

# Current Trends and Issues of Psychology in Pakistan: Education and Professional Psychological Training in Pakistan

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# Applications of psychology with Reference to PAKISTAN

## Psychology:

The scientific study of the human mind and its functions, especially those affecting behavior in a given context is called psychology.

OR

The mental characteristics or attitude of a person or group is called Psychology.

## Application of Psychology

### 1. Clinical Psychology:

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include learning disabilities, substance abuse, depression, anxiety, and eating disorders.

The field of psychology became more recognized during the second half of the 19th century, although clinical psychology wasn't recognized until the end of the 19th century. It was around this time that "Lightner Witmer" first helped treat a boy with a learning disability. In 1896, Witmer opened the first psychology clinic, which catered to children with disabilities. In 1907, he coined the phrase "clinical psychology" in his new psychology journal, called The Psychology Clinic.

Clinical psychology includes the study and application of psychology for the purpose of understanding, preventing, and relieving psychologically-based distress or dysfunction and to promote subjective well-being and personal development. Central to its practice are psychological assessment and psychotherapy, although clinical psychologists may also engage in research, teaching, consultation, forensic testimony, and program development and administration. Some clinical psychologists may focus on the clinical management of patients with brain injury—this area is known as clinical neuropsychology. In many countries clinical psychology is a regulated mental health profession.

The work performed by clinical psychologists tends to be done inside various therapy models, all of which involve a formal relationship between professional and client—usually an individual,

couple, family, or small group—that employs a set of procedures intended to form a therapeutic alliance, explore the nature of psychological problems, and encourage new ways of thinking, feeling, or behaving. The four major perspectives are psychodynamic, cognitive behavioral, existential-humanistic, and systems or family therapy. There has been a growing movement to integrate these various therapeutic approaches, especially with an increased understanding of issues regarding ethnicity, gender, spirituality, and sexual-orientation. With the advent of more robust research findings regarding psychotherapy, there is growing evidence that most of the major therapies are about of equal effectiveness, with the key common element being a strong therapeutic alliance. Because of this, more training programs and psychologists are now adopting an eclectic therapeutic orientation.

Clinical psychologists do not usually prescribe medication, although there is a growing number of psychologists who do have prescribing privileges, in the field of medical psychology. In general, however, when medication is warranted many psychologists will work in cooperation with psychiatrists so that clients get all their therapeutic needs met. Clinical psychologists may also work as part of a team with other professionals, such as social workers and nutritionists.

### **Clinical Psychology with Reference to Pakistan:**

Psychology is a vast field in which you will find a number of other areas on which you can focus and specialize. Forensic have also gained importance but the status Clinical Psychology has gained over the years is tremendous number of universities are offering MSc. MS, and PhD degree in Clinical Psychology. Major cities where these courses are MS, and PhD degree in Clinical Psychology. Major cities where these courses are degree in Clinical Psychology helps the students to get detailed knowledge regarding this domain. It makes the students eligible enough to recognize the psychological disorders in clients/patients by knowing about their symptoms they can also apply in Pakistan army, air force and navy. They can also apply in different institutes and universities and work by showing some teaching skills.

### **Importance of clinical Psychology in Pakistan:**

Clinical psychology is the most rising area in a country like Pakistan. There is a huge scope among the students that is being capture out in the field of the Clinical psychology. If you are not able to successfully pass the MCAT test and has a desire to call yourself as the doctor then still you are left with the alternative to be the part of the clinical psychology field work. There are so many educational institutions who are engaged in making you offer with the Clinical psychology studies at the best level.

### List of Main core subjects in Clinical Psychology in Pakistan:

- I. Introduction to Clinical Psychology
- II. Adulthood Psychopathology
- III. NLP in Psychotherapy
- IV. Therapeutic Approaches with Children
- V. Neuropsychology
- VI. Data Collection Methods
- VII. Child Psychodiagnostics Assessment
- VIII. Research Designs and Related Statistical Analysis
- IX. Clinical Case Reports
- X. School Psychology
- XI. Health Psychology
- XII. Therapeutic Techniques in NLP and Hypnosis
- XIII. Adult Psychodiagnostic Assessment

### List of Important Programs/Courses in Clinical Psychology in Pakistan:

- I. MS/MPHIL in Clinical Psychology
- II. MS/MPHIL in Child Guidance and Educational Counseling
- III. PGD in Child and Adult Psychotherapy
- IV. PHD
- V. Certificate and Diploma Courses for Doctors on NLP and Hypnosis in Psychotherapy

### Best and Important Employment Career Options in Clinical Psychology in Pakistan:

- I. Public Hospitals
- II. Private Hospitals and clinics
- III. Mental Hospitals
- IV. Career Counseling Firms
- V. University Centers
- VI. Newspapers and Magazines
- VII. Electronic Media
- VIII. Armed Forces
- IX. Research Centers
- X. Civil Services Training Centers
- XI. Local and International Teams centers
- XII. Agencies
- XIII. Investigation Department of Police and Other Law Enforcement Agencies

## List of Job Types in Clinical Psychology in Pakistan:

- I. Criminal Psychologist
- II. Journalists
- III. Researchers
- IV. Career Advisors
- V. Lecturer/Professors
- VI. Member of Recruitment Teams
- VII. Subject Specialists
- VIII. Sports Psychologists
- IX. Writer
- X. Subject Specialists
- XI. Private Practitioners
- XII. Consultants
- XIII. Webmasters

## 2. Counseling Psychology:

Counseling Psychology is a specialty within professional psychology that maintains a focus on facilitating personal and interpersonal functioning across the life span. The specialty pays particular attention to emotional, social, vocational, educational, health-related, developmental, and organizational concerns.

**OR**

Counseling psychology is an applied specialization within psychology, which involves both research and practice in a number of different areas or domains.

The practice of Counseling Psychology encompasses a broad range of culturally-sensitive practices that help people improve their well-being, alleviate distress and maladjustment, resolve crises, and increase their ability to function better in their lives. With its attention to both to normal developmental issues and problems associated with physical, emotional, and mental disorders, the specialization holds a unique perspective in the broader practice-based areas of psychology.

Counseling Psychologists serve persons of all ages and cultural backgrounds in both individual and group settings. They also consult regularly with organizations seeking to enhance their effectiveness or the well-being of their members.

Interventions used by Counseling Psychologists may be either brief or long-term; they are often problem-specific and goal-directed. These activities are guided by a philosophy that values individual differences and diversity and a focus on prevention, development, and adjustment across the life-span.

According to "Gelso" and "Fretz" (2001), there are some central unifying themes among counseling psychologists. These include a focus on an individual's strengths, relationships, their educational and career development, as well as a focus on normal personalities. Counseling Psychologists help people improve their well-being, reduce and manage stress, and improve overall functioning in their lives. The interventions used by Counseling Psychologists may be either brief or long-term in duration. Often they are problem focused and goal-directed. There is a guiding philosophy which places a value on individual differences and an emphasis on "prevention, development, and adjustment across the life-span."

## Counseling psychology with reference to Pakistan:

It depends upon what are of counselling you are considering. In Pakistan people have a huge taboo about going to a counsellor and we see that everywhere around us. In Pakistan counseling Psychologist can start practice or do online counselling so the reach out is far more. The scope is increasing at a steady pace, especially in metro cities counselling is huge at the moment, so it really depends on where you are and which field you plan to work in.

## Importance of Counseling Psychology in Pakistan:

Pakistan is increasingly becoming more interconnected. This globalization highlights the need for highly trained mental health professionals to address trauma, addiction, depression, academic and career concerns in clinics, hospitals, schools, and universities. Career counseling is one of those areas which are needed to be developed and should be strengthened in the country like Pakistan so that these youth and these competent human resource should be given the right direction in which they should prevail and should enhance and polish there career in the fields of their interest and expertise.

Various organizations in this regard are working effectively so that this confused audience should be given the right path. Another very significant point of this present age is that people are unaware in the fields and the sectors which are to grow in the upcoming future or which are at the boom and even they are unaware of the fact that which sector is declining or will be declining in the near future.

There is much Importance of Career Counseling in Pakistan which can be further reviewed through below given writing as displayed here. Pakistan is a nation which is highly blessed with talent and capable human resource but the only need is the proper counseling of this raw resource so that it can be converted in to productive man power. Today in Pakistan the youth is energetic and full of expertise in all the variety of knowledge and skills but unfortunately they are unaware of from where they have to start and what their end result is. And this is one major reason for which such competent and highly educated people are being wasted on normal basis which ultimately impacts the economy and stability of the country.

Counselors are highly-trained professionals assisting people to live more joyful, productive lives. No one would seriously doubt that life is challenging and, at times, heart-breaking—we need only to look around. The counseling profession is growing exponentially In Pakistan. The Bureau of Labor Statistics projects most counseling fields are growing much more rapidly than most professions. So, students and others interested in the counseling profession will find there are jobs available provided they are willing to stretch both their comfort zone and, in some cases, their time zone.

#### Scope of Counselling Psychology in Pakistan:

The Bureau of Labor Statistics (BLS) estimates that in Pakistan counseling psychology jobs will increase by 11 percent through 2022. Demand for these jobs will continue to be heavily influenced by the prevalence of mental health issues in the United States. People continue to seek help for common problems such as anxiety and depression, driving up the need for counseling psychologists.

Particular populations, including the elderly and veterans of the armed services, are also seeking mental health care in greater numbers, thus increasing the need for qualified counseling psychologists even further. Additionally, more insurance companies are including mental health care in their coverage, so many people that might not have sought counseling services a few years ago are now doing so with improved health care coverage.

People are getting more and more aware regarding the importance of career counseling and the significance of career counselor in the modern age. People have inculcate themselves in this field and the one who has slight know how regarding the educational strengths and the modern trends gets in to this business and that is why there are uncountable and hundreds of such private organizations and institutions which are working for this cause in Pakistan.

The students in Pakistan are very much confused and are unsure regarding the field in which they should start their career and that is one major situation in which we need the career counselor who can guide the students that which field or which specific area is more suitable for them and

in which they can get more success as per the situation of the state and the skills and abilities of the individuals. The scope of the career counselor is very much bright and charming in Pakistan, and wither working privately or even by working with the collaboration with any educational institute is worthy of doing.

The political instability and the ever increasing unemployment in Pakistan has forced the students to turn towards to career counselor because none of them wants to remain unnoticed and on the back foot in their lives and that is why each and every student wants to be guided properly so that they don't make any mistake on their behalf because there are already so many hurdles in success in the country like Pakistan so the students cannot afford any other mistake on their end which might endanger their future and career.

### 3. Educational Psychology:

Educational psychology is devoted to the study of how humans learn in educational settings, especially schools. Psychologists assess the effects of specific educational interventions: e.g., phonics versus whole language instruction in early reading attainment.

**OR**

Educational psychology is the branch of psychology concerned with the scientific study of human learning. ... The field of educational psychology involves the study of memory, conceptual processes, and individual differences (via cognitive psychology) in conceptualizing new strategies for learning processes in humans.

They also study the question of why learning occurs differently in different situations. Another domain of educational psychology is the psychology of teaching. In some colleges, educational psychology courses are called "the psychology of learning and teaching". Educational psychology derives a great deal from basic-science disciplines within psychology including cognitive science and behaviorally-oriented research on learning.

#### Educational Psychology with reference to Pakistan:

Psychology used to be a very under rated field and profession and not many of the people used to opt it but as Pakistan has started to grow and develop more and people are getting more and more awareness has really promoted this profession a lot. Not only the people have started to inculcate themselves in those field and career but at the same time the general public has also realized the significance and the importance of psychology expert known as psychologist. These needs of psychologists have increased the passion amongst the students to make this career their profession. The scope of



Educational Psychology is securing greater and greater importance in the field of education in Pakistan. Educational psychology is the combination of two i.e. Educational and Psychology. So educational psychology is the study of behavior of the teacher, taught and persons connected to educational environment.

### Scope of educational Psychology in Pakistan:

Educational psychology applies scientific evidence from the fields of psychology and education as a means to promote optimal learning, teaching, and motivation across contexts. Educational Psychologists develop instructional materials, modify teaching strategies, and design learning environments with the goal of enhancing performance. In Pakistan Educational Psychologists work in schools, business, research, teaching, assessment, and consulting.

Today in Pakistan the scope of educational psychology is as bright and attractive as it is in the western world and in the developed countries and the main reason behind this improvement is that people of the country are getting more and more aware and knowledgeable and they are getting more familiar with this career and this profession which seems to be a question mark and sense of confusion a decade ago. The career of a psychologist can be very much bright and full of success even in the developing country like Pakistan because today every field and every industry needs a psychiatrist. The society is getting more and more employee concerned and are willing to invest in making the human resource more comfortable and relaxed and in that situation a psychiatrist is the one who is responsible to provide this facility.

## 4. Organizational Psychology:

Organizational Psychology is a field of psychology that applies the fundamental scientific principles of psychology to the workplace environment to make work more fun and more productive.

**OR**

Industrial and organizational psychology, or I-O psychology, focuses on the psychology of the workforce, customer, and consumer, including issues such as the psychology of recruitment, selecting employees from an applicant pool, training, performance appraisal, job satisfaction, work motivation. Work behavior, stress at work and management. In short, I-O psychology is the application of psychology to the workplace. A core aspect of this field is job analysis, the detailed study of which behaviors a given job entails.

Though the name of the title "Industrial Organizational Psychology" implies 2 split disciplines being chained together, it is near impossible to have one half without the other. If asked to generally define the differences, Industrial psychology focuses more on the Human Resources aspects of the field, and Organizational psychology focuses more on the personal interactions of the employees. When applying these principles however, they are not easily broken apart. For example, when developing requirements for a new job position, the recruiters are looking for an applicant with strong communication skills in multiple areas. The developing of the position requirements falls under the industrial psychology, human resource type work. And the requirement of communication skills is related to how the employee with interacts with co-workers. As seen here, it is hard to separate task of developing a qualifications list from the types of qualifications on the list. This is parallel to how the I and O are nearly inseparable in practice. Therefore, I-O psychologists are generally rounded in both industrial and organizational psychology though they will have some specialization. Other topics of interest for I-O psychologists include performance evaluation, training, and much more.

### Scope:

#### 1. People

The people constitute the internal social system of the organization. They consist of individuals and groups. Groups may be large or small, formal or informal, official or unofficial. They are dynamic. They form, change and disband. Human organization changes every day. Today, it is not the same as it was yesterday. It may change further in the coming days. People are living, thinking and feeling being who created the organization and try to achieve the objectives and goals. Thus, organizations exist to serve the people and not the people exist to serve the organization.

#### 2. Structure

Structure defines the sole relationship of people in an organization. Different people in an organization are given different roles and they have certain relationship with others. It leads to division of labor so that people can perform their duties or work to accomplish the organizational goal. Thus, everybody cannot be an accountant or a clerk. Work is complex and different duties are to be performed by different people. Some may be accountant, others may be managers, clerks, peons or workers. All are so related to each other to accomplish the goal in a coordinated manner. Thus, structure relates to power and duties. One has the authority and others have a duty to obey him.

### 3. Technology

Technology imparts the physical and economic conditions within which people work. With their bare hands people can do nothing so they are given assistance of buildings, machines, tools, processes and resources. The nature of technology depends very much on the nature of the organization and influences the work or working conditions. Thus, technology brings effectiveness and at the same restricts people in various ways.

### 4. Social System

Social system provides external environment which the organization operates. A single organization cannot exist also. It is a part of the whole. One organization cannot give everything and therefore, there are many other organizations. All these organizations influence each other. It influences the attitudes of people, their working conditions and above all provides competition for resources and power.

## 5. Developmental Psychology:

Developmental psychology is the scientific study of how and why human beings change over the course of their life. Originally concerned with infants and children, the field has expanded to include adolescence, adult development, aging, and the entire lifespan.

### OR

Developmental psychology is a scientific approach which aims to explain growth, change and consistency though the lifespan. Developmental psychology looks at how thinking, feeling, and behavior change throughout a person's life.

This field examines change across three major dimensions: physical development, cognitive development, and socio emotional development. Within these three dimensions are a broad range of topics including motor skills, executive functions, moral understanding, language acquisition, social change, personality, emotional development, and self-concept and identity formation.

Developmental psychology examines the influences of nature and nurture on the process of human development, and processes of change in context and across time. Many researchers are interested in the interaction between personal characteristics, the individual's behavior and environmental factors, including social context and the built environment. Ongoing debates

include biological essentialism vs. neuroplasticity and stages of development vs. dynamic systems of development.

Developmental psychology involves a range of fields, such as, educational psychology, child psychopathology, forensic developmental psychology, child development, cognitive psychology, ecological psychology, and cultural psychology. Influential developmental psychologists from the 20th century include Urie Bronfenbrenner, Erik Erikson, Sigmund Freud, Jean Piaget, Barbara Rogoff, Esther Thelen, and Lev Vygotsky.

### Scope of Developmental Psychology with reference to Pakistan:

In Pakistan a developmental psychologist can work in a variety of settings, including academia, government agencies, health care facilities and schools.

Those working in colleges and universities tend to focus primarily on research or teaching. Others working in applied settings, such as health care facilities or clinics, help to assess, evaluate and treat people living with developmental disabilities. Developmental psychologists may also work in assisted living homes for the elderly, hospitals, mental health clinics and centers for the homeless.