

Muhammad Abubakar



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EDUCATION

PhD Psychology University of Sargodha	2024-Present
MS Clinical Psychology University of Lahore	2021-2023 CGPA: 3.83/4.0
Advanced Diploma in Organizational Psychology University of Punjab	2022-2023 CGPA: 3.41/4.0
BS Psychology University of Sargodha	2017-2021 CGPA: 3.23/4.0

PROFESSIONAL EXPERIENCE

Reviewer Current Psychology (Springer, International) Reviewer Pakistan Journal of Health Sciences	Part-Time Oct 2024-Now Part-Time August 2024-Now
Lecturer (Department of Psychology) University of Mianwali	Mianwali, Pakistan Sep 2023, Present
Clinical Psychologist (Internship) Abdus Sami Psychiatric Clinic Job Responsibility: Responsibilities were to take History and Case Formulation, Psych diagnostics Testing, Basic Stress Management, Suicide Protocol, Cognitive Restructuring, Relapse Prevention, and Overview of Psychiatric Medication and Treatment.	Lahore, Pakistan Sep2022, Dec 2022
Applied Behavior Therapist Spark Institute for Special Education Job Responsibility: Job was to deal with students with special needs. Formal & informal assessment, case reports, individualized Training Plan (ITP) & applying Therapeutic interventions.	Lahore, Pakistan Sep2021, Sep2022
Clinical Psychologist (Internship) DHQ Hospital Job Responsibility: Job was to deal with indoor and outdoor patients, taking histories, clinical examinations, planning investigations, carrying out management plans, and active participation in department.	Mianwali, Pakistan Oct2020, April 2021
Applied Behavior Therapist (Internship) Spark Institute for Special Education Job Responsibility: Job was to deal with children diagnosed with ASD and other intellectual disabilities.	Lahore, Pakistan Jun2019, Aug2019

Research Work

Stronger You! Elevating Self Esteem with Mindset

**Insights-Journal of Health and Rehabilitation
(National) 2025**

**Workplace Bullying, Self Coping and
Psychological Well Being in Call Centre Agents**

**Advance Social Science Archive Journal
(National) 2025**

**Exploring The Lived Experiences of Allied Health
Professionals Regarding Social Glue in Pakistan
:An Interpretative Phenomenological Analysis**

**Advance Social Science Archive Journal
(National) 2025**

**Personality Traits, Work Motivation and Job
Personality Traits, Work Motivation and Job**

**Remittance Review, (International) 2024
Journal of Contemporary issues in social sciences**

**Employee Perspective on Engagement and Turnover
Intentions in Public Sector Organizations
: A Qualitative Analysis**

**International Journal of Contemporary
issues in Social Sciences
(National) 2023**

**Development and Psychometric Evaluation of In-Laws Interference Scale
University of Lahore**

**MS-Thesis 2023
Lahore, Pakistan**

**Parental Acceptance/Rejection, Passionate
Love and Scrupulosity in Adolescence and Early Adults
University of Sargodha**

**BS-Thesis 2021
Sargodha, Pakistan**

TRAINING & CERTIFICATIONS

**Certificate of Saving the Mental Health Suffers-Indigenous Perspective
Fountain House**

**January 2023
Lahore, Pakistan**

**Certificate of Basics of SPSS
Lahore School of Professional Studies (UOL)**

**October 2022
Lahore, Pakistan**

**Certificate of Oral Presentation:
University of Central Punjab**

**March 2022
Lahore, Pakistan**

**Diploma in Social Psychology:
WESLEYAN University**

**May 2020
Coursera**

**Diploma in Brief Psychotherapy:
California Institute of Psychology**

**February 2018
Lahore, Pakistan**

**Acceptance and Commitment Therapy:
Global Medical Services**

**March 2018
Lahore, Pakistan**

**Psychology for sustainable community: Challenges and Trends
University Of Sargodha
Pakistan**

**March 2019
Sargodha,**

**Development of Positive Thinking (Workshop):
University Of Sargodha**

**Feb 2020
Sargodha, Pakistan**

VOLUNTEER WORK

Guest Speaker at Brain Awareness Seminar

University of Mianwali

Mianwali, Pakistan

2024

Event Manager

Character Building Society (UOS)

Sargodha, Pakistan

2018-2020

Ambassador

Progressive Youth Society of Pakistan

Sargodha, Pakistan

2018-2019

PROFESSIONAL SKILLS

- Strong communication, coordination, negotiation, decision-making team building, and management skills
- Training and Development, employee psychological assessment, Hiring, Personality Assessment, and Human Audit.
- Psycho analysis, case formulation psychotherapies implication skills
- Individual and group counseling skills
- Providing support and advice to clients and their families
- Helping clients to make positive changes to their lives

ADDITIONAL

- **Technical Skills:** Microsoft Office (Word, Excel, PowerPoint), SPSS
- **Interpersonal Skills:** Self Learning, Problem-Solving, Teaching & Communication
- **Interests:** Book Reading, Writing
- **Languages:** English, Urdu, Punjabi, Sindhi, Saraik