



SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY PESHAWAR

DEPARTMENT OF PSYCHOLOGY

INTRODUCTION TO DEPARTMENT OF PSYCHOLOGY

Momentum for development of Psychology at the Shaheed Benazir Bhutto Women University Peshawar can be traced to the establishment of the Department of Psychology in year 2005 and by later declaring it as the flagship department. In the years to follow Psychotherapeutic Center was established to provide service to the society at large.

In the discipline of Psychology, faculty members are involved in the acquisition, representation, modeling, integration, interpretation, and transformation of psychological data & methodologies. The department aims to produce knowledgeable, self aware, thoughtful, responsible and well adjusted individuals who are responsive to the needs of rapidly changing social world. To achieve these objectives, the Department of Psychology endeavors to enhance the understanding of students about social, environmental and cultural factors relevant to mental health and also to enable them apply this knowledge in their own lives and in the society at large for better adjustment and learning.

The Department of Psychology was set up to develop a comprehensive training program for professional Psychologists in the country and expand the role of Psychology to deal with a wide range of problems of the individual as well as the community at large. Department endeavors to raise the standard of training of Psychologists in different fields of the subject on national and international levels, enhance the standing of Psychology as an independent professional discipline, to meet the growing needs and changing demands of the society, and direct research towards developing an empirical knowledge base of indigenous Psychology in Pakistan.

The Department is committed to the preparation of highly qualified professionals who will seek to promote maximum growth and development of individuals (children, adolescents, and adults) with whom they work. This is accomplished through carefully planned curricula which includes the following: interdisciplinary and multidisciplinary approaches; theory linked to practice; a practitioner-scientist approach; self-awareness and self-exploration activities; opportunities to learn and demonstrate respect for others; and socialization into the role of the profession. We value respect for the social foundations and cultural diversity of others and promote opportunities for students to learn how others construct their world.

We emphasize to our students to focus on the assets and coping abilities of the people with whom they work rather than focusing on deficits. Additionally, we encourage the promotion of preventative services, which maximize individual functioning. Our programs are grounded in a systematic eclectic philosophical orientation, which includes: systemic theory; social constructionist; social learning theory; and person-centered approaches.

MISSION

The mission of the psychology department is to provide quality education, proficiency in research methods and to enable students to apply this knowledge and skills in their professional and personal lives.

VISION

The aim of psychology department is to excel nationally in its undergraduate and graduate programs, besides providing environment in which professional and academic skills of students and faculty members flourish.

Programs offered in Psychology Department

4-YEAR BS PROGRAM IN PSYCHOLOGY

Psychology is the scientific study and application of knowledge concerning the behavioral and cognitive processes of humans and other animals. The Department offers a Bachelor of Science (BS) degree in Psychology. This degree prepares students for employment in applied settings or for graduate study in psychology and related fields. Students who choose not to continue toward a graduate degree may find employment in a wide variety of organizations and agencies as well as in research settings where knowledge of behavior and cognition is useful. For such students, a BS in psychology offers a broad liberal arts background.

The psychology curriculum introduces students to the basic scientific and applied areas of the discipline. It emphasizes theories, methods, and terminology, as well as research findings in each of psychology's major subareas. Students learn about various research methods used to study psychological phenomena, as well as the strengths and limitations of each.

MISSION STATEMENT OF THE PSYCHOLOGY BS PROGRAMME

To train the next generation professionals to gain advanced knowledge in Psychology that is required to design and implement novel methods which can be useful to define and solve problems with emphasis on acquisition, representation, retrieval, visualization and analysis of psychological data.

BS PROGRAMME OBJECTIVES

The BS program is designed to:

- Equip the student with basic knowledge, skills and capabilities required in the various areas of Psychology;
- Give students a balanced and firm foundation in theory and research vis-à-vis the contemporary demands of society;
- Develop critical thinkers and creative workers who will use their knowledge for the full development of human beings in a growing society; and
- Cultivate scientific literacy in the appreciation of the role played by science in a developing society.

LEARNING OUTCOMES OF THE BS PROGRAMME

At the completion of this program, students will be prepared to:

- Demonstrate familiarity with the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology.
- Understand and apply basic research methods in psychology, including research design and data analysis and interpretation.
- Respect and use critical and creative thinking, skeptical inquiry, and, when possible, a scientific approach to solve problems related to behavior and mental processes.
- Understand and apply psychological principles to personal, social, and organizational issues.
- Tolerate ambiguity, act ethically, and reflect other values that are the underpinnings of psychology as a science serving a global society.

- Apply cultural competencies to effective and sensitive interactions with people from diverse backgrounds and cultural perspectives.

ADMISSIN REQUIREMENTS ELIGIBILITY

At least 45% marks in Intermediate in aggregate.

DURATION

- 4 years
- Program spread over 8-Semesters.
- 2-Semesters per year.

COURSE AND CREDIT REQUIREMENTS

A total of 132-144 credits are required to complete Bachelor of Science in Psychology.

EVALUATION

For uniformity in the evaluation system, the minimum CGPA required for awardof degree is 2.5 out of 4.0 at undergraduate level subject to meet all requirements of the university.

PGDCP Program Mission Statement:

Our mission is to train graduates of psychology in counselling and psychotherapy by providing them trained psychologists and psychotherapists that make them able to serve the community particularly women and children.

Program Educational Objectives:

1. To provide the students with the knowledge of the fundamentals of psychotherapy
2. To equip them with the skills of assessment and diagnosis of psychological problems.
3. To train them in the process of providing psychotherapy and counselling.
4. To make them knowledgeable about the ethical, moral and professional standards of the profession.

Significance of PGDCP:

Among prominent employers of Clinical Psychologists are as follows:

- Government and private mental health clinics and hospitals
- Government and private general hospitals and medical clinics
- Rehabilitation and training centres for mentally challenged population
- Educational institutions
- Business and Industrial organizations (Public and Private Sectors.)
- Armed Forces
- Non-Governmental Organizations
- Private Clinical Practice

Eligibility Criteria for Admission in Post Graduate Diploma IN Clinical Psychology (PGDCP):

1. **Pre-Requisite:** 2.5 CGPA in BS or equivalent and M.A/M.sc with 70% marks in Psychology.
2. Have to Clear Departmental Entry Test total marks of which is 50.
3. Has to clear Psychological Screening marks, marked 20.
4. And has to appear and clear the Interview at the department marked 30.
5. The candidates must obtain 50% marks of total screening process including entry test (50), psychological screening (20) and interview (30).

M.PHIL / PH.D PROGRAM IN PSYCHOLOGY

MISSION OF THE ADVANCE STUDIES PROGRAMME

The mission of the Psychology advance studies programs is to provide students with the knowledge, skills, and intellectual habits required for successful careers in research, teaching, and professional service. Post Graduate students may specialize in Behavioral Neuroscience, Lifespan Developmental Psychology, or Clinical Psychology. All students study core substantive areas of psychological science as well as more specific areas in their specialization. All students conduct independent research under the supervision of faculty members. Students also may provide psychological services and teach, under faculty supervision, as appropriate for their specialization and career goals. The Psychology postgraduate program has the fundamental mission of providing highly qualified graduate students with excellent preparation for career opportunities in academia, research institutions, professional practice, and private industry in order to serve their profession and the community at large.

As the premier behavioral science, the Psychology postgraduate program makes a major contribution to the department mission of examining human behavior in context. Faculty and graduate students in this program conduct research, teach, provide professional service, seek and receive extramural grant funding, publish in highly respected journals, participate in national and international professional conferences, and actively participate in the professional activities of national psychological organizations.

The advance studies program is integral to the Department's mission of furthering its status as a premier psychology department. Faculty and graduate students in the said program conduct research, teach, provide professional service, seek and receive

extramural grant funding, publish in highly respected journals, participate in national and international professional conferences.

ADVANCE STUDIES PROGRAMME OBJECTIVES

Our overarching goal is to prepare students to be competent professionals in different fields of psychology who may function in a variety of professional settings including academic, research, clinical and community. The program's orientation is that of understanding of the processes underlying adaptation and maladaptation within a cultural and bio psychosocial frame, thus throughout all aspects of training the program encourages an awareness of and respect for diversity. Our faculty approach intervention and psychotherapy from a variety of perspectives including developmental, psychodynamic, systemic, behavioral, cognitive-behavioral, humanistic and integrative. Our intent is to enable students to take a creative, empirical, and ethical approach to diagnostic and psychological problems among diverse populations; to critically evaluate and contribute to the evolving body of scholarly literature in the science and practice of psychology; and to integrate the clinical, theoretical, and scientific foundations of psychology.

Mission Statement of Program

The mission of the Psychology advance studies programs is to provide students with the knowledge, skills, and intellectual habits required for successful careers in research, teaching, and professional service. Post Graduate students may specialize in Behavioral Neuroscience, Lifespan Developmental Psychology, or Clinical Psychology. All students study core substantive areas of psychological science as well as more specific areas in their specialization. All students conduct independent research under the supervision of faculty members. Students also may provide psychological services and teach, under faculty supervision, as appropriate for their specialization and career goals. The Psychology postgraduate program has the fundamental mission of providing highly qualified graduate students with excellent preparation for career opportunities in academia, research institutions, professional practice, and private industry in order to serve their profession and the community at large.

As the premier behavioral science, the Psychology postgraduate program makes a major contribution to the department mission of examining human behavior in context. Faculty and graduate students in this program conduct research, teach, provide professional service, seek and receive extramural grant funding, publish in highly respected journals, participate in national and international professional conferences, and actively participate in the professional activities of national psychological organizations.

The advance studies program is integral to the Department's mission of furthering its status as a premier psychology department.

Program objectives:

1. Our overarching goal is to prepare students to be competent professionals in different fields of psychology who may function in a variety of professional settings including academic, research, clinical and community.
2. The program's orientation is that of understanding of the processes underlying adaptation and maladaptation within a cultural and biopsychosocial frame, thus throughout all aspects of the training program encourages an awareness of and respect for diversity.
3. Our faculty approach intervention and psychotherapy from a variety of perspectives including developmental, psychodynamic, systemic, behavioral, cognitive-behavioral, humanistic and integrative.
4. Our intent is to enable students to take a creative, empirical, and ethical approach to diagnostic and psychological problems among diverse populations; to critically evaluate and contribute to the evolving body of scholarly literature in the science and practice of psychology; and to integrate the clinical, theoretical, and scientific foundations of psychology.
5. Our specific objectives are to:

Provide students with didactic instruction and supervised training in the practice of clinical psychology. Students will develop the skills needed to:

- Evaluate, administer and interpret psychological assessments with an understanding of the psychometric and empirical underpinnings of assessment.

- Formulate and apply psychological diagnoses with an appreciation of the conceptual strengths and limitations of current diagnostic approaches and an understanding of the role of etiological and risk processes.
 - Develop, evaluate, and implement treatment plans that reflect both knowledge of empirically-based principles and an appreciation of individual client characteristics and contextual factors.
6. Provide students with didactic instruction and mentored supervision in the conduct and evaluation of research. Students will develop the skills needed to:
- Understand the strengths and limitations of different research methods.
 - Understand, utilize and interpret basic descriptive and inferential statistics.
 - Develop and conduct conceptually-driven and empirically sound research
7. Cultivate an understanding of an appreciation for individual and cultural diversity across content areas of science and practice. Students will develop the skills needed to:
- Consider the nature and impact of diversity on the administration and interpretation of assessments, the validity of diagnostic formulations, and the appropriateness of a particular treatment plan.
 - Conduct and evaluate research with an understanding of the influence of cultural diversity on all aspects of the research process
8. Prepare students to make ethically and legally informed decisions and other professional issues. Students will develop the skills needed to:
- Comprehensive knowledge of and skill in implementing the ethical/professional codes, standards and guidelines related to psychological work.
 - Comprehensive knowledge of the ethical/professional codes, standards and guidelines related to research.
 - Comprehensive knowledge of and skill in implementing ethical/professional codes, standards and guidelines related to teaching.

Admission Procedure

- i. Admission to M.Phil/Ph.D. degree program of the University shall be advertised by the Director Admissions in consultation with heads of institutions.
- ii. The number of scholar to be admitted shall be determined by the Graduate Studies Committee.
- iii. Applications on prescribed forms shall be submitted to the Director Admissions, within the prescribed period, who will forward them to the concerned Head after the closing date. The Director Admissions shall

keep a record of all the applications received.

- iv. The Candidate should have passed GRE type test.
- v. The names of the provisionally admitted candidates shall be forwarded to the Director Admissions within one month of selection.

ELIGIBILITY:

- i. Candidates possessing the relevant Master's degree or 4years Education after intermediate (120 Credit hours), with at least 1st Division or a CGPA of 3.00 from a recognized University, shall be eligible for admission to M.Phil degree Program.
- ii. Candidates having 50% marks or equivalent grade shall be eligible for admission in the Field of study of Psychology.
- iii. Those who have already completed M.Phil or equivalent (at least 18 years Education) shall be eligible for admission to the Ph.D. degree program provided that the Candidates have secured at least CGPA of 3.00 in their M.Phil.

ADMISSION CRITERIA

Admission to M.Phil/Ph.D. degree program shall be on merit. The merit shall be determined on the following criteria.

- i. 50% weighting shall be given to the marks obtained in the qualifying examination.
- ii. 50% weighting shall be given to the GRE test to be conducted locally by the Graduate Studies Committee/Academic Committee, as the case may be provided the candidate secures at least 60% marks in GRE test.

2-YEAR MPhil PROGRAM IN FORENSIC PSYCHOLOGY

The MPhil in Forensic Psychology option is designed for students whose primary interest is in working or studying in areas of psychology that intersect with the criminal justice system. A key feature of the program is a close mentoring relationship with a faculty member who oversees the student's progress toward his or her individual career goal.

PROGRAM MISSION AND DESCRIPTION

The program emphasizes theory and research while providing practical training in the areas of assessment and treatment that will prepare them for their entry to the marketplace after graduation. The course of study is designed to accommodate both students who plan to progress on to doctoral study as well as students who wish to enter the field as Masters level practitioners.

Forensic Psychology focuses on the intersection between psychology and the justice system. Forensic Psychology is the professional practice by psychologists within the areas of clinical, counseling, school, or other specializations of psychology, when providing professional psychological expertise to the judicial system.

The three areas of knowledge required for the practice of forensic psychology are:

1. Clinical (e.g., diagnosis, treatment, psychological testing, prediction and intervention measurement, epidemiology of mental disorders, ethics)
2. Forensic (e.g., response style, forensic ethics, tools and techniques for assessing symptoms and capacities relevant to legal questions)
3. Legal (e.g., knowledge of law and the legal system, knowledge of where and how to obtain relevant legal information).

Career pathways with the Forensic Psychology area of focus include: academic researcher, consultant to law enforcement, correctional psychologist, evaluator for criminal or civil cases, expert witness, treatment provider, trial consultant, among many others.

GPA REQUIREMENTS

Applicants are required to have a BS degree with a major in Psychology and a grade point average (GPA) of 2.5 to be eligible for the Forensic Psychology program.

DURATION

- ☐ 2 years
- ☐ Program spread over 4-Semesters.
- ☐ 2-Semesters per year.

COURSE AND CREDIT REQUIREMENTS

The program offers MS degree and consists of 24 units of course work, 6 credit hours of placement and 6 credit hours of research project, which includes a 3-month placement where students receive hands on training and on site supervision in a forensic setting related to their individual interests and career goals (e.g., correction

center, courts, prisons, and rehabilitation centers).

EVALUATION

For uniformity in the evaluation system, the minimum CGPA required for award of degree is 2.5 out of 4.0 at undergraduate level subject to meet all requirements of the university.

Faculty of Department of Psychology

Dr. Ume Kalsoom	(Incharge)	
Dr. Javeria Bokhari	(Assistant Professor)	
Dr. Saima Parwez	(Assistant Professor)	
Dr. Sonia Shagufta	(Assistant Professor)	
Dr. Sabeen Rahim	(Lecturer)	
Dr. Sidra Iqbal	(Lecturer)	
Ms.Farukh Habib	(Lecturer)	Ex Pakistan Leave
Dr.Nazia Nawaz	(Lecturer)	
Ms.Faiza Afridi	(Lecturer)	Study Leave
Ms. Hira Nauman	(Lecturer)	
Ms.SoniaShams	(Lecturer)	
Ms Aman Sirat	(Lecturer)	Ex Pakistan leave
Ms.Irum Mir	(Lecturer)	

