

UMT | SPP

School of Professional
Psychology



**INSPIRE CHANGE,
DRIVE SUCCESS.**

Admissions | 2026

Introduction

Understanding Minds. Transforming Lives.

At the School of Professional Psychology (SPP), UMT, we prepare future psychologists, counselors, researchers, and mental health professionals to create meaningful impact in individuals, organizations, and communities. Through academic excellence, professional training, and real-world exposure, SPP empowers students to become compassionate practitioners and innovative thinkers in the evolving field of psychology.

DEAN'S MESSAGE

“Through experiential training, supervised clinical practice, and exposure to contemporary therapeutic approaches, we empower emerging psychologists to translate theory into meaningful, real-world impact. At SPP, we remain committed to shaping professionals who promote mental health, foster resilience, and lead with integrity.”

DR HAZIQ MEHMOOD

ACTING DEAN SPP



Why Choose SPP?

Where Psychology Meets Practice

At SPP, learning goes beyond textbooks. Students engage in psychological assessments, case studies, internships, community outreach projects, and professional training experiences that bridge theory with practice.





What Sets Us Apart?

- Specialized degree pathways in Clinical, Industrial & Organizational, Forensic, and Applied Psychology
- Dedicated Happiness Center promoting wellbeing and positive psychology
- National & international conferences, seminars, and workshops
- Strong emphasis on ethical practice, professional growth, and evidence-based interventions
- Research opportunities addressing contemporary psychological challenges
- Supervised practical experiences
- Research projects
- Community mental health initiatives
- Professional certification workshops
- Contemporary therapeutic approaches and interventions

At SPP, every learning experience is designed to build professional confidence and practical competence.

The Applied Learning Experience

Our students gain hands-on exposure through:

- Clinical case study seminars
- Psychological camps



Research that Creates Impact

SPP actively contributes to the advancement of psychological science through:

- Faculty and student-led research initiatives
- Indigenous scale development projects
- Adaptation and validation of psychological assessment tools
- Research publications
- International conferences and seminars
- Interdisciplinary collaborations
- Happiness Center research and outreach activities

Career Pathways

SPP graduates are equipped for careers in:

- Hospitals & Mental Health Centers
- Human Resource Management & Organizational Development
- NGOs & Community Development Organizations
- Private Practice & Professional Consultancy
- Educational & Special Education Institutions
- Research & Academia
- Forensic & Correctional Settings

Beyond the Classroom

Student life at SPP is vibrant, engaging, and professionally enriching.

Opportunities Include:

- Dean's Merit Awards
- Student mentoring initiatives
- Community service projects
- Professional development workshops
- Psychological awareness campaigns
- Conferences and networking events
- Engagement with leading practitioners and researchers



Scholarships & Financial Assistance

UMT is committed to making quality education accessible through:

- Merit-Based Scholarships
- Need-Based Financial Assistance
- Kinship / Sibling Scholarships
- Alumni Scholarships
- Rekhi Foundation for Happiness Scholarship
- Special Financial Support Programs

Begin Your Journey with SPP

Join a community dedicated to understanding human behavior, promoting wellbeing, and creating positive change.

Shape Minds. Inspire Change. Transform Lives.



ALUMNI TESTIMONIAL

“ With a strong academic foundation from UMT, I play a critical role in shaping the future of the armed forces by applying advanced psychological expertise to assess and select the most capable candidates. Committed to national service, I contribute significantly to the development and strength of Pakistan’s defense through my specialized skills and unwavering professionalism. ”



Pir Dedar Shah

Commissioned Officer,
Pakistan Navy (Alumni, 2023)

STUDENT TESTIMONIAL

“ My experience so far has been highly enriching and intellectually rewarding. The program offers strong academic grounding through knowledgeable faculty, practical exposure, and a supportive learning environment. This journey is deepening my understanding of mental health and equipping me with the clinical skills, ethical insight, and empathy needed to grow into a competent and compassionate clinical psychologist. ”



Anna Ahsan

(MS Clinical Psychology, 2026)

Programs Offered

Undergraduate Programs

- BS Psychology (Clinical Psychology)
- BS Psychology (Industrial and Organizational) Psychology
- BS Psychology (Forensic Psychology)

Graduate Programs

- MS Psychology
- MS Clinical Psychology
- MS Counselling Psychology
- MS Industrial and Organizational Psychology

PhD Programs

- PhD Psychology
- PhD Clinical Psychology



Admission Criteria

Program Name	Minimum Required Qualification	Minimum Requirement
BS Psychology (Clinical Psychology)	Intermediate or equivalent	Minimum 45% Marks in Intermediate / A-Level or equivalent and no 3rd division in Matriculation + Minimum 50% marks in admission Test
BS Psychology (Industrial and Organizational Psychology)	Intermediate or equivalent	Minimum 45% Marks in Intermediate / A-Level or equivalent and no 3rd division in Matriculation + Minimum 50% marks in admission Test
BS Psychology (Forensic Psychology)	Intermediate or equivalent	Minimum 45% Marks in Intermediate / A-Level or equivalent and no 3rd division in Matriculation + Minimum 50% marks in admission Test
BS Psychology-Post ADP/BA/BSc	Relevant ADP Program / 14 Years equivalent Education	Minimum 2.00 CGPA in relevant discipline / 14 Years equivalent Education with minimum 45 % marks in terminal degree + Min 45% marks in Matric and Intermediate
MS Clinical Psychology	BS (H) / MSc in Psychology Applicants with HEC recognized Diploma in Counseling may be considered on a case-to-case basis	16 years qualification with minimum 2.0 out of 4.0 CGPA 60% marks in case of annual Minimum 50% marks in GAT or UGAT + Interview
MS Industrial Organizational Psychology	BS (H) / MSc in Psychology Applicants with HEC recognized Diploma in Counseling may be considered on a case-to-case basis	16 years qualification with minimum 2.0 out of 4.0 CGPA or 50% marks in case of annual system + Minimum 50% marks in GAT or UGAT + Interview
MS Counseling Psychology	BS (H) / MSc in Psychology Applicants with HEC recognized Diploma in Counseling may be considered on a case-to-case basis	16 years qualification with minimum 2.0 out of 4.0 CGPA 60% marks in case of annual Minimum 50% marks in GAT or UGAT + Interview
MS Psychology	BS (H) / MSc in Psychology Applicants with HEC recognized Diploma in Counseling may be considered on a case-to-case basis	16 years qualification with minimum 2.0 out of 4.0 CGPA or 50% marks in case of annual system + Minimum 50% marks in GAT or UGAT + Interview
PhD Psychology	18 years degree or MS in relevant degree	18 years qualification with minimum 3.0 out of 4.0 CGPA or (First division) 60% Marks in MS/M.Phil. + 60% Marks in GAT or 70% UGAT + Interview
PhD Clinical Psychology	18 years degree or MS in relevant degree	18 years qualification with minimum 3.0 out of 4.0 CGPA or (First division) 60% Marks in MS/M.Phil. + 60% Marks in GAT or 70% UGAT + Interview



Lahore Campus:

Main Campus, UMT Road, C-II Johar Town, Lahore, Pakistan.
Tel: +92 42 35212801-10, email: admissions@umt.edu.pk

SHS Campus:

72-A Raiwind Rd, Dubai Town, Lahore.
Tel: +92 42 35212801-10, email: admissions@umt.edu.pk

Sialkot Campus:

21-A, Small Industrial Estate, Shahabpura Road, Sialkot.
Tel: +92 52 3256964, +92 52 3241801-10
Email: info@skt.umt.edu.pk, web: skt.umt.edu.pk

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