

Research and Professional Challenges of a Pakistani psychologist

Prof. Dr Najma Najam

As a psychologist, living and working in one of the most turbulent regions of the world where disasters and trauma have become a part of everyday life our professional capacities are challenged continuously. Pakistani Psychology has emerged to meet these challenges in different ways, through conferences, workshops, specialized training, research, aimed at understanding and helping the communities, as well as the professionals who deal with these challenges.

Applied Research:

a) **Active** research has been carried out on issues related to victims of trauma, (earthquakes, floods, bomb blasts, migration, etc). Several papers have been presented at national and international forums. The papers range from studies on dreams and nightmares of child earthquake survivors to psychological issues of displaced persons, and refugees (especially women and children).

b) **Assessment of trauma** victims for PTSD and intervention. Also assessment of security personnel placed on high security risk duties for screening of those who may be psychologically at risk.

c) **Pehli Kiran: (First ray of Sunshine):** Booklet to help children in distress was prepared by a team of Psychologists, Behavioural Scientists at Fatima Jinnah Women University, supported by Kinder Hof Germany(through the Doer Trust). This was based on children's own stories, and experiences. The booklet also contains incomplete sentences and stories to assess the level of children's distress. Further, it has children's games, some hygiene tips, also cautionary stories (to stay away from strangers etc)/

The following is the list of the work carried out by me and my colleagues. There is much to be done and is being done. Psychologists around the country are working at research and on applied issues.

However we need to incorporate the research findings into our courses, our trainings and even outreach services. The impact of the trauma, (terrorism, natural disasters etc.) are

going to be a part of our lives -days and years to come, as people live through these traumas everyday.

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Listing of work carried out:

- a) **Sept 2004-2005:** Assessment and Evaluation of Personalities of Security personnel (for sensitive postings/duties).
- b) **Oct-dec 2005:** A team of Psychologist / professional led by Dr Najma Najam prepared Children's Comfort booklet for Use in Earthquake survived children

Publications/ proceedings:

- c) *Najam, N. Mansoor,A. and Gul,I (2007) Assessment of Security Personnel in Pakistan. In ***International Perspectives in Psychology***. Comunian, A,L. and Roswith, R. (Ed.s) Proceedings of the 64th Convention of the International Council of Psychologists (ICP), 10-13 July 2006, Kos Greece. Shaker-Verlag Germany. Pps 420-430
- d) *Najam,N, Mansoor,A, Kanwal, R.K.and Naz S. (2006) Dream Contents: Reflections of the Emotional and Psychological States of the Earthquake Survivors. In ***Dreaming: Journal of the Association of Dreaming, Vol 16, #4, pp 55-59 USA.(W)***
- e) Najam,N. (2006). Human Security Redefined; The Ants View. Proceedings of 7th Sustainable Development Institute Conference on **Sustainable Development and Governance in Troubled Times November 2005, p447-450**
- f) *Najam, N and Razzaque F., (2005) Relationship between Age, Traumatic Experiences and Post traumatic Stress Disorder in Young and Old Afghan Refugee Women. In ***Making a Difference in the Life of Others***, Proceedings of the 62nd Annual Convention of the International Council of Psychologists, (Eds)Dayan, N. Grotberg, R. Roth, Hiew, C, and Berbnardo A.B. (August 3-6, 2004, China) pp 259-267. Shaker-Verlag, Aachen 2005. (Y)
- g) Najam N. (2003) Psychological Perspectives of Terrorism, with special reference to Gender. In ***Muslim Psychologists Perspectives on Terrorism***, Muslim Psychological Association, (Eds) Dr Azhar Ali Rizvi, *Lahore*
- h) Najam, N. (2002) Gender and Terrorism. ***Journal of Gender and Social Issues***, Vol. I, Issue 1, 2002, p 3-24. (Z)

Presentations:

1. Najam,N and Arif, Sidra,(2010) , Relationship of Spirituality, Resilience and Post traumatic symptoms of Bomb Blast affectees the Clinical & Community Psychology / APS College of Clinical Psychologists and APS College of Community Psychologists, International Congress of Applied Psychology 2010 (ICAP 2010), 11 – 16 July 2010, held at the Melbourne Convention and Exhibition Centre in Melbourne , Australia
2. Najam,N (2010) Terrorism: Crimes against humanity, so who is the criminal? Keynote address at three day conference on Forensic Psychology. Organized by Government College University, Lahore. April 1st 2010.
3. **Najam,N (2010)** Women’s resilience and Reconstruction of Keynote address at the one day conference on Women’s resilience, Coping and reconstruction. Organized by the department of AppliedPsychology Punjab university Lahore, Pakistan, March 11th 2010.
4. Najam,N and Mehwish R. (2007) Manifestation of Behavioural and Emotional Disturbances and Coping strategies of earthquake survived children **65th Conference of International Council of Psychologists, San Diego California, USA August 10-14th 2007**
5. Najam,N . (2007) Hasan, I.N., Mansoor, A, Tabassum, Gul,I. Hanif,S. Rashid,M. Naz,S and Kanwal R. **Development of the Comfort Booklet “Pehli Kiran” in Pakistan at 65th Conference of International Council of Psychologists, San Diego California, USA August 10-14th 2007.**
6. Najam, N (2005). Gender and Terrorism, : Kashmir, Afghanistan and Srilanka at University of Wisconsin OSH KOSH, organized by the Women Studies Center and the Institute of Religious Studies, October 8th 2005.

پہلی کرن

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