## JAVARA

## [JAVARA.371038@2freemail.com](mailto:JAVARA.371038@2freemail.com)

**CAREER SUMMARY**

A friendly dynamic personality having more than six years teaching, administrative experience with involvement in supervision of eight master theses; who can see interesting correlation between academic psychological theories and behavior of teachers and students in the class.

**WORK EXPERIENCE**

**Lecturer (Nov 2010 -Present)**

Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar Campus

Responsibilities include:

* Teaching Bachelor’s and Master’s Courses
* In charge Examination, Bachelor and Master’s Program
* Director of Students Affairs, Bachelor program
* Master’s thesis supervision
* Departmental seminars organizer
* Member recruitment committee for hiring visiting faculty
* Acting In-charge department (when needed)
* External examiner for the practical and viva voce of BA/BSc program
* **Courses Taught:** Social Psychology, Personality Psychology, Career Counseling, Introduction to Psychology, Perspective and Paradigm in Psychology, Counseling Techniques and Methods, Clinical Health Psychology, Forensic Psychology, Interrogation and Investigation in Psychology, Special Education, HRM and Psychology, Trauma Psychology, Para Psychology, Computer Application in Psychology, Psychology (BBA), Civic Education and Communication Skills, Application of Psychology (CS&IT), and Introduction to Logic

**INTERNSHIPS**

* **Mental Health Volunteer Service**(12 Jul, 2010 - 21Aug, 2010**) (3 Credit Hour)**

**Supervised by:** Brigadier Farrukh Hayat, Psychiatrist, Psychiatry Ward**,** Combined Military Hospital Bahawalpur

* Worked with army personnel diagnosed with depression, anxiety, and mood disorders.
* Conducted counseling sessions for soldiers on how to deal with daily life hassles, job stress, and common sleep issues.
* Screened and diagnosed patients by using standardizes and non-standardized test
* **Speech and Language Pathologist (**15 Jun, 2015 - 30 Aug, 2015**)**

**Supervised by:** Fouzia Saleemi, Speech Language Pathologist/Therapist, Department of Speech Therapy, Combined Military Hospital Lahore

* Worked with younger and older patients diagnosed with aphasia, Dysphagia and TBI(Traumatic Brain Injury).
* Evaluated and provided speech therapy to children with Stuttering, Voice disorder, and Down syndrome.
* Produced SOAP (subjective, objective, assessment and plan)notes of patients on regular basis.
* Assisted senior speech therapist during weekly visit to general ward and discussed speech related issues in new born, stroke and TBI patients.

**EDUCATION**

* **Master of Science (Speech Language Pathology/Therapy)**

Riphah International University, Lahore Campus **(2013-2015)**

**Courses:** Clinical Psychology, Learning Disabilities, Child Development, Adult Neurological Disorder, Neural Basis of Speech and Language, Biomedical Sciences, Clinical Decision Making, Evidence Based Practice, Advance Clinical Practicum

* **Master of Science (Applied Psychology)**

The Islamia University of Bahawalpur, Pakistan (**2008-2010)**

**Courses:** Applied Behavioral Statistics, Social Psychology, Psychology of Personality and Personal Growth, Psychological Testing and Measurement, Clinical Psychology, Counseling Psychology, Qualitative and Quantitative Research Method in Psychology

* **Bachelor of Science**

The Islamia University of Bahawalpur, Pakistan **(2006-2008)**

**Courses:** Psychology I & II, Computer Science I & II, Economics I & II

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| **RESEARCH WORK**  **JOURNAL PAPER** | |
| * Saleem, H., **Allah Bukhsh, J** & Rasool, I.(2017). Inadequate Parenting Style: A Risk of Jealousy and Low Life Satisfaction. Clinical and Counseling Psychology Review. University of Management and Technology. Lahore. (Accepted for Journal Paper CCPR-040) * **Allah Bukhsh, J.**, Nawaz Malik, S & Ghayas Khan, S. (2016). The Perception of Interviewers toward the Female Interviewee with Voice Disorder. International Journal of Rehabilitation Sciences 5(1), 28-32, Available at: [http://www.ijrs.org/wp-content/uploads/2016/08/28-32-the-perception-of-interviewers-toward-the-female-interviewee-with-voice-disorder.pdf](http://www.ijrs.org/wp-content/uploads/2016/08/28-32-THE-PERCEPTION-OF-INTERVIEWERS-TOWARD-THE-FEMALE-INTERVIEWEE-WITH-VOICE-DISORDER.pdf)   **CONFERENCE PAPER**   * Saleem, H., **Allah Bukhsh, J** & Rasool, I.(2017). Lack of Adequate Parenting: Increase the Risk of Jealousy and Low Life Satisfaction. Paper Presented at: 1st International Conference; Clinical Psychology and the Developing World: Issues, Challenges and Solutions (ICP2-311). 94.UMT, Lahore * Nawaz, S., **Allah Bukhsh, J** &Syed, A.(2017). Internet Addiction, Cognitive Distortion and Relationship Satisfaction in Adults. Paper Presented at: 1st International Conference; Clinical Psychology and the Developing World: Issues, Challenges and Solutions (ICP2-336). 102 .UMT, Lahore * **Allah Bukhsh, J**., Nawaz Malik, S & Ghayas Khan, S. (2015). Perception of Male and Female Interviewer Towards the Female Candidates Having Voice Disorder. Paper presented at: 1st International Conference on Rehabilitation Sciences Education & 4th National Rehabilitations Conference, [Ramada Hotel Islamabad](https://www.facebook.com/pages/Ramada-Hotel-Islamabad/558332957521796), Nov 2015, Islamabad. International Journal of Rehabilitation Sciences 4(2), Available at:(<http://www.ijrs.org/perception-of-male-and-female-interviewer-towards-the-female-candidates-having-voice-disorder/>)   **POSTER PRESENTATION**   * Saleem, H., **Allah Bukhsh, J** & asghar, N.(2016). Body Image Satisfaction, Self Esteem and Academic Behavior in University Students. 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges (ICPG 2016). 6(1). 188-189. QAU, Islamabad. * Nawaz, S & **Allah Bukhsh, J.** (2016). Parenting Style, Peer Pressure and Antisocial Behavior among Adults. 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges (ICPG 2016). 6(1). 195-196. QAU, Islamabad.  Saleem, H, Allah Bukhsh, J. & Saleem, M. (2016). Personality Traits and Eating Attitude of Overweight Students. Poster session presented at: 1st international conference (ICCTP-2016) Current Trends in Psychology: Security Issues in Pakistan & its Psychological Implications. Bahaud din Zakariya University, March 2016, 62-63. Multan. | |
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| **THESIS**   * **Comparison Between The Perception Of Male And Female Interviewer Towards The Female Candidates Having Voice Disorder**   **Advisor:** Miss Sumaira Malik  MS (Speech and Language Pathology) Thesis, (2015)  Riphah International University, Islamabad, Lahore Campus   * **Effectiveness Of Performance Appraisal System In The Islamia University Of Bahawalpur**   **Advisor:** Miss Ambreen Anjum  MSc Applied Psychology thesis (2010)  The Islamia University of Bahawalpur, Pakistan | |
| **THESIS SUPERVISED** | |
| * Personality Traits and Eating Attitude of Overweight Students by Hina Saleem (2015) * Depression and Spiritual Injury among Health Practitioners: A Quantitative Study of Public and Private Hospitals by Rukhsana Kousar (2014) * Lack of Adequate Parenting: Increase the Risk of Jealousy and low life satisfaction by Iqra Rasool, (2014) * Exposure and Response prevention: An empirical research on OCD patients by Sumaira latif (2014) * Formation of antisocial behavior, parenting style and peer pressure by Sana Nawaz (2013) * The impact of internet addiction on cognitive distortions and relationship satisfaction among adults by Amara Sayed (2013) * A comparative study of postpartum depression:Among younger and elder mothers at their first experience and after by Erum Iqbal (2013) * A liaison between body image satisfaction, self-esteem and academic behavior in adulthood by Neelma Asghar (2013) | |
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| **CONFERENCES AND WORKSHOPS** | |
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|  | * 1st International Conference, Current Trends in Psychology: Security Issues In Pakistan & Its Psychological Implications. Department of Applied Psychology, Bahaud din Zakariya University Multan & Pakistan Psychological Association. (ICCTP-2016) * 1st International Conference on Rehabilitation Sciences Education & 4th National Rehabilitations Conference, Isra University Islamabad.(2015) * Three Day National Conference on “Comprehensive approach on Rehabilitation Sciences” Organized by Riphah International University” at Jacaranda Club Islamabad, (NCRS-2015) * Three day International Conference on Rehabilitation Sciences: Evidence Based Rehabilitation for All, by Riphah International University, Lahore Campus at PC hotel Lahore. (ICRS 2014) |
|  | * Two days Workshop on CBT for Anxiety, Depression, & OCD, by The Islamia University of Bahawalpur, Bahawalnagar Campus (2014) * One Day workshop on Autism Spectrum Disorder at Riphah International University Islamabad, Lahore Campus,(2014) |
|  | * Two Day workshop on Regression and SPSS at The Islamia University of Bahawalpur, Bahawalnagar Campus (2012) |
|  | * One Day workshop on Cognitive Behavior Therapy by Dr. Farooq Naeem, organized by Department of Applied Psychology at The Islamia University of Bahawalpur, (2009) |
| **PROFESSIONAL & PERSONAL SKILLS** | |
|  | * SPSS , MS Office, Endnote, * Psychological interviewing * Time Management * Class Management * Thesis supervision * **Public Speaking at seminars** * **6.0 Band in IELTS 2016** |