



## RESEARCH PAPER

### Historical Development of Clinical Psychology in Pakistan: A Critical Review-based Study

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PAPER INFO	ABSTRACT
<p><b>Received:</b> July 26, 2021</p> <p><b>Accepted:</b> October 21, 2021</p> <p><b>Online:</b> October 24, 2021</p> <p><b>Keywords:</b> Approaches, Clinical Psychology, Psychologist Therapist</p> <p><b>*Corresponding Author: Dr Mushtaq Ahmad</b></p> <p>drmushtaq@uosahiw al.edu.pk</p>	<p>Clinical Psychology is clinical and curing psychological practices in Pakistan. The present research study endeavors to examine the contemporary status of Clinical Psychology in the country and descriptively analyzes the significant contribution of various psychologists in its development. The study also elaborates the emergence of Clinical Psychology and its treatment aspects in the country. The experimental approach of the treatment psychology has also been defined. The role of different scholars to set and promote the Clinical Psychology as discipline and dealing about treatment of Human mind has also been discussed here. The study also presented the scenario of the issues of legislative acknowledgment, qualifications mandatory for practice, communal awareness of cerebral treatment, the tradition of ethnic and native practices about the clinical psychological treatments has also been discussed.</p>

## Introduction

The Clinical Psychology has become an essential part of the psychological domain. The treatment and assessment of the cerebral illness is the major domain of the psychological studies. The treatment of the cerebral illness had been a part of the psychological studies since the ancient times. It has the history as long as the history of mankind but cerebral illness was treated as a theological and spiritual issue in ancient times. It had been started to treat as illness as the experimental investigation and therapist studies were started in psychology (Schultz, 2015).

The clinical psychology is extension of experimental investigation of human mind, especially the functionalism. The functionalism was not a practical approach of psychology because it did not deal with the human mind as routine. It was not applied into everyday affairs and public issues and problems. The public was demanding practical work and solution of their problems and issues. In this regard, the clinical psychology was developed by a number of American psychologists who developed the mental testing hence initiated

clinical psychology. The solution of public issues and mental disorder had long been considered the basic purpose of the clinical psychology.

Although Pakistan had theological aspects of psychology but experimental and specialized cerebral studies had history in the country as long as the country itself. After the establishment of Pakistan, Lahore, in the areas which were became part of newly independent country, was the hub of psychological studies. Some clinical psychologists were also working there. After the independence these clinical psychologists joint hands with other psychologists to launch the psychology as discipline in studies.

From the early days, the University of Karachi remained focused on scientific and empirical studies. University regularly arranged visits of American and European psychologists to help out the students for the empirical and logical studies. These visits made the students more accustomed and acquainted about the newest expansions and tendencies in Western psychological world. The frequent visits and familiarity with the psychologists of different regions developed a cross-cultural psychological studies atmosphere in Karachi University. The cross-cultural psychological studies made the cerebral treatment easiest and experimental. Many aspects of social psychology were introduced and conventional approaches were experimented with new mindset and locations. Since 1956, the teaching and practice of Clinical psychology has enjoyed popularity both amongst teachers and students of the department. Dr. Farrukh Z. Ahmad, the then chairperson, took active steps to establish a separate institute of Clinical Psychology.

The University of Punjab had also focused on cross-cultural studies as it had two permanent foreigner faculty members in department of Psychology. Both were well known psychologist of Europe and developed the empirical and scientific psychological studies module in the institution. University of Peshawar promoted the laboratory testing psychological analysis with the help of its own well-equipped laboratory. The Pakistan Journal of psychology was launched in June 1965 (Zaman, 1991). It was the 1st professional periodical of psychological studies. Later on, it published a large number of the extraordinary experimental and analytical articles which showed the quality of work in the country.

The modern Psychology had been introduced in Lahore during the third and fourth decade of the 20<sup>th</sup> century. The GCIAN scholars did experiments and analyze the different approaches of the psychological studies including behaviorism, psychoanalysis, psychiatric, experimental psychology, health psychology with native aspect and published a serial of articles and three books during these two decades. It might be the first introduction of modern psychology for the people of the Punjab. After the independence this group of philosophers cum psychologists could not gain attention of the psychological world of Pakistan (Haque, 2011).

The 26<sup>th</sup> session of the Young Indian Psychologists Congress was held in Lahore in 1939. During the session some psychoanalytical studies about the Punjab were presented which got a huge attention not only of psychologists but also of general public. The studies done in Govt. College Lahore with the title – Aboriginal Tribe in the Punjab – was remained talk of the town during the session. That paper, by a Punjabi Psychologist, under the title of

“Psychoanalytical study of some customs of the Sansi Tribe” was published in the Indian Journal of Psychology in 1939 and reprinted in the Journal of Clinical Psychology, after partition in Pakistan. During the same decade Burt’s group test of Intelligence was semi standardized in Urdu under his guidance. The psycho-analytically oriented monthly called “Nafsiyat” the first issue of which appeared in 1945 soon became very popular but for some reasons it was discontinued (Zaman, 1991).

The University of the Punjab has an institution regarding psychological studies and experiments. This institution is separately working from the IAP. It’s the – Centre for Clinical Psychology (CCP) – which was launched in 1984 under the supervision of Prof. Dr. Rafia Hassan (Chairperson, Department of Applied Psychology). The CCP was established in response to the need felt by the President of Pakistan for an intuition for the training of Clinical Psychologists. Eminent professionals including Prof. Dr. Rafia Hassan (the founding Director), Prof. Dr. Najma Najam (Vice chancellor, KIU), Prof. Dr. Hamid sheikh, and Prof. Dr. Nosheen K. Rahman had been the Directors of the Centre for Clinical Psychology. In the beginning, the Centre offered only Advanced Diploma in Clinical Psychology (ADCP) but since 1998, it had added other programs i.e. BS-4 years, MS and Ph.D. and a self-supporting program of ADCP (Replica). In addition, community mental health projects, assessment and treatment facilities for common public are also provided by the Centre. A successful training and educational program for children with special needs had also been run by the CCP since 1999. The library, laboratory and other essential requirements had also been fulfilled in CCP.

The psychology neither was nor arose after the partition in the area which had been called Pakistan later on. Although with a small number but there were psychologists in Lahore, Karachi and other areas when Pakistan got a position on world map as a sovereign state. The Psychologists living in Pakistan continued their struggle for the recognition of psychological experimental studies. The foreigner launched programs like Fulbright; Ford Foundation etc. helped these psychologists to develop their abilities. These young psychologists got opportunities to have psychological training in well-equipped laboratories of the world. They brought back with them the latest ideas which enabled them to bring Psychology at par with other countries (Haque, 2011).

Pakistan Association for Advancement of Science was formed soon after partition and a Psychologist from Lahore was one of its founder members. On the foot prints of the Indian Science Congress the Pakistan Science Conference gave full representation to Psychology but due to some internal reasons the Psychology section of conference went into the hands of educationists and social scientists. Same happened with the Science Society of Pakistan. That was mainly due to the fact that Psychologists were feeling the need of having their organization, the idea which matured in 1964 in the form of Pakistan Psychological Association (Zaman, 1991).

A clinical psychologist is always considered a man who has the license to work as clinical psychologist from the PACP. The requirement of the license was specialized degree at least with 16 years’ education in treatment of psychological and cerebral disorder but as the 21st century began the qualification was mad doctoral degree but still there are no implementation criteria on this particular point. The ability to observe, identify and treat the behavioral disorder considers the essential for the clinical psychologist. The behavioral and mental illnesses like anxiety, schizophrenia, depression, substance abuse, mental

abnormality, trauma, bipolar, stress, and other kinds of disorders had to dealt b clinical psychologists.

A clinical psychologist not only assesses the behavior of the patient through various psychological tests and interviews to determine and diagnose the mental and emotional defects of the client but as well correctly records and reports the improvements and processes for further research. The psychologist may work in private face to face or group settings to evaluate the cognitive capabilities of the client. A clinical psychologist is effortlessly hired in hospitals, mental institutions, private clinics, and psyche health centers. To be a clinical psychologist, one should possess the qualities of sheer empathy, active listening, and cognitive sharpness.

There are three universities offering doctoral program, eighteen offering MS program and ten BS Honors degree in clinical psychology. The institutions counted separately according to degree might be some offering all three degrees. University of Karachi, University of the Punjab and University of the Central Punjab had launched PhD program, Government College University Faisalabad, Bahria University Islamabad, National University of Science & Technology, University of Karachi, GC University Lahore, Kinnaird College for Women Lahore, University of the Punjab, Shifa Tameer e Millat University Islamabad, Forman Christian College Lahore, Lahore Garrison University, The University of Lahore, University of Central Punjab, University of Management and Technology, Bahria University Karachi, Riphah International University Faisalabad, University of Management and Technology Sialkot, Lahore School of Management are offering 18 years MS program. The International Islamic University Islamabad, NUST Islamabad, Beacon House University Lahore and a large number of colleges had introduced Graduate and post graduate level programs (Zaman, 1991).

During the early days after the independence, Pakistan had no specialized experts of clinical Psychology. At that time all the psychologists were considered equal and psychologists treat the patients. The launching of Institute of Clinical Psychology (ICP) in Karachi University was the big breakthrough towards the evolution of specialized clinical psychology in the country. The ICP was established in 1983 with the especial directive of General Zia ul Haq, the President of Pakistan at that time. Soon after that, the second institute regarding specialized clinical psychology was established in Lahore. Both the institutes offered a Post-Masters clinical psychology diploma but later on introduced BS Honors, MS and PhD degree programs (Zaman, 1991).

A significant mile stone towards the development of clinical psychology was the launching of M.Phil and PhD programs in NIP Islamabad in 1985 (Zaman, 1991). The journey remained continued and another big achievement towards development of specialized clinical psychology was the establishment Pakistan Association of Clinical Psychologists (PACP) in 1988, the Pakistan Psychological Association (PPA) had already been established in 1968. The research journals had also been considered very important for the development of psychology and the first journal regarding professional psychology was released in 1965 and there six HEC recognized six research journals in the country, two are of X and four are of Y category, at current (HEC,2020).

The legal framework regarding mental health of human being remained silent till the 21<sup>st</sup> century began. The only related law was lunacy act 1912. Pakistan endorsed the new mental health ordinance in 2001 and effected with immediate effect across the country. The 2001 ordinance bound the officials to form an authority to regulate the mental health activities (Zadeh, 2017). The practices about the treatment of mental health has also to be regulate with this authority but still the authority cannot be formed. The post-masters diploma or post graduate degree in clinical psychology was considered much sufficient for a clinical psychologist but recently PPA had declared a doctorate compulsory for the clinical psychologists. The non-PhD psychologists have to work under the supervision of qualified doctorate degree holder (HEC, 2020).

The early Pakistani psychiatric specialists were qualified basically in Britannia. The UK had a distinct legal framework regarding mental health, so the Pakistani professional had been become aware with legal aspects about cerebral fitness. Pakistani psychiatric professionals had raised voice for the formation of mental health laws time by time in last decade of 20th century. The British mental health regulations were made in 1983, Pakistan conscripted a law in 1990 but failed to launce it because of some political issues in the country. (Zadeh, 2017)

As would be evident, the legal framework represents a compromise between the fears of untrained psychologists currently in practice and the desire to protect the maintenance of standards demanded by professional ethics. Issues relating to moral standards, professional ethics, competence, confidentiality, etc. have been the subject of some discussion in the psychologist community. One view is that in the absence of clear guidelines, there is considerable danger that the relationship between the patient and the therapist can be exploited by both in ways which may be detrimental to the course of therapy. On credentials issue, the non-formation of authority is the big problem to protect the competency. The law says nothing about those currently in practices, and is far too general about the qualifications of those whose supervision is required, to have any impact on standards. In effect, diploma holders from these institutes would be eligible for setting up their own practice after an unspecified period of service in any organization without any meaningful supervision at all.

Pakistani government focused attention on psychiatric and mental health issue during the formation of 7<sup>th</sup> five-year plan 1988-92 and mentions the special need for the clinical psychology (Five-year plan, 1988). The plan was made and initially a mental health act was drafted but the political instability disturbed the all efforts. The political setup was changed and efforts regarding mental health development turned back. Finally, the mental health act was passed in 2001 but the political setup of that time was again gone silent after the approval of mental health act 2001. The necessary measures according to mental health act 2001 had not been taken yet. (Mental Health Act, 2001). According to this act an authority had to be made but still there is no effort for its formation.

The progress made in the extension of facilities for training and award of advanced degrees, however, has not been matched by attention to quality of training and supervision. In part, this reflects weaknesses in the development of the appropriate regulatory framework governing professional practice. These concerns are being addressed by PACP many times but still there is something to do.

## **Conclusion**

Clinical Psychology is one of the disciplines of Psychology in Pakistan after independence which has been studied in different colleges and universities. This discipline is much flourished, new trends of Clinical Psychology have come and psychologist have adopted many new techniques and clinical tests. This is a modern perspective of Psychology, so it is necessary to build a new system of approaches in mental and behavioral health and generated new clinical psychologists. This new kind of training and evaluation represents a radical departure from traditional training and evaluation, it is critical that clinical scientists trained under this new system have a brand identification that allows employers, patients, students, policy makers, and the public at large to distinguish them from traditionally trained clinical psychologists.

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