

DR. FAHAD KHAN

Licensed Clinical Psychologist, Deputy Director – Khalil Center

EDUCATION

2011 - 2015	Midwestern University	Downers Grove, Illinois
	<ul style="list-style-type: none">• Doctorate in Clinical Psychology (PsyD)• Research: Acculturation, Religiosity, and Psychological Distress Among Muslim Americans	
2009 - 2011	Midwestern University	Downers Grove, Illinois
	<ul style="list-style-type: none">• Master of Arts in Clinical Psychology (MA)• Research: Evaluation of Factors Affecting Attitudes of Muslim Americans Towards Seeking and Using Formal Mental Health Services.	
2007 - 2009	Midwestern University	Downers Grove, Illinois
	<ul style="list-style-type: none">• Master of Biomedical Sciences (MBS)• Research: Evaluation of Kidney Injury Molecule -1 (KIM-1) as an early biomarker for lead (Pb) nephrotoxicity.	
2004 - 2006	University of Illinois	Chicago, Illinois
	<ul style="list-style-type: none">• Bachelor of Arts in Psychology (BA)	

AWARDS, HONORS, & FELLOWSHIPS

2020	APA Early Career Achievement Award	<i>Recipient</i>
2020 - 2021	Legislative Committee of Illinois Psychological Association	<i>Co-Chair</i>
2020	IPA-Funded Diversity Delegate (PLC 2020)	<i>Invited Attendee</i>
2019 - 2020	APA Ethnic Minority Committee Liaison for Illinois Psychological Association	<i>Member</i>
2019 - 2020	Legislative Committee of Illinois Psychological Association	<i>Co-Chair</i>
2019	Islamic Perspectives in Modern Psychology (IPMP 2019)	<i>Executive Committee Member</i>
2018 - Present	International Association of Islamic Psychology	<i>Fellow</i>
2018 - 2019	Early Career Psychology section of Illinois Psychological Association	<i>Associate Chair (ECP Section)</i>
2018	APA-Funded Early Career Psychologist (PLC 2018)	<i>Invited Attendee</i>
2016 - Present	Journal of Muslim Mental Health	<i>Editor</i>

PUBLICATIONS

Books

- Keshavarzi, H., Khan, F. Ali, B., & Awaad, R. (Eds.) (2020). *Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy*. New York: Routledge.
- Khan, F. (2020). *How to maintain your sanity during these insane times: A practical guide to overcoming the negative effects of quarantine*. Amazon Kindle Direct Publishing

Book Chapters

- Khan, F., Chaudhry, R., & Riaz, T. (2020). A test from God: Trauma among Muslims. American Psychiatric Association Press (*In Review*).
- Khan, F., Keshavarzi, H., & Rothman, A. (2020). The Role of the TIIP Therapist: Scope of Practice and Proposed Competencies. In Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) *Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy*. New York: Routledge.
- Khan, F. (2020). Quantitative and Qualitative Assessment of the Ontological Domains of the Psyche in TIIP. In Keshavarzi, H., Khan, F., Ali, B., & Awaad, R. (Eds.) *Applying Islamic principles to clinical mental health care: Introducing Traditional Islamically Integrated Psychotherapy*. New York: Routledge.
- Khan, F. (2019). Challenges of Islamophobia: Psychiatric considerations for effectively working with Muslim patients. In Moffic, H. S., Peteet, J., Hankir, A., & Awaad, R. (Eds.) *Islamophobia and Psychiatry: Recognition, Prevention, and Treatment*. Switzerland: Springer International Publishing.
- Keshavarzi, H. & Khan, F. (2018). Outlining a case example of Traditional Islamically Integrated Psychotherapy (TIIP). In Al-Karam, C. Y. (Ed.). *Islamically Integrated Psychotherapy: Processes and outcomes with Muslim clinicians*. (175-207). West Conshohocken, PA: Templeton Press.

Journal Articles

- Keshavarzi, H., Khan, F., & Syed, B. (2020). Islamically integrated treatment of Obsessive-Compulsive Disorder Scrupulosity (Waswasa) in Muslim Patients. *Journal of Religion and Health* (*In Review*).
- Khan, F. & Malik, K. (2020). Tarbiyat-e-Khudi: A model of self-development from poems of Muhammad Iqbal in Asrar-e-Khudi. *Bahria Journal of Professional Psychology* (*In Press*).
- Khan, F., Khan, M., Soyege, H., & Maklad, S. (2019). Evaluation of factors affecting attitudes of Muslim Americans toward seeking and using formal mental health services. *Journal of Muslim Mental Health*, 13(2).

- Haque, A., Khan, F., Keshavarzi, H., & Rothman, A. (2016). Integrating Islamic traditions in modern Psychology: Research trends in the last ten years. *Journal of Muslim Mental Health, 10(1)*.

Manuscripts in Preparation

- Khan, F., Soyege, H. & Essa, A. (2019). Acculturation, religiosity, and psychological distress among Muslim Americans.
- Khan, F. & Mujahid, S. (2020). Gender differences in religiosity, positive mental health, and psychological distress among Pakistani young adults.

CERTIFICATIONS

06/06/2019	CS50's Introduction to Computer Science	Harvard - edX
05/31/2019	How to Build Chatbots	IBM – Cognitive Class
05/29/2019	Analyzing Data with Python	IBM - edX
05/24/2019	Introduction to Python for Data Science	Microsoft - edX
05/23/2019	Introduction to Python: Fundamentals	Microsoft - edX
05/09/2019	Responsive Web Design (HTML, CSS, JavaScript)	FreeCodeCamp
05/06/2019	Programming Foundations with JavaScript, HTML, and CSS	Duke University - Coursera

RESEARCH AND GRANTS

05/2015 - Present <i>Research Director</i>	Khalil Foundation	Lombard, Illinois
<ul style="list-style-type: none"> • Leading a team of interns in collecting data from current clients and charts • Active part of a Work-in-Progress research group with researchers from around the world • Prepare grant proposals and write drafts for submission to organizations and journals • Give presentations on current research trends and collected data at the center 		
04/2018 – 01/2020 <i>Co-Principle Investigator</i>	Bridges Consortium/Templeton Foundation	Lombard, Illinois
<ul style="list-style-type: none"> • Grant recipient for spiritually-integrated psychotherapy research 		
01/2016 – 07/2019 <i>Principle Investigator</i>	College of DuPage	Glen Ellyn, Illinois
<ul style="list-style-type: none"> • Study focus: learning styles of community college students 		
08/2012 - 10/2012 <i>Research Assistant</i>	Advocate Christ Medical Center	Oak Lawn, Illinois
<ul style="list-style-type: none"> • Assist with studying the effects of Cardiac Assist Devices on the cognitive and emotional functioning of patients suffering with cardiopathologies • Conduct cognitive and emotional assessments on heart patients • Collect and score data • Conduct preliminary statistical analyses 		
01/2008 - 05/2009 <i>Research Assistant (Dr. Walter Prozialeck)</i>	Midwestern University	Downers Grove, Illinois
<ul style="list-style-type: none"> • Work under supervision on my master's thesis project titled "Evaluation of kidney injury molecule 1 (Kim-1) as an early marker of lead (Pb) nephrotoxicity" • Work with twelve animals (rats) with a treatment approved by the university's IRB and IACUC • Conduct several laboratory procedures on the samples obtained • Conduct post-mortem analyses 		

PROFESSIONAL PRESENTATIONS

Invited Guest

- Khan, F. (11/2019). *Mental Health & Stress Issues Among Palestinian Youth in America*. The 12th Annual Conference for Palestine in the US. Rosemont, Illinois.
- Khan, F. (11/2019). *Tarbiyat-E-Khudi: A Psychospiritual Model of Self-Development from the Teachings of Muhammad Iqbal*. Keynote, 1st National Conference on Iqbal. Bahria University, Islamabad, Pakistan.
- Khan, F. (11/2019). *Importance of Research in Clinical Practice: From Theory to Practice*. Illinois Psychological Association Annual Convention, Lisle, Illinois.
- Grossman, L. & Khan, F. (11/2019). *Illinois Advocacy in Action*. Illinois Psychological Association Annual Convention, Lisle, Illinois.
- Khan, F. (09/2019). *The State of Mental Health in Pakistan and United States & Moving Towards Spiritually Integrated Psychology*. Keynote, Islamic Perspectives in Modern Psychology Conference. Royal Palm Golf & Country Club, Lahore, Pakistan.
- Khan, F. (09/2019). *Assessment of the Domains within the Traditional Islamically Integrated Psychotherapy Model of Treatment*. Riphah Institute of Clinical & Professional Psychology, Lahore, Pakistan

- Khan, F. & Rosenbaum, D. (03/2019). *Persecuting, Pathologizing and Enslaving the Uyghur Muslims in China: A Psychological Perspective*. Congregation Solel, Highland Park, Illinois.
- Keshavarzi, H., Khan, F., Syed, B. (11/2018). *Islamically Integrated Treatment of Obsessive-Compulsive Disorder Scrupulosity (Waswasa) in Muslim Patients*. Second International Congress on Religious-Spiritual Counselling & Care, Istanbul, Turkey
- Khan, F. (11/2018). *Current State of Mental Health in the West and Pakistan and Moving Towards Spiritually Integrated Psychotherapy*. Bahria University, Islamabad, Pakistan
- Khan, F. (11/2018). *Current State of Mental Health in the West and Moving Towards Islamically Integrated Psychotherapy*. International Islamic University, Islamabad, Pakistan
- Keshavarzi, H., Khan, F., Malik, R., Rothman, A., & Al-Karam, C.Y. (10/2018). *Islamically Integrated Psychotherapy: Uniting Faith with Professional Practice*. Evolving Islamic Psychology: Past, Present, & Future, Istanbul, Turkey
- Khan, F., Khalily, M.T., Abubakr, E., Merter, M., Skinner, R., & Archuleta, H. (10/2018). *Integrating Islamic Theoretical Concepts into the Therapeutic Encounter*. Evolving Islamic Psychology: Past, Present, & Future, Istanbul, Turkey
- Khan, F. (07/2018). *Maintaining Healthy Marriages*. MECCA Center, Willowbrook, Illinois.
- Khan, F. (01/2018). *Culturally Sensitive Care for Muslim Students*. Illinois School District 45. Villa Park, Illinois.
- Khan, F. (10/2017). *Serving Individuals with Disabilities*. Islamic Center of Des Plaines, Des Plaines, Illinois.
- Khan, F. (05/2017). *Effectively Working with Muslim Students*. Illinois State University, Normal, Illinois.
- Khan, F. & Keshavarzi, H. (11/2017). *Breaking the Cultural and Religious Barriers: Effectively Working with Muslim Clients*. Illinois Psychological Association Annual Convention, Oakbrook, Illinois.
- Khan, F. (05/2016). *How to Effectively Work with Muslim Clients*. Northwestern University. Chicago, Illinois.
- Khan, F. (04/2016). *Character Development, Personal Transformation, and Spiritual Elevation According to Allama Muhammad Iqbal*. Iqbal Day, East-West University, Chicago, Illinois.
- Khan, F., Syed, S., & Fareeduddin, Y. (09/2015). *Demystifying Mental Health Care*. Health Sessions, ISNA Convention, Rosemont, Illinois.
- Farrell, K., Gremley, C., Khan, F., & Saini, R. (10/2014). *Continuing to Interrogate the Status Quo*. The Diversity Challenge, Boston College, Chestnut Hill, Massachusetts.
- Khan, F. (10/2014). *Suicidal and Homicidal Assessments of Children*. North DuPage Special Education Cooperative, Roselle, Illinois.
- Khan, F. (12/2012). *Grief and Its Manifestations*. St. Ignatius High School, Chicago, Illinois.
- Khan, F. (11/2011). *Assessment of Common Factors Uniting Graduate Students of Diverse Spiritual Backgrounds*. The Interfaith Celebration of Diversity, Midwestern University, Downers Grove, Illinois.
- Farrell, K., Khan, F., Gonzalez, E., & Scott, J. (10/2011). *Acculturation to Professional Psychology: White Institutions, White Faculties, and Students of Color*. The Diversity Challenge, Boston College, Chestnut Hill, Massachusetts.

Speaker

- Khan, F., Awad, R., Keshavarzi, H., Nsour, R., Ansari, B., & Tarin, J. (08/2018). *Psychological Gender Differences and Its Marital Implications*. The Art of Marriage Conference, Pleasanton, California.
- Khan, F. (04/2018). *Importance of Community and Social Support in Maintaining Wellness*. KC Annual Wellness Conference, Willowbrook, Illinois.
- Khan, F. & Keshavarzi, H. (03/2017). *Psycho-Spiritual Approach to Marriage*. Marriage Workshop, Peoria, Illinois.
- Khan, F. & Keshavarzi, H. (10/2016). *Obsessive Compulsive Disorder and Its Manifestations Among Religious Individuals*. ZF Annual Conference, Bridgeview, Illinois.
- Khan, F. (05/2016). *The Impact of Culture, Technology and Our Environments on Our Children*. Annual Wellness Conference. Khalil Center. Glen Ellyn, Illinois.
- Khan, F. & Keshavarzi, H. (10/2015). *Psycho-Spiritual Approach to Parenting*. Parenting Seminar, Peoria, Illinois.
- Khan, F., Awad, R., Keshavarzi, H., Latifi, S., Nsour, R., Abdul-Adil, J., Ansari, B., & Kholwadia, A. (05/2015). *Psychological Gender Differences and Its Marital Implications*. The Art of Marriage Conference, Glen Ellyn, Illinois.
- Khan, F., Keshavarzi, H., Athar, N., Patel, A., & Safdar, A. (11/2011). *Understanding Psychology Through a Religious and Spiritual Perspective*. Community Mental Health Seminar, Villa Park, Illinois.

TEACHING

05/2016 - Present

National Louis University

Chicago, Illinois

Adjunct Faculty

Graduate Courses:

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| <ul style="list-style-type: none"> • Introduction to Psychological Assessment • Psychological Assessment II: Intellectual • Psychological Assessment III: Personality • Advanced Abnormal Psychology • Theories of Cognitive Psychology | <ul style="list-style-type: none"> • Advanced Theories of Personality • Research Design • Psychological Statistics: Design and Analysis • Biological Bases of Behavior • Health Psychology |
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01/2016 - Present **College of DuPage** **Glen Ellyn, Illinois**

Adjunct Faculty

Undergraduate Courses:

- General Psychology
- Developmental Psychology: Life Span
- Statistics in Social and Behavioral Sciences
- Counseling Focusing on Veterans
- Introduction to Developmental Disabilities
- Abnormal Psychology

05/2015 - Present **Concordia University** **River Forest, Illinois**

Adjunct Faculty

Graduate Courses:

- Counseling & Human Development
- Multicultural Counseling
- Fundamentals of Assessment
- Ethics, Morality, and Law for Counselors
- Introduction to Counseling Profession

PROFESSIONAL WORK

02/2014 - Present **Khalil Foundation** **Lombard, Illinois**

Deputy Director / Psychologist

- Complete assigned administrative tasks or assume complete responsibility in the absence of the Executive Director
- Develop, implement, and evaluate organizational policies/procedures, programs, and standards consistent with laws and ordinances, grant funding criteria, and current professional clinical standards
- Plan, organize, direct, and evaluate program services, didactics, intern trainings, and activities
- Recruit and train staff members and interns
- Respond to community urgent needs and crises by providing supporting and educational services to community members
- Supervise undergraduate and graduate interns from psychology, counseling, and social work programs
- Provide individual and family therapy to clients of diverse backgrounds
- Plan and implement treatment plans catered to the needs of the clients congruent with evidence-based practices
- Lead seminars and classes on various topics related to the needs of the community
- Conduct psychological evaluations and provide diagnostic clarifications along with recommendations to families and clinicians
- Research studies include program evaluation, mental health access, and effectiveness of service delivery

08/2011 - 05/2014 **Riveredge Hospital** **Forest Park, IL**

Program Therapist – Department of Social Services

- Provide clinically sound individual, family, and group therapies and establish therapeutic relationships with patients and families
- Provide quality documentation for psychosocial assessments, treatment plans, therapies, court reports, discharge planning, staffings, and medical records
- Promote safe and therapeutic interdisciplinary patient care through consultation and supervision, effective communication, interactions with and training of direct care staff, and milieu interventions
- Collaborate with the treatment team regarding the need for continued care or discharge, and communicate discharge plans and aftercare effectively with patients, families, treatment team, and participating community agencies

11/2006 - 08/2012 **Central DuPage Hospital** **Winfield, Illinois**

Substance Abuse / Psychiatric Counselor - Behavioral Health Services

- Conduct initial clinical and psychiatric assessments using ASAM and DSM-IV-TR
- Plan and implement psychiatric and substance abuse treatment plans and patient care with a team of nursing technicians, social workers, nurses, and physicians
- Lead daily psychoeducational, art therapy, goals, and expressive therapy groups
- Conduct supporting individual therapy sessions with the patients
- Provide quality documentation related to patient care

11/2010 - 06/2011 **Adventist GlenOaks Hospital** **Glendale Heights, Illinois**

Intake Counselor - Assessment & Referral Department

- Provide initial assessments on all patients identified as high risk using the Illinois Mental Health Code criteria
- Review the patient's medical records, interview the patient and/or the family
- Based on the assessment, formulate appropriate plans for hospitalization or referral to appropriate social service agencies
- Confer with physicians, nurses and other members of the healthcare team to assess the specific needs of each individual patient
- Conduct preauthorization with insurance as part of the utilization management process

02/2007 - 02/2008 **Advocate Good Samaritan Hospital** **Downers Grove, Illinois**

Mental Health Counselor - Adult/Adolescent Psychiatric Unit, Behavioral Health Services

- Conduct initial clinical and psychiatric assessments using DSM-IV-TR

- Assist in establishing and maintaining a safe milieu for patients and staff
- Offering support and symptom relief to patients and their families through individual and group therapeutic activities
- Collaborate with physicians, nurses, and other health care professionals in the planning, implementing and recording the progress of the patients

SUPERVISED CLINICAL TRAINING

06/2014 - 05/2015

Maryville Academy

Des Plaines, Illinois

Psychology Doctoral Intern

- Supervise undergraduate and graduate interns.
- Provide care to individuals between the ages 2-20 at a short-term acute psychiatric hospital
- Utilize crisis, brief, and milieu therapy skills to provide individualized care to children and families in need of intervention and treatment.
- Assist patients in acute crisis, by identifying their needs, developing a comprehensive treatment plan, and facilitate a successful return to the community assisted by referrals to appropriate community resources.
- Provide daily group therapy sessions for approximately 30 adolescent boys and girls that focus on a variety of topics and skills areas. Groups are primarily psychodynamic, cognitive-behavioral, and dialectical behavioral.
- Conduct intake interviews, diagnostic assessment interviews, and administered various intelligence, objective, projective, and self-report tests. Complete assessments and integrated reports in a timely manner. Provide feedback sessions to patients and family members as well as other members of the treatment team. Use results to clarify diagnosis, enhance treatment, and provide placement recommendations.
- Work on an interdisciplinary team to provide treatment recommendations on a regular basis.
- Research and facilitate in developing an intensive outpatient program for adolescents and adults.
- Receive supervision and didactic training from a doctoral level supervisor. Consult regularly with professionals from other disciplines in an effort to enrich the training experience.

10/2013 - 05/2014

Maryville Behavioral Health Hospital

Des Plaines, Illinois

Psychology Doctoral Extern

- Conduct full-battery psychological evaluations on children and adolescents
- Provide answers to referral questions ranging from clarification of diagnoses to assessment of underlying risk factors
- Administer projective personality assessments (Rorschach Inkblot Test, Thematic Apperception Test, Projective Drawings), objective personality assessments (Minnesota Multiphasic Personality Inventories, Millon Clinical Multiaxial Inventories), cognitive assessments (Wechsler Intelligence Scales – WAIS, WISC, WPPSI), and other relevant assessments
- Score, interpret, and provide an integrative evaluation along with treatment goals and recommendations

08/2012 - 10/2012

Advocate Christ Medical Center

Oak Lawn, Illinois

Psychology Doctoral Extern

- Conduct evaluations on potential recipients of kidney transplant, heart transplant, Ventricular-Assist Device implantation, and kidney donors
- Collaborate with heart and kidney transplant teams and provide outpatient supportive therapy as needed
- As part of the Psychiatric Consultation Liaison team, provide assessments and therapeutic interventions to patients on the medical floors including trauma, adult surgical, pediatrics, and psychiatric
- Lead biweekly insight-oriented groups on the inpatient psychiatric units
- Conduct psychological assessments on specific patients on the inpatient psychiatric units
- Attend and participate in transplant team, interdepartmental, and departmental meetings and grand rounds
- Collect and assess data for research purposes

09/2011 - 06/2012

Hamdard Center

Addison, Illinois

Therapy Practicum Intern

- Conduct and develop psychiatric intakes, biopsychosocial assessments, and treatment plans for a diverse range of clients including Hispanics, Middle Easterners, Asians and Caucasians ranging from ages 9 to 70 years old
- Provide clinically sound individual and family therapy and establish therapeutic relationships with clients and families
- Promote safe and therapeutic interdisciplinary care through consultation, effective communication, and interactions with supervisors and interns

09/2010 - 06/2011

Hamdard Center

Addison, Illinois

Diagnostic Practicum Intern

- Conduct Structural Clinical Interview for DSM Disorders (SCID) and assess the client's symptomology and functioning in order to develop an assessment protocol
- Conduct cognitive and personality assessments correlated to the observed and reported symptoms
- Create a psychological evaluation report based on the results from assessments and provide a DSM-IV-TR diagnosis along with recommendations to the client and therapist

12/2009 - 02/2010

Hesed House

Aurora, Illinois

Clerkship Intern

- Organize and conduct a weekly one-hour group on the topic of Conflict Resolution
- Meet with supervisor before group to go over the weekly topic and group progression
- Focus on empowering the homeless population to achieve independence

09/2009 - 05/2010

Midwestern University Counseling Center

Downers Grove, Illinois

Clerkship Intern

- Collect, score, and input data from psychological assessments conducted on graduate students
- Meet with the counseling center team of supervisors and students to organize events in order to help the students
- Successfully run a campaign against negativity associated with being healthy
- Create and pass out flyers with information related to stress and anxiety and ways to deal with these issues during the weeks preceding final examinations

QUALIFICATIONS AND ACTIVITIES

Professional Information:

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| <ul style="list-style-type: none">• Licensed Clinical Psychologist in the State of Illinois (#071009813)• NPI # 1649514266 | <ul style="list-style-type: none">• CAQH ID # 13592391• Github: khanfahad |
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Other Certifications:

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| <ul style="list-style-type: none">• Certified BLS for Healthcare Providers (CPR & AED)• Certified in Nonviolent Crisis Intervention (CPI) | <ul style="list-style-type: none">• Certified A+ Computer Technician• Certified Phlebotomist |
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Communication Skills:

- Fluent in English, Hindi/Urdu, Punjabi and relatively knowledgeable in Arabic.