

**Dr Amina Muazzam**  
amina\_muazzam@hotmail.com

The mind will never fully be conquered; therefore the world of psychology will always be expanding, allowing psychologists to continue learning about this fascinating subject. My dream is to bring the psychology community closer; this will allow me to greatly broaden the knowledge and understanding of psychology.

### *Personal Information*

I was born and raised in an Arab culture. At the age of ten I had been to different countries, across continents, getting a taste of multiculturalism that would taint my life to the present day. The experience of a travelling frequently gave me an inspired analysis from a young age. It inspired the recurring questions of “how?” and “why?” in various aspects of my life.

Before high school started, my parents moved to their homeland Pakistan to get secondary education for their six children. I’ve been involved in community work since I was a teenager. When I moved to Lahore, Pakistan, I joined a shelter home for elderly people as a volunteer to spend time and it felt great to find something so relaxing that I could spend my spare time doing. During my college I chose Psychology to study along with Philosophy and English Literature but Psychology remained my major and my passion. One of the great things about psychology is that it can be applied in mostly any situation, which truly makes it one of the most interesting subjects. I was amazed at how many theories and concepts there are, all about how the mind works to shape people into what makes them, them. Seeing the large amount of ideas that have come about through psychology has kept me curious and keen to continue studying the subject and to learn all that I can about it. I further continued to study it at university and decided I would like to do my PhD degree in Applied Psychology and continue teaching as a career. My PhD was funded by Higher Education Commission of Pakistan.

### *Employment/Volunteer Work Experience*

Immediately after submission of my PhD I joined Lahore College for Women University (LCWU) as Lecturer but soon become Assistant Professor. Spending 10 years at the largest Women University of Asia as faculty member, I had valuable opportunities to create and achieve the goals I had set for myself. I started MS Health Psychology and PhD Applied Psychology programs in my Department. My research in health Psychology forms the backbone of the Health Psychology modules taught at LCWU, the first university in Lahore offering Health Psychology as a specialization. I supervised many PhD and MS scholars. I am the first PhD Faculty member of Applied Psychology Department LCWU and Departmental Coordinator of the University’s PhD Program in the Faculty of Social Sciences. I am also a member of various departmental, faculty and University committees including, the Research Ethics Committee, Curriculum Review Committee, disable support committee and LCWU Strategic Vision Planning 2020 team. I am a Higher Education Commission (HEC) Approved Supervisor, a member of the Board of Studies, an External Examiner and a Paper Setter for many universities. I have also served as a visiting and adjunct faculty at various prestigious institutions in Lahore.

I feel honor to share that I am serving as Vice President of the prestigious Pakistan Psychological Association, Lahore Chapter. I have represented LCWU in various national and international conferences. I have closely worked with the university’s higher management for many administrative assignments where I was able to further develop my skills in communication as well as time-management and maintaining a ‘result-focused’ outlook.

I loved the idea of getting continually engaged in community work. I am an active volunteer Champion in the 'Activities and Publications' team of the British Council supported by International Resource Center set up by DFDI and is also a Lead Facilitator for the British Council-LCWU Active Citizens Program (ACP), which is currently being rolled out in the University as a mandatory 4-credit hour community engagement program approved by HEC. I have received extensive training for both these assignments during which I was certified as one of the most pro-active trainees, taking it upon me to mentor and guide my junior colleagues. The trainers always welcomed my contributions to the group and I was also subsequently selected by the British council to train other ACP facilitators in Islamabad as Lead Facilitator. I also contributed in developing the modules of ACP.

I am extremely adaptive and flexible. Core aspects of my training as facilitator for the ACP program focused on diversity, identity, culture and dialogue. Out of many community projects, I lead a group of young volunteers to work towards rehabilitating non-Muslim school children, traumatized by the burning down of their colony on allegations of blasphemy. The core theme of the project was interfaith harmony and it was nominated for McJanet Award.

Last but not the least, I have successfully introduced the field of Indigenizing psychology by development and validation of indigenous tools to Pakistani community, to produce first generation of scholars in the field and to seed human resource development for future projects. I recently submitted a project of testing resource centre that is the first 'Testing Lab' in any women university. It will serve as a center of excellence and innovation, and to support world class research in the country.

### *Research Experience*

Over the past few years, I have increasingly prioritized and put more of an emphasis on my research regime which meant delving into the science of it through extensive reading and research. I am working in research collaboration with different national and International universities/organizations as one of my project with University of Pittsburg and University of Oman has ended up lastly with a publication in an "A tear Journal."

### *Future Plans/Goodness-of-Fit*

I am interested in becoming an active member of International Council for Psychologists and I am also looking forward to explore the opportunities to become a permanent member of the board. I wish to bring the psychology community closer as it will allow me to greatly broaden the knowledge and understanding of psychology. It will be a platform to advance the science and practice of psychology and to support the use of psychological knowledge to promote social health and justice. By becoming an ICP member I will get a broader platform to contribute to world peace and human rights for everyone by helping to empower under-represented ethnic and culturally diverse groups. It will also foster International professional development, networking, communication, mentoring and friendship among psychologists and allied mental health professionals and social scientists.