Faculty of Arts, University of Karachi-Pakistan
13	Ali,U.,Hasan,H.,&Shabbir, M. Emotional Indicators on Human Figure Drawing Test of Juvenile Delinquents.	<i>Pakistan Journal of Clinical Psychology</i>	(2006), 5,(1&2) pp43-56.	Institute of Clinical Psychology, University of Karachi -Pakistan
14	Ali ,U.,& Aftab,S. The role of Product Design in Consumer Choice of a Product.	<i>Pakistan Journal of Psychology</i>	(2006), 37(2) pp.95-106.	Institute of Clinical Psychology, University of Karachi -Pakistan
15	Ali ,U.,&Munaf,S. Psychotic Profile of Children of Substance	<i>Journal of psychological Research</i>	( 2006). Vo.1 21,1-2,17-28.	National Institute of Psychology, Quaid-e-Azam University, Islamabad -

	Addicts Fathers. <i>Pakistan</i>	<i>Summer,</i>		Pakistan
16	Ali,U., Ahmad,U., & Hasan,S. The effect of birth order upon anger among adolescents: A comparative study between first and second born.	<i>Pakistan Journal of Psychology</i>	(2006), <i>june</i> ,vol37(1),5 3-62.	Institute of Clinical Psychology, University of Karachi -Pakistan
17	Munaf,S., Farhat,U. & Ghaus-ur-Rehman. Gender Differences in Mental illness.	<i>International Journal of Social Sciences and Humanities</i>	(2004) <i>Vol 1</i> ,pp.15-24.	Faculty of Arts, University of Karachi-Pakistan
18	Munaf,S.&Farhat,U.Substance Addict Fathers and Neuroticism in Their Adult Children.	<i>Pakistan Journal of Psychology</i>	(2004)., <i>Vol 35</i> , (2).pp11-26.	Institute of Clinical Psychology, University of Karachi -Pakistan

### **RESEARCH PUBLICATION IN INTERNATIONAL JOURNAL**

<b>S. N.</b>	<b>Title of Publication</b>	<b>Name of Journal In Which it was Published</b>	<b>Date/VOI/NO/ And PP of Journal</b>	<b>Address of Institution/Organization Who published the Journal</b>
1	Ali,U.&Hasan,S.The Effectiveness of Relaxation Therapy in the Reduction of Anxiety related symptoms (A case study)	<i>International Journal of Psychological Studies</i>	(2010),2(2) pp.202-208	Canadian Center of Science and Education, Toronto, <b>Canada( Ulrich Index, HEC Recognized)</b>
2	Ali,U.&Yasin,M.A. Intellectual functioning of individuals with Mental Disorder on WAIS-R	<i>International Journal of Psychological Studies</i>	(2011),In Press	Canadian Center of Science and Education, Toronto, <b>Canada ( Ulrich Index, HEC Recognized)</b>

## ***Chapter Published in International Proceeding***

1. Ali,U., & Shaheen,A.(2010).Five Factor personality Analysis and its Relationship with Problem focused coping Responses Among Substance Addicts(recovery) Suffering from HIV/AIDS. In W.Boonsathorn & K. Koonmee (eds)Understanding Quality of life and Building a happier Tomorrow(pp.110-117).. Proceeding of The 10<sup>th</sup> ISQOLS International Conference Bangkok,**Thailand**
2. Munaf,S. & Ali,U. (2005).*The Impact of Psychological Problems of Children of Drug Addicts*. In S.K.Srivasta (Ed.) *Applied and Community Psychology: Trends and Directions, vol, 2(chap.110 pp766-788)* .Proceedings of International Conference held in India. Sarup & Sons ,New Delhi,**India**

## ***Book Publication***

Ali,u., Ansari,K.,Ahmad,R., & Samsuddin,M.(2006).*Clinical Practice: Codes, Control and Ethical Decision Making*. Published by Institute of Clinical Psychology, University of Karachi-Pakistan.

## ***Chapters Published in National Book***

1. Ali,U.&Hussain,H.(2010). In S. Munaf (Ed) *Pakistani Women: Psychological and Social Issues Selected research papers* (pp93-100), Institute of clinical Psychology, University of Karachi
2. Shahhen,A.,Ali,U& Feroz,Q.(2010).In S.Munaf(Ed) *Pakistani Women: Psychological and Social Issues Selected research papers*(pp37-48),Institute of clinical Psychology, University of Karachi

## ***Published article in Newsletter:***

Ali,U.(2006).Environmental pollution and Psychological Problems: How to Protect? *New Letter Motivation, Jan (Vol.3)* ,8-10. by Institute of Clinical psychology, University of Karachi.

## ***SELECTED RESEARCH GRANTS***

- 1 Ali,u., Ansari,K.,Ahmad,R., & Samsuddin,M.(2006).*Clinical Practice: Codes, Control and Ethical Decision Making*. Research project funded by Higher Education commission /Institute of Clinical Psychology, University of Karachi. ISBN978-969-8883-01-0
- 2 Ali,U.,& Hasan,S. .(In Process). *Psychological problems of homeless/abundant and orphan children* .Research project funded by Higher Education commission /Institute of Clinical Psychology, University of Karachi.

## ***RESEARCH SUPERVISION***

## ***M.Phil/Ph.D and Post Magistral Diploma in Clinical (PMDCP)***

### ***psychology***

#### ***Ph.D Supervised: (02)***

##### **1. Uzma Ahmad (Ph.D, 2008)**

Topic:

Behavior Technique: Its Applicability in the reduction of maladaptive behavior of autistic children.

##### **2 .Monica Shabbir (Ph.D 2009)**

Topic:

A comparative study of Intellectual Functioning of Adults with Depression, Obsessive compulsive Disorder, and Schizophrenia (with special reference to gender)

##### **3. Ms. Shazia Ilyas (Submitted 2011)**

Topic:

Maternal Depression: Academic Achievement, Aggression and Self esteem of Children

#### ***Ph.D Research Supervision (projects under Process) (02)***

##### **1.Ms Sakina Raza**

Topic

A study of the Personality of Patients suffering from Neurological Disorder

##### **2. Ms.Samina Hussain**

Topic  
Executive Functioning as an indicator of academic achievement in high school student

***M.Phil Research Supervision(02)***

**1.Mr.Farhan Kamrani (2011 )**

Topic  
Urdu Translation and Adaptation of 20-item Paranoia Scale (Fenigstein and Venable,1992)

**2. Ms. Azra Shaheen (Submitted 2011)**

Topic  
Personality Traits and social support as determinants of coping responses among individuals with HIV/AIDS

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***M.Phil/Ph.D Research Supervision (Project under Process) (2)***

**1. Ms.Hina Ayaz**

Topic  
The Efficacy of Art Therapy in the reduction of Inattention and impulsive behavior of children with attention deficit/hyperactive Disorder

**2.Ms Jamela Perveen**

Topic:  
Psychological problems of Children with Intellectual Disabilities (ID) with and without Attention Deficit /Hyperactive Disorder (ADHD)

***MS/Ph.D Research Supervision (Project under Process)***

**1.Muneeba Shakeel**

Topic:  
Development and Validation of Cognitive Distortions Scale (CDS) And To Investigate The Relationship of Cognitive Distortions With Personality Traits in Adults

**2.Alia Asmat**

Topic:  
Parenting Styles as Predictive Factors of Developing Internalizing and Externalizing Behavior Problems Among Children in Pakistan

**3.Quendeel Ansari**

**Topic:**

Impact of Attributional Styles on Psychological Well-Being With Respect to Academic Achievement

**5.Noshi Erum:**

**Topic:**

Development and validation of coping styles: The relationship of coping style with social support and psychological well being of university students

**5.Umara Rauf**

**Topic:**

The Impact of Psychological Problems on Quality of Life Among Diabetic Patients

***PMDCP Theses Supervised (04)***

**1. Ms.Mahjabeen Tariq (2008)**

**Topic:**

A relationship between Career Decision Making and anxiety in College Students

**2. Ms.Hina Hussain (2008)**

**Topic:**

Depression as a determinant of Suicide Probability in women living in shelter homes

**3..Ms.Uzma Jilani(2009)**

**Topic:** Body Dissatisfaction as a factor of Body Mass Index (BMI) and Perceived Social Support in adolescents

**4. Ms.Sajida Anwar(2009)**

**Topic:** Visual Perceptual Ability in Intellectually Disabled Children with and without Attention Deficit Hyperactive Disorder

***TRAININGS AND WORKSHOPS/CONDUCTED CONFERENCES***

- 1 Conducted 2<sup>nd</sup> International Conference as **Convener** on “**Islamic Identity in Emerging Global Scenario & Mental Health Dilemmas in Modern Society**” held on Sep 11<sup>th</sup> 2007 organized by Institute of Clinical Psychology, University of Karachi
- 2 Participated as member **Organizing committee** of the **International Conference** on “Emerging Global Scenario ,Survival of Muslim Youth in the Realm of Violence

and Mental Health of Children, Adolescents and Adults “ organized by **Institute of Clinical Psychology, University of Karachi** on Nov 14<sup>th</sup>, 2006.

- 3 **Participated** in Training workshop on ““HIV treatment Adherence”” arranged by **Pakistan Society** on April 15<sup>th</sup> 2008.
- 4 **Participated** in Training workshop on ““Building Capacity for Research Training”” arranged by **Government of Pakistan, Higher Education Commission Islamabad Pakistan** in May 2006.
- 5 Participated in **World Mental Health Day** on “**Building Awareness, Reducing Risk-Mental illness and Suicide**” organized by department of Psychology University of Karachi in collaboration with Institute of Clinical Psychology, University of Karachi, DUHS, PPA, JPMC, PPS, on Oct 10<sup>th</sup>, 2006.
- 6 Participated in training workshop on “**Drug Addicts treatment & Rehabilitation**” organized by **New Horizon Care Centre in collaboration with Institute of Clinical psychology, university of Karachi** on Jan 12<sup>th</sup>, 2006.
- 7 Training on “**Child Sexual abuse**” arranged by **Aagan Bedari NGO Islamabad** 26-27 March 1997.

#### ***ORAL PRESENTATION IN INTERNATIONAL CONFERENCES/SYMPOSIUM S***

ORAL Presentation in 10 ISQOLS Conference on Understanding Quality of life and Building Tomorrow , **Dec 8-11 2010 at Bangkok, Thailand** organized by The International society for quality of life studies (ISQOLS) in partnership with National Institute of Development administration and School of human Resource Development and school of social and environment development and the International Research Associates for Happy Societies (IRAH) Topic Five factor Personality Analysis and its Relationship with problem Focus Coping Responses Among Substance Addicts (Recovery) Suffering from HIV/AIDS. **Sponsored by Higher Education Commission, Islamabad.**

ORAL Presentation and participation in “**Pacific Rim Objective Measurement Symposium 2010**” held at **Kuala Lumpur, Malaysia** dated 29 June-1 July, 2010 organized by **International Islamic University**. Topic: Intellectual functioning of individuals with Mental Disorder on WAIS-R” p24-25. (conference Abstracts) **Sponsored by Higher Education Commission, Islamabad.**

**ORAL presentation** and participation in “**1st International Conference on Psychological Sciences and allocation 2010** held at **UAE University Al,Ain,UAE** dated **March 15-18,2010** organized by **Department of Psychology and Counseling UAE University Al Ain**. Topic: The Effectiveness ss of relaxation therapy in the reduction of anxiety disorder (a case study),p.50. (conference Booklet)

**ORAL presentation** and participation in “**2<sup>nd</sup> Asia Pacific Regional Conference**” held at **Singapore on 24-27<sup>th</sup> June 2009**, organized by **International Association of Scientific Studies for Intellectual Disabilities (ISSAD)-USA**. Topic: Efficacy of Behavioral Therapy in the reduction of maladaptive behavior of autistic children with special reference to mental retardation” Abstract published in *Journal of Policy and Practice in Intellectual Disabilities* (2009), ,6 (2)91-161.

***ORAL PRESENTATION IN NATIONAL CONFERENCES/SEMINARS/  
WORKSHOPS /LECTURE***

1. Conducted **Workshop** as resource person on “**Rorschach Comprehensive System Exner**” on 7-8 July 2009 at Institute of Professional Psychology,
2. Conducted **Workshop** as resource person on “**Learning Disabilities**” on 3 April 2009 at Institute of Professional Psychology, Karachi-Bahria University.
3. Delivered a lecture on Procrastination on Feb 12<sup>th</sup> 2009 at Mohammad Ali Jinnah University Karachi.
4. Conducted **Workshop** as resource person on “**Coping Skill as anti Drug**” in **1<sup>st</sup> Pakistan Youth Congress** held on Jan 26-28, 2009 organized by Drug Free Pakistan Foundation supported by Narcotics Affairs Section **US Embassy, Islamabad**.
5. Delivered a lecture as guest speaker on ‘**anxiety disorders**’ at Mohammad Ali Jinnah University on Nov 6<sup>th</sup> 2007.
6. Conducted workshop on “**Stress Management**” for students at Institute of Clinical Psychology, University of Karachi. March 26,2007.
7. **Conducted and Participated** in two days workshop as a resource person for teachers arranged by Anti Narcotics Force, Sindh on 3-4 May 2006 at **Regional Directorate Anti Narcotics Force, Sindh Karachi Pakistan**.
8. **ORAL Presentation** in **International Conference** on Trauma Psychology on “**The Effect of Birth Order on the Anger among adolescents: A Comparative study of First and second born**” arranged by Pakistan Association of Clinical Psychology Lahore at Lahore on 29th-30th May,2006.

9. ORAL Presentation on “**Personnel Selection and Test Development**” on Jan 23, 2006 at **SUPARCO Headquarters** on the behalf of Institute of Clinical Psychology, University of Karachi.

10. ORAL Presentation on “**Impact of Polluted Environment in the Development and treatment of Psychological Problems**” in a one day **Seminar** entitled Environment and us: A two Way Street” organized by Centre for Molecular Genetics, University of Karachi, in collaboration with British Council on 9<sup>th</sup> Feb, 2005.

11. ORAL Presentation on “Drug Abuse and Family” in **Drug Awareness Programe** at Hamdard University Karachi arranged by New Horizons Care Center –Karachi on 10 oct, 2005.

12. ORAL Presentation in 8<sup>th</sup> **International Conference on “Psychotic Profile of Children of Drug Addicts**” arranged by Pakistan Association of Clinical Psychology at Lahore on 9-10 April, 2004.

13. ORAL Presentation in a Seminar on “**Mental Health Status in Pakistan**” on Mental health Day Oct ,2004 arranged by **Higher Education Commission** in collaboration with Institute of Clinical Psychology University of Karachi.

14. ORAL Presentation and **conducted a seminar on” Understanding of Academic and Psychological Problems of Students**” at Department of Psychology, Federal Urdu University on Sep 7, 2004.

15. ORAL Presentation on “**Mental Illness**” in 31<sup>st</sup> meeting of MELAP held on June 28, 2003 at Q Khan, Institute of Behavioral Sciences.

### ***PROFESSIONAL COURSE***

- ✓ Participated in “**Trauma Psychology**” Course arranged by University of **Missouri, Columbia International**; Medical and Education Trust, from Nov 24-26, 1998.
- ✓ Participated in 36 hours Research Supervisor’s Course arranged by **Government of Pakistan, Higher Education Commission Islamabad Pakistan** in Nov 2005.

### ***Volunteer Community Work***

Volunteer worked for Drug Free Pakistan Foundation and New Horizon Care Center for providing services in their Drug Awareness Programs.

### ***Computer Skills and Information Technology***

- ✓ **Skilled in literature searching using various data base**
- ✓ **Skilled in the use of Microsoft world, Excel, Power point and SPSS.**

*Languages*

*Excellent in written and spoken English and Urdu*

Contact:

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