

# **GARRISON**

# **COUNSELING AND**

# **CLINICAL CENTRE**

## **(GCCC)**

The Department of Psychology takes pride in making the announcement of having established an institution based counseling and clinical center for its students, faculty members, employees and their families as well as community at large. Having an experienced team of the specific expertise, this center fulfills the needs by providing this unique service at its University campus. This service includes personality and aptitude assessment, professional guidance; need based clinical intervention and preventive program through workshops for proper parenting at early identification of child and adult psychological problems and severe adjustment difficulties. Awareness campaigns are also planned to uplift mental health of our society.

**Whereas**, the psychological well being is the most important aspect of human life and whereas, most of the people are suffering varieties of mental health issues and whereas, they intend to resolve their difficulties of life, and desire to lead a happy life so,

to resolve difficulties of life, alleviate human sufferings, maintain and promote psychological well being, and bring peace and happiness in peoples' life,

the Department of Psychology at Lahore Garrison University has established a centre named as Garrison Counseling and Clinical Centre under the august patronage and leadership of Vice Chancellor, Maj. Gen. <sup>®</sup> , Obaid bin Zikria, (H.I.M)., and Dr Gulzar Ahmad, Professor & Head, Department of Psychology.

## **Vision**

The vision of the Garrison Counseling and Clinical Centre is to be a leading mental health service provider for individuals and communities in the country.

## **Mission**

The mission of the Garrison Counseling and Clinical Centre is to alleviate human sufferings, and maintain and promote mental health of all needy individuals and communities of the country by prevention, guidance, intervention, training and excellent services in human development.

## **Objectives**

The objectives of the Garrison Counseling and Clinical Centre are:

1. To impart education to communities and individuals on mental health problems and prevention strategies through various means of communication including mass media transmissions, meetings, seminars, conferences etc.,
2. To assist the communities and individuals for maintenance and promotion of their mental health,

3. To provide subsidized and customized services for the alleviation of mental health sufferings,
4. To extend community and individualized intervention services for promotion of their mental health in all areas of life including child development, learning, marriage, family and work place,
5. To help resolve all personal, social, cognitive, emotional maladjustment problems,
6. To educate the communities and individuals for excellence in personality development, promotion of their talents, mental health and happiness,
7. To promote research, training and development in the areas of mental health within and outside the Lahore Garrison University, Lahore.

## **Services Provided by GCCC**

The following services are provided by the Garrison Counseling & Clinical Centre (GCCC) in the following areas, but not restricted to,

1. Teaching and Learning Difficulties in Academic Institutions
2. Workplace Adjustment Difficulties in Industries/Organizations
3. Psychological Testing & Assessment (Intelligence, Personality, Aptitude etc.)
4. Clinical Interventions (Assessment, Diagnostics, Therapeutics)
5. Career Choices and Counseling
6. Need Based Counseling
7. Child and Adolescent Counseling / Therapy
8. Marriage and Family Counseling / Therapy
9. Group Counseling / Therapy
10. Prevention and Counseling in Drug Addiction
11. Prevention of Cancer Awareness Programs
12. General Health Maintenance and Promotion Programs
13. Workshops, Seminars and Conferences on Individual, Community and National Mental Health Issues.

# Organogram of GCCC

## **The Patron:**

The Vice Chancellor. [Maj. Gen. Obaid bin Zakria (H.I.M)]

## **The Chairperson:**

Head, Department of Psychology

## **The Consultants:**

1. Consultant Counseling Psychologist
2. Consultant Clinical Psychologist
3. Consultant Psychiatrist

**Team Members:** The team members are with expertise from the areas of Counseling, Clinical, Psychometrics, Diagnostics, interventions, Community outreach etc.

## **Chief Counseling Psychologist**

Dr. Gulzar Ahmad,  
Professor & Head

## **Chief Clinical Psychologist**

Dr. Mohsina Najeeb,  
Associate Professor

## **Chief Psychiatrist**

Dr Parveen Ilyas,  
Visiting Psychiatrist

The Services are provided for psychological assessment, counseling, therapeutic interventions, training workshops and outreach programs etc.

### **Therapeutic Intervention Team Members**

- Dr Gulzar Ahmad
- Dr. Mohsina Najeeb
- Dr Fatima Naeem
- Ms. Syeda Mehreen Zahra
- Ms. Saira Maqsood
- Ms. Farwa Chaudhary

### **Assessment Team Members**

- Dr Fatima Naeem
- Ms. Syeda Mehreen Zahra
- Ms. Saira Maqsood
- Ms. Farwa Chaudhary

### **Need Based Training Workshop Team Members**

- Dr. Mohsina Najeeb
- Ms. Nida Zafar
- Ms. Farwa Chaudhary
- Mr. Faisal Chahal

### **Outreach Program Team Members**

- Dr. Fatima Naeem
- Ms. Nida Zafar

- Ms. Mehreen Zahra
- Ms. Saira Maqsood
- Ms. Farwa Chaudhary
- Ms. Fatima Salman
- Ms. Maliha Khalid
- Mr. Faisal Chahal
- Mr. Adeel Irshad

## Psychological Assessment and Diagnostic Services

The Garrison Counseling & Clinical Centre (GCCC) provides the Psychological testing, assessment and diagnostic services for the clients in the areas of:

- Diagnostic Testing
- General Behavioral Assessment
- General Intelligence Testing
- Emotional Intelligence Testing
- Personality Testing
- Achievement Testing
- Aptitude Testing
- Interest Testing

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