

Misbah Ashfaq

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 **Home:** Rawalpindi (Pakistan)

WORK EXPERIENCE

 **Foundation University Islamabad** – Rawalpindi, Pakistan

Visiting Lecturer

[04/05/2026 – Current]

(Courses: Data Analysis using SPSS & Neurological Basis of Behavior)

- Prepared lectures, presentations, assignments, quizzes, and exam materials
- Helped students understand statistical analysis and how to use SPSS for research work
- Guided students in interpreting research data and writing academic reports
- Explained brain functions, nervous system processes, and their role in human behavior
- Provided academic support and encouraged student participation during class

 **Armed Forces Institute of Rehabilitation Sciences (AFIRM)** – Rawalpindi, Pakistan

Psychology Intern

[01/07/2025 – 31/12/2025]

- Conduct behavior assessments for children with neurodevelopmental disorders.
- Develop and implement individualized behavior intervention plans based on each child's needs.
- Provide structured one-on-one and small-group therapy to improve communication, social skills, and emotional regulation.
- Use evidence-based techniques such as reinforcement strategies, visual supports, and behavior modification.
- Train and guide parents in applying behavior strategies at home for consistency.

Assessment Tools Trained During Internship:

Kohn's Block Design Test (KBDT), Bender Gestalt Test (BGT), Wisconsin Card Sorting Test (WCST), Wide Range Achievement Test (WRAT), Stanford-Binet Intelligence Scales (SB-5), Standard Progressive Matrices (SPM), Coloured Progressive Matrices (CPM), Wechsler Adult Intelligence Scale (WAIS), Wechsler Intelligence Scale for Children (WISC), Dynamic Occupational Therapy Cognitive Assessment for Children (DOTCA-CH), Loewenstein Occupational Therapy Cognitive Assessment for Geriatric Population (LOTCA-G), Draw-A-Person Test (DAP), Slosson Intelligence Test (SIT), Thematic Apperception Test (TAT), House-Tree-Person Test (HTP), Wechsler Preschool and Primary Scale of Intelligence (WPPSI).

Additional Clinical Skills:

Familiar with the use of clinical and rehabilitation equipment, including **Bimeo** and **Mira**

 **Rawalpindi Women University** – Rawalpindi, Pakistan

Visiting Lecturer

[01/09/2025 – 30/01/2026]

Course: Introduction to Psychology)

- Taught undergraduate students the basic concepts and foundations of psychology
- Explained major areas of psychology including behavior, cognition, emotion, learning, and personality
- Encouraged classroom discussion and student participation to support understanding of psychological concepts
- Assessed student performance through assignments, presentations, quizzes, and exams
- Supervised and guided 3 undergraduate research students in their thesis work
- Assisted students in topic selection, research methodology, data analysis, and academic writing.

 **K1 Traders** – Islamabad, Pakistan

Psychologist

[02/2023 – 01/2026]

- Delivered behavioral consultation and improved employee performance and customer interaction
- Trained staff in communication and workplace behavior
- Applied psychological strategies to enhance sales and team environment

 **Fauji Foundation Hospital** – Rawalpindi, Pakistan

Psychology Intern

[22/01/2024 – 21/07/2024]

- Assist in psychological assessments and evaluations.
- Support therapy sessions under supervision.
- Conduct client intake interviews and case history documentations.
- Attend training and workshops on therapeutic techniques and interventions.
- Maintain client confidentiality and ethical standards.

 **Higher Education Commission** – Islamabad, Pakistan

Intern

[01/07/2022 – 30/09/2022]

Worked as Intern under World Bank supported project titled “Higher Education Development in Pakistan (HEDP) executed by the Higher Education Commission, Islamabad.

- Conducted research and data collection.
- Prepared reports, presentations, and documentation.
- Managed administrative tasks and maintaining records.

EDUCATION AND TRAINING

Masters in Clinical Psychology

Foundation University Islamabad. [02/2023 – 02/2025]

City: Islamabad | Country: Pakistan | Website: <https://fusst.fui.edu.pk> | Thesis: Life Skills and Perceived Self Efficacy as Predictors of Emotional and Behavioral Problems in Adolescents with Non Communicable Diseases: Mediating role of Psychological Resilience.

Bachelors in Psychology

National University of Modern Languages [09/2018 – 06/2022]

City: Islamabad | Country: Pakistan | Website: <https://www.numl.edu.pk/> | Final grade: A | Thesis: Mediating role of resilience and the relationship between psychological distress and subjective wellbeing among medical healthcare providers of Rawalpindi.

LANGUAGE SKILLS

Mother tongue(s): Urdu: Native proficiency (fluent in speaking, reading, and writing)

Other language(s): English: Excellent written and verbal communication skills | Punjabi: Conversational proficiency

SKILLS

Proficient in MS Office Suite (Word, Excel, PowerPoint, Outlook) / Skilled in SPSS for statistical analysis and data interpretation / Familiar with Google Workspace (Docs, Sheets, Forms, Classroom) / Comfortable using LMS portals, online teaching platforms, and digital classroom tools / Basic proficiency in data entry, formatting, and academic documentation

NETWORKS AND MEMBERSHIPS

Member of Pakistan-U.S Alumni Network The Pakistan-U.S. Alumni Network (PUAN) is a community of alumni from U.S. exchange programs dedicated to making a positive impact in Pakistan and around the world. Members of the network engage in community service, provide mentorship, and inspire future exchange participants. This network is jointly administered by the U.S. Embassy in Islamabad and the United States Educational Foundation in Pakistan (USEFP).

Link: <https://puan.pk/>

PUBLICATIONS

[2026]

Perceived Self-Efficacy as a Moderator of the Relationship between Life Skills and Mental Health in Pakistani Adolescents with Non-Communicable Diseases (NCDs): A Cross-Sectional Study Adolescents diagnosed with NCDs face a dual burden of chronic physical pathology and heightened risks for emotional and behavioral problems (EBPs). According to Social Cognitive

Theory, psychosocial competencies like life skills and perceived self-efficacy (PSE) are critical determinants of adaptive coping and emotional regulation in this population. This study examined the predictive utility of life skills and PSE on EBPs and evaluated the moderating influence of PSE on the relationship between life skills and psychological outcomes. Moreover, this study evaluated the construct validity of the Urdu version of the Life Skills Scale Short (LSS-S) within a clinical population of Pakistani adolescents.

Authors: Misbah Ashfaq, Umm-e- Siddiqa | **Journal Name:** Nature-Nurture Journal of Psychology (NNJP) | **Volume, Issue and Pages:** Vol. 6 No. 1 (2026) | **Publisher:** Nature-Nurture Publisher (NNP)

Link: <https://www.thenaturenurture.org/index.php/nnjp/article/view/138>

[2025]

"Life Skills and Perceived Self Efficacy as Predictors of Emotional and Behavioral problems in Adolescents with Non Communicable Diseases" Paper presented at the **ICBESS 2025** (International Conference on Business, Engineering & Social Sciences), **Hitit University**, Çorum, Türkiye.

[2022]

Mediating Role of Resilience and the Relationship between Psychological Distress and Subjective Wellbeing among Medical Healthcare Providers of Rawalpindi. Paper presented at the **7th Multi-Disciplinary Student Research International Conference (MDSRIC-2022)**, **University of Wah**, Wah Cantt, Pakistan

Link: <https://uow.edu.pk/ORIC/MDSRIC/Publication>

COURSES AND CERTIFICATIONS

[Current]

International Behavior Therapist

Shifa International Hospital Islamabad

[07/01/2025]

Promoting Speech through PECS: Addressing Cultural Preferences in Pakistan International Behavior Analysis Organization®

[30/07/2024]

Forward Program-Mckinsey & Company

[29/11/2024 – 21/12/2024]

Psychological Assessment-Mindful Haven Psychological Organization

EnglishWorks!

- A 240-hours Business English Communication and 21st Century Employability Skills Course funded by U.S Embassy Islamabad

[2022]

Service Learning Activity

- National University of Modern Languages Islamabad

The Addicted Brain course

- Authorized by Emory University offered through Coursera

Introduction to Abnormal Psychology course

- Authorized by Wesleyan University offered through Coursera.

International Leadership and Organizational Behavior course

- Authorized by Università Bocconi offered through Coursera

Organizational Behavior: How to Manage People course

- Authorized by IESE Business School and offered through Coursera.