

Hira Imtiaz Kayani

PERSONAL INFORMATION



 Address: Kiani Town, Phase 1, street 3, Lahterar Road
Islamabad, Pakistan

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 Phone: +923315815228

Gender: Female

Nationality: Pakistani

Religion : Islam

Marital Status: Single

OBJECTIVE

Achieving my own career goal by obtaining a challenging position in a well reputation organization wherein I can utilize my immense knowledge and where the opportunities exists for providing mental health support to others as well. Want to be creative, while contributing towards the success of the organization.

EDUCATION

PhD Psychology (2025)	Fatima Jinnah Women University Rawalpindi
MS. Psychology (2021)	SZABIST University Islamabad, Pakistan. CGPA 3.44/4.00.
ADCP (2018)	NUML University Islamabad, Pakistan. 1st Division
BS.Psychology (2016)	University of Gujrat.CGPA 3.31/4.00
Intermediate (2012)	AJKBISE Mirpur 1st Division
Matriculation (2010)	AJKBISE Mirpur 1st Division

PERSONAL SKILLS

Languages: Fluent in Pothari, English, Urdu and Punjabi

Communication skills: Good communication skills.

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WORK EXPERIENCE

- **Lecturer (v) at COMSATS University Islamabad. (Sep 2025-Present)**
 - Managing work load and course allocation as assigned by Head of Department
 - Managing scheme of study aligned with curriculum standards.
- **Lecturer (v)at National University of Modern Languages, Islamabad (Feb 2026- present)**
 - Participated I departmental meetings, quality enhancement and accreditation processes
 - Supervising research projects and clinical internships.
 - Organizing workshops, seminars and academic events to enrich students learning.
- **Lecturer at Bashir Institute of Health Sciences Islamabad (Jan 2023-2026)**
- **Master Trainer at Shifa Foundation Islamabad. (Project based) Oct 2020-Nov 2022)**
 - Collaborating with academic institutes, NGOS and Public bodies to scale training programs and ensure alignment with standards
 - Conducting research studies, developing training modules tailored to different psychological, social, emotional and behavioral needs for children's and women assigned by the department.
 - Conducting need assessments to tailor training content to audience level of knowledge and contextual needs.
 - Providing ongoing support to trainers and field facilitators for implementation of quality and fidelity

RESEARCH WORK

M.Phil. Research: Caregivers Burden and Treatment Seeking Behavior among Neurotics and Psychotic patients.

PUBLICATIONS

1. **Hira kiani et al., (2023).** Caregivers Burden and Treatment Seeking Behavior among Neurotics and Psychotic patients. *Al Qantara International journal of Social Sciences.. 20123 Vol.1m 09 No.2, 39-*
2. Palwasha khan, Dr. Abdur Rasheed, Hira kiani, abm nd Sharafat Ali (2023) *Pakistan Journal if clinic clinical psychology. 2023. Volume 02.*
3. Hira kiani, Fareha Tariq, Shafia Tabassum (2024) *Journal of Pakiatan medical Association. (in progress)*

PhD MANUSCRIPTS

1. Economic loss Community cohesion and Mental Health among Migrants by Climate induced Floods in Pakistan
2. The Digital Tightrope: A Phenomenological Study of Parental Mediation of Adolescent Social Media Use in Pakistan

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EXPERIMENTAL SKILLS

- Application of Psychological Assessment tests and Intelligence Tests. □
- Psycho diagnosis and psychotherapy in clinical setup. □
- Supervision of internees in clinical setup. □
- Supervision of training program related to Psychological Assessment and evaluation. □

TECHNICAL & DATA ANALYSIS SKILLS

SPSS (Quantitative Analysis)

NVivo (Qualitative Data Analysis)

AMOS (SEM,Mediation,Modration)

PYTHON (Data Cleaning, Visualization & Analysis)

CERTIFICATES

- Dialectical Behavior Therapy (**DBT**)
- Mindfulness Based Stress Reduction (**MBSR**)
- Acceptance and Commitment Therapy (**ACT**)

WORKSHOPA/SEMINARS

- Attended Three Days workshop on **Psychological First Aid at University of Buneer** on 6th september,2025 organized by Happy life psychological services and Warda Foundation
- Attended National Conference on **Drug Addiction on 3rd March .2023 organized by Rawalpindi Medical University** In collaboration with Hometown Community Foundation.
- Conducted workshop on “**Corporal Punishment and interaction competencies of children with teachers**” on **1stcJune 2022 organized by Shifa Foundation Islamabad.**
- Attended **Workshop on Personality Testing on 25th October 2022 organized by Riphah international University Islamabad** in collaboration with Young Children Development Foundation Islamabad.
- Attended Workshop on **Clinical Case Study write up and case formulation on 14 February 2020 organized by SZABIST university Islamabad.**

REFERENCE

will be provided on request