DR. SAIMA KHAN

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EDUCATION

PhD in Clinical Psychology | Bahria University, Islamabad, Pakistan | 2024

MS in Clinical Psychology | International Islamic University Islamabad, Pakistan | 2016

MSc in Psychology | International Islamic University Islamabad, Pakistan | 2011

Bachelor of Education | Allama Iqbal Open University, Islamabad, Pakistan | 2011

Bachelor of Arts in Humanities | University of the Punjab, Pakistan | 2008

ACADEMIC EXPERIENCE

Assistant Professor of Clinical Psychology | September 2026 - Present

Effat University, Jeddah, Kingdom of Saudi Arabia

- Teach Introduction to Clinical Psychology, Personality Theories and Psychopathology, Positive Psychology, Neuropsychological and Ability Testing, and Psychological Interventions II.
- Design clinically grounded, learning-outcome-aligned assessments, case studies, examinations and applied skills activities; support laboratory-based psychological assessment teaching.
- Contribute to student mentoring, evidence-based instruction and academic quality processes.

Adjunct Assistant Professor | 2025 - Present

Abu Dhabi University, UAE

- Deliver psychology-related instruction and support academic assessment, student development and applied learning.

Adjunct Assistant Professor | 2025 - Present

Zayed University, Abu Dhabi, UAE

- Teach postgraduate counselling and clinical psychology material, with emphasis on ethics, professional competence and mental health.

Adjunct Senior Lecturer | 2025 - Present

Dubai Medical University, Dubai, UAE

- Teach Principles of Psychology for healthcare learners, aligning assessment with professional contexts.

Lecturer of Social Sciences | 2025 - Present

G.M. Institutes, UAE

Adjunct Senior Lecturer | 2025 - 2026

De Montfort University, UAE / UK-linked delivery

- Delivered postgraduate wellbeing teaching using research-informed and practical learning methods.

Head of Psychology Department | September 2022 - June 2025

Bath Spa University Academic Centre, Ras Al Khaimah, UAE

- Led programme delivery, course development, academic coordination, quality processes and staff/student support.
- Oversaw internship supervision and student research, and supported educational events and mental-health initiatives.

Senior Lecturer | July 2019 - July 2022

Hafeez Institute of Medical Sciences, Pakistan

Senior Lecturer | August 2018 - August 2019

Riphah International University, Islamabad, Pakistan

Visiting Lecturer | September 2016 - June 2017

International Islamic University, Islamabad, Pakistan

Visiting Faculty | 2016 - 2017

Sarhad University, Pakistan

ADDITIONAL EDUCATIONAL LEADERSHIP

Principal / Vice Principal | 2016 - 2022

Iris Public School and College, Islamabad, Pakistan

School Educator | 2011 - 2016

Froebel's International School and Roots Millennium School, Islamabad, Pakistan

CLINICAL EXPERIENCE

Clinical Psychologist | February 2024 - Present

LifeWorks Holistic Counselling Center, Dubai, UAE

- Provide assessment, case conceptualization, psychotherapy and psychological support grounded in ethical and culturally responsive practice.
- Use cognitive behavioural and rational emotive behavioural approaches, psychoeducation and multidisciplinary collaboration.

Clinical Psychologist | August 2026 - Present

Irish Wellness Center, Abu Dhabi, UAE

Psychologist | September 2017 - July 2022

Wellbeing Center, Bahria University, Islamabad, Pakistan

- Provided university mental-health counselling, psychological assessment and referral support.

Psychologist | July 2019 - July 2022

Sahara Drug Rehabilitation & Psychiatric Hospital, Pakistan

- Supported psychological care for substance use and associated mental-health presentations, including rehabilitation and relapse-prevention work.

Psychologist | September 2016 - July 2017

Moder Healthcare Hospital, Islamabad, Pakistan

Psychologist | June 2014 - December 2015

Capital Hospital, Islamabad, Pakistan

Telepsychology Practitioner | Current

Professional Online Therapy Platforms

ACADEMIC SUPERVISION, TEACHING & SERVICE

- Supervised more than 200 undergraduate and postgraduate students undertaking clinical internships.
- Guided approximately 60 undergraduate dissertations and more than 20 postgraduate research dissertations.
- Developed curriculum, assessment rubrics, case-based teaching, written examinations, reflective exercises, skills demonstrations and practical workshops.
- Experienced in face-to-face, hybrid and online teaching across multidisciplinary and internationally diverse student cohorts.
- Contributed to conference reviewing, chairing academic sessions, mental-health outreach and student support initiatives.

PROFESSIONAL LICENSURE, FELLOWSHIPS & CREDENTIALS

- Dubai Health Authority (DHA), UAE | Licensed Clinical Psychologist
- Community Development Authority (CDA), Dubai, UAE | Licensed Psychologist
- Department of Health (DOH), Abu Dhabi, UAE | Eligibility; licence status to be confirmed
- Allied Health Professionals Council, Pakistan | Licensed Clinical Psychologist
- Fellow of the Higher Education Academy (FHEA), United Kingdom

• Beck Institute, USA | Certified Cognitive Behavioural Therapy Clinician

RESEARCH INTERESTS

Clinical psychology and psychotherapy; cognitive behavioural interventions and case formulation; trauma and disaster mental health; developmental disorders and autism; psychological assessment and psychometrics; adolescent development and social skills interventions; mental health, wellbeing and emotional intelligence; ethical and culturally responsive care; higher education and digital inclusion; quantitative and qualitative research.

RESEARCH PUBLICATIONS

Book Chapters

1. Khan, S. (2026). Confidentiality and Informed Consent: Ethical Practices in the Islāmic Therapeutic Context. In G. H. Rassool (Ed.), Ethical Dilemmas in Islāmic Psychotherapy: Balancing Faith, Culture, and Professional Ethics (pp. 89–108). Springer. https://doi.org/10.1007/978-3-032-26515-9_6

2. Khan, S. (2026). Balancing Autonomy, Individual Rights, and Community Values in Islāmic Psychotherapy. In G. H. Rassool (Ed.), Ethical Dilemmas in Islāmic Psychotherapy: Balancing Faith, Culture, and Professional Ethics (pp. 109–123). Springer. https://doi.org/10.1007/978-3-032-26515-9_7

3. Khan, S. (2026). Navigating Faith, Ethics, and Care: Islāmic Psychotherapy with LGBTQ+ Clients. In G. H. Rassool (Ed.), Ethical Dilemmas in Islāmic Psychotherapy: Balancing Faith, Culture, and Professional Ethics (pp. 125–146). Springer. https://doi.org/10.1007/978-3-032-26515-9_8

4. Khan, S., & Mahmoud, E. (2026). Emotional Intelligence and Soft Skills Development: Strategic Assets in the Modern Service Economy. In Strategic Human Resources in the Modern Service Economy (pp. 141–180). IGI Global. https://doi.org/10.4018/979-8-3373-6395-0.ch007

5. Khan, S., Amin, R., & Asadullah, M. A. (2026). Psychological Interventions for Disaster and Trauma Survivors in South Asia: Bridging the Gap Between Need and Access. In Climate Change, Disaster and Mental Health in South Asia (pp. 417–442). Springer Nature. https://doi.org/10.1007/978-981-95-3690-0_18

Peer-Reviewed Journal Articles and Research Outputs

1. 2026. Modeling the moderation: A comparative application of regression and grey relational analysis in healthcare. Health Services and Outcomes Research Methodology. https://doi.org/10.1007/s10742-026-00372-1

2. 2025. Forecasting ICT Service Export Trends Using Advanced Grey Models. The Journal of Grey Systems, 37(6).

3. 2025. Evaluating the critical factors of building information modeling implementation using ordinal priority approach and grey relational analysis. Quality & Quantity. https://doi.org/10.1007/s11135-025-02445-8

4. 2024. Role of the PEERS Program for Social Skills Training for Adolescents with Autism Spectrum Disorder. Pakistan Journal of Criminology, 16(1), 231–246. https://doi.org/10.62271/pjc.16.1.231.246

5. 2024. A Qualitative Study of Gender Differences on Dimensions of Pain. Educational Administration: Theory and Practice, 30(5). https://doi.org/10.53555/kuey.v30i5.4294

6. 2024. Psychological Assessment, Diagnosis and Psychotherapy of a Sexually Abused Girl at Preschool Age, Using Different Psychometric Tools and Therapeutic Techniques. Educational Administration: Theory and Practice, 30(5). https://doi.org/10.53555/kuey.v30i5.4313

7. 2023. The Role of Materialism in Life Satisfaction: An Empirical Investigation of University Students. 10(4S), Special Issue 4. https://doi.org/10.17762/sfs.v10i4S.1610

8. 2023. Addressing the Digital Divide: Access and Use of Technology in Education. Journal of Social Sciences Review, 3(2). https://doi.org/10.54183/jssr.v3i2.326

9. 2023. Effectiveness of Adapted Program for the Education and Enrichment of Relational Skills (PEERS) in Adolescents with ASD. Pakistan Journal of Health Sciences, 4(4). https://doi.org/10.54393/pjhs.v4i04.708

10. 2023. The Role of Psychotherapies in the Management of General Health Symptoms among Parents and Teachers of Autism Spectrum Disorders Adolescents. Pakistan Journal of Medical & Health Sciences, 17(5). https://doi.org/10.53350/pjmhs2023175669

11. 2023. Examining the Long-Term Effects of Authoritative Parenting on the Development of Adolescents. Journal of Population Therapeutics and Clinical Pharmacology, 30(18). https://doi.org/10.53555/jptcp.v30i18.3221

12. 2022. Psychological Assessment with Objective and Projective Techniques along with Self-Report: A Case Study of Young Widow with Major Depressive Disorder. Pakistan Journal of Medical & Health Sciences, 16(3). https://doi.org/10.53350/pjmhs22163834

13. 2017. Body Dysmorphic Disorder Features and Rejection Sensitivity: Attitude of University Students towards Cosmetic Surgery Acceptance. Bahria Journal of Professional Psychology, 16(2).

SELECTED CONFERENCES & SCHOLARLY PRESENTATIONS

- Presenter | 2nd International Conference on Applied Research in Humanities & Social Sciences, University of Sharjah, UAE | February 2026
- Artwork Presenter | Sakina Integrated Mental Health Conference, Abu Dhabi, UAE | February 2026
- Session Chair and Presenter | AI and Beyond: Smart Education, University of Sharjah, UAE | May 2025
- Second-Prize Poster Presenter | 9th Maudsley Health Conference, Abu Dhabi, UAE | October 2025
- Presenter and Session Chair | 5th International Conference, Bath Spa University Academic Centre, UAE | October 2025
- Presenter | Mental Health & Neurology Conference, American Wellness Center, UAE | 2025
- Presenter and Reviewer | ICISAS, Curtin University Dubai, UAE | 2025
- Presenter | International Conference on Psychology, Language and Teaching, Putrajaya, Malaysia | December 2024

AWARDS & HONOURS

- Education Expert of the Year | FLUXX Awards, Hong Kong | 2025
- Second Position, Poster Presentation | 9th Maudsley Health Conference | 2025
- Excellence in Education Award | Education 2.0 | 2024
- Shortlisted | MENA Student Success Excellence Awards | 2024
- Nominee | FLUXX Awards | 2024

CERTIFICATIONS & SPECIALIST PROFESSIONAL DEVELOPMENT

- Certified Cognitive Behavioural Therapy Clinician | Beck Institute, USA
- Certified PEERS Trainer and PEERS for Adolescents Certification | UCLA Semel Institute
- Clinical Care of Autistic Adults | Harvard Medical School
- Early Signs of Psychosis and Developmental Delay | Stanford Medicine
- Rational Behavior Training (40 Hours) | Autism Partnership Foundation
- Applied Behavior Analysis | Alison, Ireland
- Mental Health and Psychosocial Support in Emergencies | World Health Organization
- Certified Assessor, Level 3 Assessing Vocational Achievement | QUALIFI / OFQUAL, UK
- Foundational and Master Certificates in Educational Management | Zayed University, UAE | 2025
- Additional professional development: Qualitative Research Methods, Rorschach Assessment, Eidetic Psychotherapy, Research Proposal and Report Writing

PROFESSIONAL MEMBERSHIPS & SERVICE

Fellow of the Higher Education Academy (UK); Middle East Psychological Association; Gulf Higher Education; American Psychiatric Association; Pakistan Psychological Association; Pakistan Association of Clinical Psychologists; Allied Health Professionals Council (Pakistan); UCLA Semel Institute professional network.

Professional service includes conference peer review and session chairing, community mental-health education, multidisciplinary professional collaborations, curriculum development and student mentorship.

ACADEMIC PROFILE

Clinical psychologist, educator and researcher with more than a decade of teaching experience across Saudi Arabia, the United Arab Emirates and Pakistan. Combines doctoral training in clinical psychology with university programme leadership, evidence-based psychotherapy, clinical supervision and interdisciplinary scholarship. Academic practice spans undergraduate and postgraduate instruction, curriculum and assessment design, student research mentorship, academic quality assurance and experiential clinical skills training. Research contributions include peer-reviewed articles and chapters published by Springer Nature and IGI Global.