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

Prof. Dr Najma Najam

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Listing of work carried out:


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:


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


Presentations:


