

Maryam Tariq

Clinical Psychologist | Bariatric Mental Health Researcher

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Professional Profile

MS Clinical Psychology with extensive experience in clinical practice, bariatric psychology, teaching, student counseling, and research supervision. Currently working as a Bariatric Psychologist and Clinical Psychologist with expertise in Cognitive Behavioral Therapy (CBT), mindfulness-based interventions, psychological assessment, and behavioral health research. Experienced in teaching undergraduate and postgraduate psychology courses, supervising student research, and contributing to academic conferences and professional development activities.

Education

MS Clinical Psychology

Riphah International University

CGPA: 3.90/4.00

MSc Psychology

University of Sargodha

CGPA: 3.78/4.00

Academic Experience Section

Lecturer in Psychology

GIFT University | Oct 2020 – Mar 2024

- Taught undergraduate and postgraduate courses in Psychology.
- Prepared course outlines, lectures, assignments, and assessments.
- Conducted student evaluations and academic advising.
- Supervised undergraduate and postgraduate research projects.
- Mentored students in research methodology, data analysis, and report writing.
- Participated in departmental academic activities and quality assurance processes.

- Contributed to curriculum development and student engagement initiatives.
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Student Counselor & Internal Liaison

GIFT Wellness Centre | Oct 2020 – Mar 2024

- Provided counseling services to students.
- Conducted psychoeducational workshops and awareness programs.
- Coordinated between academic departments and student support services.
- Assisted in student wellbeing and retention initiatives.

Clinical & Research Experience

Bariatric Psychologist

Brigadier Shafiq Memorial Trust Hospital

2026 – Present



Conduct pre- and post-bariatric psychological assessments



Evaluate emotional eating, binge behaviors, and surgical readiness



Deliver CBT-based interventions targeting behavioral change



Collaborate with multidisciplinary medical teams

Clinical Psychologist & Life Coach

ALSA Pakistan | Evercare Hospital

Aug 2024 – Present



Provide evidence-based psychotherapy for psychological disorders



Develop individualized treatment plans



Address emotional dysregulation, trauma, and health anxiety

Online Clinical Psychologist

Punjab University | Oladoc | Marham

Mar 2020 – Present



Deliver tele-mental health services



Conduct psychological assessments and therapy sessions

Publications

Tariq, M. (2020).

Stigmatization, Self-Criticism and Coping Strategies of Individuals with Substance Abuse.

European Journal of Research in Social Sciences.

Research Areas

- Bariatric Psychology
 - Health Psychology
 - Emotional Eating
 - Psychological Adjustment after Bariatric Surgery
 - CBT and Mindfulness-Based Interventions
 - Emotional Regulation
 - Body Image and Weight Stigma
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Research Supervision

- Supervised undergraduate and postgraduate research projects in Clinical Psychology.
 - Guided students in proposal development, data collection, statistical analysis (SPSS), and thesis writing.
 - Assisted students in qualitative and quantitative research methodologies.
 - Mentored students for conference presentations and research dissemination.
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Conferences & Academic Contributions

- Research supervised and presented at ISSRC Conference (2023).
 - Co-Convener, Interdisciplinary Psychology Conference.
 - Participant, Pakistan Obesity and Metabolic Surgery Society (POMSS) Congress 2026.
 - Workshop Organizer, POMSS Psychology Workshop (2026).
 - Participant, Bariatric Psychology Workshop, Shifa International Hospital (2025).
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Courses Taught

- Abnormal Psychology
- Clinical Psychology
- Cognitive Psychology
- Research Methods in Psychology
- Psychological Assessment
- Health Psychology

- Counseling Psychology
 - Social Psychology
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Research and Technical Skills

- SPSS
 - Microsoft Office Suite
 - Google Workspace
 - Quantitative Research Methods
 - Statistical Data Analysis
 - Academic Writing
 - Literature Review
 - Research Proposal Development
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Professional Memberships

- Lifetime Member – Pakistan Psychological Association (PPA)
 - Member – Pakistan Obesity and Metabolic Surgery Society (POMSS)
 - Member – International Federation for the Surgery of Obesity and Metabolic Disorders (IFSO)
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References

Available upon request.