

1ST INTERNATIONAL CHILD PSYCON 2025

HEALTHY MINDS, BRIGHT FUTURE

King Edward Medical University, Lahore,
Pakistan



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Workshop:

PATHWAYS TO SUICIDAL BEHAVIOURS AMONG ADOLESCENTS IN PAKISTAN



Online via Google Meet



Sunday, 19th October, 2025
3:00 pm to 4:30pm



Fee: 1000/-

COLLABORATORS:



Facilitator:

Ms. Afrah Arshad

Clinical and Counselling Psychologist,
Trauma-Informed Therapist, (University of
Oslo), Founder of Teen Therapy Wellness

Co-Facilitator:

Ms. Zara Haroon

Lecturer, Kinnaird College For
Women, Lahore

For Registration:

teentherapywellness@outlook.com

+92 332 4222870

+92 322 4712480



Note: E-certificate will be provided

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Workshop Psychological First Aid (PFA): Early Mental Health Support for Children and Adolescents

 Lecture Theatre 2, Patiala Block,
KEMU, Lahore

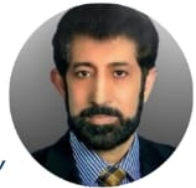
 15th October, 2025
9:00am-12:00pm

COLLABORATORS:



Patron:

Prof Dr Mehmood Ayaz
Vice Chancellor, King
Edward Medical University,
Lahore



Facilitators:

Prof Dr Nazish Imran
HOD Child Psychiatry,
Mayo Hospital, Lahore
Dr Mohsina Najeeb
PhD Clinical Psychology
Dr Sania Mumtaz Tahir
Fellow Child Psychiatry



Panelists:

Prof Dr Ali M Hashmi
Prof Dr Haroon Hamid
Prof Dr Faheem Afzal
Prof Dr Yar Muhammad

For Registration: Mehtab Khan 03227977052
Email: connect@childpsycon.org

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Workshop



PROBLEMATIC INTERNET USE AND MANAGING SCREEN TIME IN CHILDREN AND ADOLESCENTS



Institute of Psychiatry,
Benazir Bhutto Hospital Rawalpindi



17th October, 2025
9am - 12pm

COLLABORATORS:



WPA Section
PSYCHIATRY IN
DEVELOPING
COUNTRIES



Prof Dr Muhammad Umar (SI, HI)

Vice Chancellor
Rawalpindi Medical University
& Allied Hospitals

Prof Dr Asad Tamizuddin Nizami

Chairman Institute of Psychiatry
Rawalpindi Medical University
Dean Faculty of Psychiatry, CPSP

Dr Zarnain Umar

Assistant Professor of Psychiatry
Institute of Psychiatry
Rawalpindi Medical University

Dr Iqra Rashid

Postgraduate Resident
Institute of Psychiatry
Rawalpindi Medical University

Dr Ayesha Habib

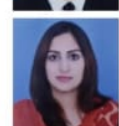
Postgraduate Resident
Institute of Psychiatry
Rawalpindi Medical University

Dr Abaid Al Mustafa

Postgraduate Resident
Institute of Psychiatry
Rawalpindi Medical University

Dr Wafa Noor

Woman Medical Officer
Institute of Psychiatry
Rawalpindi Medical University



For Registration:

0518489522

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Panel Discussion

Youth Mental Health in the Digital World: Navigating Challenges Towards Resources

Organized by:

Pakistan Psychological Association, Lahore Division

In Collaboration with:

Institute of Applied Psychology



COLLABORATORS:



WPA Section
PSYCHIATRY IN
DEVELOPING
COUNTRIES



Institute of Applied Psychology,
Punjab University



Wednesday, 22nd October, 2025
10:30am-12:30pm

Looking Forward:

Dr Rafia Rafique

Director IAP, President PPA



Dr Shameem Fatima

Associate Professor, Head PPA
Lahore Chapter



Prof Dr Nazish Imran

HOD, Child Psychiatry, Mayo
Hospital Lahore



Panel Chair

Prof Dr Ruhi Khalid

Director Institute of Psychology
BNU Lahore



Panelists

Prof Dr Shahida Batool, GCU Lahore

Prof Dr Shazia Hassan, UCP Lahore

Prof Dr Amina Muazzam, LCWU-Lahore

Dr Fatima Kamran, IAP-PU Lahore

Dr Usman Rasheed, Bahria University Lahore

Dr Afsheen Gul,

Kinnaird College for Women Lahore

Focal Person: Saba Ashfaq, Contact: 03011112222

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Workshop

Breaking the Screen Spell: Tackling Digital Addiction in Children

Who can attend?

- MBBS undergraduates
- BS Psychology undergraduates
- Psychology trainees
- Postgraduate residents



Tareen Hall, Department of Psychiatry,
Mayo Hospital, Lahore



27th October, 2025
11:00am-1:00pm



FACILITATOR

Ms. Nayab Arshad
(Clinical Psychologist
Psychiatry Dept, Mayo
Hospital Lahore)



CO-FACILITATORS

Muhammad Akif
Fahad Amin
Rohama Rehman
Fatima Rasool

CONTACT FOR DETAILS

Muhammad Akif
0318-6699575

COLLABORATORS:



Scan the QR
Code to register!



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Dow University of Health and Sciences,
Karachi, Pakistan



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Workshop

Integrating Mental Health into Diabetes Care: Supporting Children and Families with Type 1 Diabetes



National Institute of Diabetes and
Endocrinology Seminar Room, DUHS, Karachi



22nd October, 2025
12:00pm-02:00pm

Panelists:

Dr Shoaib Ahmed
Director IBS, DUHS

Dr Musarrat Riaz
Director NIDE, DUHS

Facilitators:

Dr Zoobia Ramzan
Assistant Prof., IBS, DUHS

Dr Sabiha Banu
Assistant Prof., NIDE, DUHS

Dr Nazish Fatima
Senior Registrar, NIDE, DUHS

COLLABORATORS:



For Registration:

Majid Jalali: +92 312 0301312
Email: nide@duhs.edu.pk



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Workshop:

**UNDERSTANDING DEVELOPMENTAL
TRAUMA AMONG ADOLESCENTS:
PATHWAYS TO RECOVERY**



Conference Room, Addiction Center, Punjab
Institute of Mental Health (PIMH)



Saturday, November 22nd, 2025
10:00am to 12:00pm

COLLABORATORS:



WPA Section
PSYCHIATRY IN
DEVELOPING
COUNTRIES



Facilitator:

Ms. Sara Ishaq

MS Clinical Psychology, CCP
Clinical Psychologist, PIMH &
PsychConsultants
Founder Manttaq

Co-Facilitator:

Mr. M. Munib Ur Rehman

MS Clinical Psychology, FCCU
Clinical Psychologist
Co-founder Manttaq

For Registration:

WhatsApp:
03124384428

Registration Fee: Rs. 1000 for everyone

Note: E-certificate will be provided

منطق

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Pre-Conference Workshop

Emotional and Behavioral Problems in
Children and Adolescents



Bahria University, Lahore
(FT-2 Room)



21st November, 2025
09:30am-12:00pm



Target participants:

Students, Psychologists, Parents, Teachers,
Healthcare Professionals

Facilitators:

Ms. Amber Ahsan.

Clinical Psychologist,
Department of Child and
Adolescent Psychiatry,
Mayo Hospital, Lahore



Ms. Mariam Nawazish

Clinical Psychologist,
Department of Child and
Adolescent Psychiatry, Mayo
Hospital, Lahore



Ms. Sarah Ahmad

Clinical Psychologist,
Akram Medical Complex
The Psychologist Talk



For Registration:



Scan QR for registration
Mr Sammad 03406848815



COLLABORATORS:



Registration is free but mandatory.

Note

Limited seats — first come, first served!
Confirm your spot via email; e-certificates will be sent
to registered participants.

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Workshop

Hands on Training on an Indigenous Pakistani Neuropsychological Test Assessment Battery-PANTAB

 Seminar Room, IRCBM, COMSATS University
Islamabad, Lahore Campus

 12th November, 2025
1:00pm-3:00pm

COLLABORATORS:



Organized by:

Department of Humanities,
COMSATS University
Islamabad, Lahore
Campus



Resource Person

Dr Shameem Fatima

Associate Professor,
Psychology



Facilitators:

Dr Mahira Ahmad

Assistant Professor,
Psychology



Dr Zaeema Farooq

Lecturer Psychology



For Registration:

Dr Zaeema Farooq

Email: zaeemafarooq@cuilahore.edu.pk

Registration is free but mandatory

E-Certificates will be provided

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Workshop:

YOUNG PEOPLE WITH THE DUAL DIAGNOSIS OF ADHD AND AUTISM SPECTRUM



Prof. Rasheed Chaudhary Auditorium,
Fountain House Lahore



Saturday, November 27th, 2025
11:00am to 12:30pm

COLLABORATORS:



Facilitator:

Dr. S M Ahmad

MBBS, DPM, FRCPsych
Consultant child and Adolescent
Psychiatrist UK

Co-Facilitator:

Ms. Sadia Hussain

Child Psychologist Fountain House
Lahore

For Registration:

info@fountainhouse.com.pk
+92 302 4880571

Note: E-certificate will be provided



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Workshop

Protecting the Rights and Rehabilitation of Juveniles through Justice, Care, and Reform



Department of Psychiatry &
Behavioural Sciences, Sheikh Zayed
Medical College & Hospital, Rahim
Yar Khan



Monday, 10th November 2025
9:00am-11:30am

Organized by:

COLLABORATORS:



Facilitator

Prof Dr Ali Burhan Mustafa

Professor/HOD
Department of Psychiatry
Sheikh Zayed Medical
College & Hospital, Rahim Yar
Khan



Co-Facilitator

Dr Urooj Zafar

Assistant Professor of
Psychiatry, Sheikh Zayed
Medical College & Hospital,
Rahim Yar Khan



Panel of Experts

**Prof Dr Muhammad Saleem
Leghari**

Principal, Sheikh Zayed Medical
College & Hospital



Dr Saqib Maraj Aslam Bajwa

Executive Director, Punjab Institute
of Mental Health (PIMH), Lahore



Registration:

Complimentary Registration (first
come, first served)

Mr Muhammad Hassan (PA)

Mobile/WhatsApp: 0346-8406342

Email: raissareng@gmail.com

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Panel Discussion

Navigating Screens and Selves: The Impact of Digital Exposure on the Self-Esteem, Identity and Mental Health of Adolescents



Slass Auditorium,
Beaconhouse National University,
Lahore.



12th November, 2025
11:00am - 12:30pm

COLLABORATORS:



Panel Chair:

Dr. Ruhi Khalid

Dean/Director, Institute of
Psychology, Beaconhouse
National University, Lahore.



Panelists:

Prof Dr. Nazish Imran

HOD Child Psychiatry,
Mayo Hospital, Lahore



Prof Dr. Masha Asad Khan

Academic Dean
Social Sciences & Law,
Kinnaird college for Women,
Lahore.



Dr. Haziq Mehmood

Acting Dean
School of Professional
Psychology, UMT, Lahore.



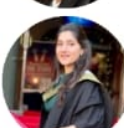
Syeda Iram Naqvi

General Manager Student
Wellbeing,
Beaconhouse School
System.



Sofia Babar

Inclusive Education Specialist
Special Education Coordinator,
TNS Beaconhouse, Lahore.



Moderator:

Ms. Bismah Tayyab



For Registration:

Email: bismah.tayyab@bnu.edu.pk

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Workshop:

HANDS-ON TRAINING IN THE CULTURALLY ADAPTED CHILDREN'S APPERCEPTION TEST



Centre for Clinical Psychology, The
University of Punjab, Quaid e Azam
Campus, Lahore, Post-Grad Building, New
Campus



Thursday, 6th November, 2025
10:00 am to 02:00 pm

Fee: 1000/-

COLLABORATORS:



Facilitator:

Dr. Muneeba Shakil

Clinical Psychologist
Tenured Associate
Professor/Faculty of Psychology.
CUI-Lahore Campus.

Co-Facilitator:

Ms. Ruman Jamil

Clinical Psychologist
MS Clinical Psychology, CUI-lahore
Campus

For Registration:

rumanjamil0@gmail.com

Contact Numbers:

03323360635

03004137888

Note: E-certificate will be provided

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SYMPOSIUM

Adolescent Wellbeing in Context: Navigating Social, Emotional and Academic Challenges

Organised by:

Institute of Psychology,
Beaconhouse National University, Lahore.



11th November, 2025

12:30pm – 2:30pm

COLLABORATORS:



Patron:

Dr. Ruhi Khalid

Dean/Director, Institute of
Psychology, Beaconhouse
National University, Lahore.



Symposium Chair:

Prof Dr. Sarah Shahed

Professor of Psychology,
Forman Christian College,
Lahore.



Facilitated by:

Prof Dr. Farhat Nadeem

HOD, Institute of Psychology,
Beaconhouse National
University, Lahore.



Paper Presentations by:

Aamna Imran

Abeer Zahra

Laiba Naeem

Maryam Khawar

Nauman Ahmed



IP Main Lab,
Sartaj Aziz Building,
Beaconhouse National University
Lahore.

For Registration:

Email: bismah.tayyab@bnu.edu.pk

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Pre-conference Workshop Raising Resilient Kids: A Guide to Preventing Substance Abuse



Online - Google Meet



1st November, 2025
Saturday
02:00 - 05:00 pm

Resource Person:

Ms. Amna Nawaz
Consultant Clinical
Psychologist
Niazi Hospital, Lahore



COLLABORATORS:



For Registration:

Registration Fee: 1000/-

Contact: 03174981919

E-certificates will be provided

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Workshop:

BRIDGING THE GAP BETWEEN BOYS' PUBERTY AND PARENTAL IGNORANCE: AN ALARMING ISSUE OF MALE CHILD MENTAL HEALTH



Centre for Clinical Psychology, Post-Grad Building, New campus (PU), Lahore



Saturday, November 8th, 2025
11:00am to 1:00pm

COLLABORATORS:



Facilitator:

Dr. Maryam Amjad

Clinical Psychologist/Faculty of Psychology - CUI Lahore.
Secretary of Public Relations (PACP)

Co-Facilitator:

Ms. Alina Hameed

Scholar MS Clinical Psychology - CUI Lahore

For Registration:

registration@pacp.com.pk

+92 300 4414864

+92 325 6866829

Registration Fee: Rs. 500

Note: E-certificate will be provided

