

Sabeeha Khan

Psychologist and Mental Health Researcher

CDA - Registered Licensed Psychologist (#CDA-PL-0002288)

Professional Summary

A passionate and dedicated Psychologist committed to serving diverse communities and promoting mental health awareness through a socially, legally, and culturally informed lens. Skilled in delivering evidence-based therapy, conducting psychological assessments, cross-cultural research, and supporting clients across a wide range of clinical and cultural contexts.

Education

2019 - 2025

Master of Science (M.Sc.) in Clinical Psychology **University of Nicosia, Cyprus**

GPA (Out of 4): 3.8 - Summa Cum Laude

- Completed ECTS: 187.5
- Dean's List: Fall 2020, Spring 2020
- University of Nicosia Academic Scholarship – 40%
- Thesis: *Validating the Fears of Compassion Scale for the South Asian diaspora in the UAE: Cultural Perspectives on Mental Health*
- Research Assistant: *Mediators and theories of change in psychotherapy for young people with personality disorders: A systematic review protocol*
(<https://doi.org/10.3389/fpsyg.2021.703095>)

2016 - 2019

Bachelor of Science (B.Sc.) in Psychology with Counselling Skills (Honors) **Middlesex University London, (Dubai Campus)**

Degree Awarded with *First Class Honors*

- Recipient of Middlesex University Honors Certificate for Top Academic Excellence
 - Scholarship: 90,000 AED for Academic Merit
 - Dissertation: *Behind the Mask: Predictors of Grandiose and Vulnerable Narcissism in Young Adults*
 - Presented original research at the 6th National Conference of Applied Psychological Research in the Middle East (2018)
 - Awarded First Class Honors for Bachelor's Dissertation
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Work History

All clinical experience was independent under regular supervision by licensed Clinical and School Psychologists

Consultant Psychologist

Merint Determination Center for Therapy FZCO, Dubai, U.A.E.

July 2026 - present

- Conducting comprehensive psychological assessment for Children of Determination
- Holistic emotional and mental health assessment
- Employing standardized assessment tools for diagnostic case formulation and report writing (WISC V, WIAT, WAIS, Conner's, DEST, ADOS 2, etc.)
- Supporting SEN and inclusion professionals, speech and occupational therapists with recommendations for child wellbeing
- Parent counseling and training

Team Lead - Medical Records Operations

Singhania Clinic and Therapy Center, Dubai, U.A.E

August 2025 - April 2026

- Led a team responsible for large-scale digitization of patient medical and therapeutic records in accordance with UAE Law, HIPAA and GDPR regulation
- Supervised daily workflow, ensuring accurate scanning, indexing, and organization of clinical documents.
- Managed document verification and quality control for medical and therapeutic files prior to system upload.
- Coordinated project timelines and team productivity to meet daily and monthly targets.
- Oversaw secure uploading and management of patient records on internal digital portals in compliance with confidentiality standards.
- Provided team supervision and task allocation, ensuring operational efficiency and data accuracy.

Trainee Clinical Psychologist

American Academy of Nicosia, Cyprus

January 2024 – October 2024

- Delivered individual psychological therapy and psychological assessment with standardized tools for children and adolescents using play therapy, cognitive-behavioral, solution-focused, and integrative approaches under regular supervision by a School Psychologist

Trainee Clinical Psychologist

KESY – Center for Therapy and Research, Cyprus

January 2022 – July 2024

- Conducted individual psychological therapy with clients from the general population presenting with personality-related, neurodevelopmental, and mood-related difficulties (e.g., ADHD, PTSD, depression, anxiety, OCD)
- Collaborated with psychiatrists and educational psychologists to support clients with complex psychological, behavioral, and academic needs
- Conducted comprehensive psychological assessments and provided holistic case conceptualization and reports for adults using standardized diagnostic and assessment tools

Psychologist Intern

Cyprus Refugee Council – UNHCR, Cyprus

September 2022 – September 2023

- Provided psychological therapy and assessment to refugees and asylum-seekers using an integrative CBT and psychodynamic framework under supervision of a licensed clinical psychologist
- Supported clients dealing with trauma related to human and sex trafficking, war, displacement, grief, loss, and cultural adjustment
- Collaborated with a multidisciplinary team including legal counselors, clinical social workers, and UNHCR representatives
- Delivered psychoeducational workshops for asylum seekers and refugee populations
- Provided translation and interpretation of psychological and legal content during court proceedings and medical consultations

Trainee Clinical Psychologist

UNIC Medical School Counselling Services, Cyprus

June 2022 – March 2023

- Offered therapeutic support to medical students dealing with anxiety, burnout, and identity issues
- Conducted intake interviews, formulated treatment goals, and engaged in short-term CBT and integrated psychological therapy
- Collaborated with multidisciplinary professionals to support students with psychiatric and academic difficulties

Research Assistant

University of Nicosia, Cyprus

July – August 2021

- Worked as a research assistant in a massive international European meta-analytic project investigating statistical analyses and literature reviews on the mechanisms of psychological change
- Assisted with literature review, proofreading hundreds of studies, checking and correcting matrices for accuracy during the pre-statistical analysis stage

Student Learning Assistant

Middlesex University, U.A.E.

October 2018 - March 2019

- Assisted for the Module of Research Methods and Analysis
- Working under the direction of the lecturer
- Assisting the lecturer with lab materials via MS Office
- Providing peer-to-peer learning support and advice for new students
- Assisting with research materials and clarifying individual concerns

Languages

English	Native Proficiency and Literacy
Hindi	Native Proficiency and Literacy

Skills

Clinical Skills	• Psychodynamic case formulation (Freudian, Kleinian, British Object Relations) • Long-term and short-term therapy with adults, adolescents, and children • Trauma-Focused Cognitive-Behavioral Therapy (T-CBT), Integrative and Solution-Focused Therapy • Trauma-informed care and psychoeducation • Intake interviewing, psychological assessment and treatment planning • Multidisciplinary collaboration with psychiatrists, social workers, and educators
Assessment & Diagnostics	• Psychometric assessment (WISC-V, WIAT-III, DASS-21, DST, ADHD-Screener, etc.) • Psychological report writing and clinical documentation • Diagnostic understanding of mood, anxiety, personality, and neurodevelopmental disorders
Cross-cultural Competence	• Clinical and field research experience with South Asian, Middle Eastern, and refugee populations • Culturally sensitive therapy and research practices • English-Hindi/Urdu Translation and interpretation of psychological/legal content
Technical Skills	• Microsoft Office Suite (Word, Excel, PowerPoint) • SPSS, JASP, RStudio • Online assessment platforms and telehealth tools