# DR. FAHAD KHAN

Licensed Clinical Psychologist, Deputy Director - Khalil Center

## **EDUCATION**

#### 2011 - 2015 Midwestern University

**Downers Grove, Illinois** 

- Doctorate in Clinical Psychology (PsyD)
- Research: Acculturation, Religiosity, and Psychological Distress Among Muslim Americans

#### 2009 - 2011 Midwestern University

**Downers Grove, Illinois** 

- 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** 

- 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

• Bachelor of Arts in Psychology (BA)

AWARDS, HONORS, & FELLOWSHIPS				
2021 - Present	APA Division 12	Program Chair		
2021	APA Early Career Psychologist Champion Award	Recipient		
2021	APA Early Career Convention Grant Award	Recipient		
2020 - Present	Bahria Journal of Professional Psychology	Editorial Board - Reviewer		
2020	APA Early Career Achievement Award	Recipient		
2020	IPA-Funded Diversity Delegate (PLC 2020)	Invited Attendee		
2019 - Present	Journal of Clinical and Professional Psychology	Editorial Board - Member		
2019 - 2021	Legislative Committee of Illinois Psychological Association	Co-Chair		
2019 - 2020	APA Emerging Leaders in Psychology Academy	Member		
2019 - 2020	APA Ethnic Minority Committee Liaison for Illinois Psychological Association	Member		
2019 - 2020	Legislative Committee of Illinois Psychological Association	Co-Chair		
2018 - Present	International Association of Islamic Psychology	Fellow		
2018 - 2019	Early Career Psychology section of Illinois Psychological Association	Associate Chair (ECP Section)		
2018	APA-Funded Early Career Psychologist (PLC 2018)	Invited Attendee		
2016 - Present	Journal of Muslim Mental Health	Editor		

# **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. & Keshavarzi, H. (2021). Theoretical Foundations and Clinical Applications of Traditional Islamically Integrated Psychotherapy (TIIP). In Richards, Kawika, G., & Judd, D. (Eds.) *Handbook of Spiritually Integrated Psychotherapies*. American Psychological Association Press (*In Review*).
- Khan, F., Chaudhry, R., & Riaz, T. (2021). A test from God: Trauma among Muslims. American Psychiatric Association Press (*In Review*).
- Keshavarzi, H., **Khan, F.**, & Syed, B. (2020). Islamically integrated treatment of Obsessive-Compulsive Disorder Scrupulosity (Waswasa) in Muslim Patients. In Tinaz, N., Ayten, A., Zengin, M., & Eksi, H. (Eds.) *Spiritual Counseling and Care in Health and Prison Services: Diverse Experiences & Practices*, Istanbul: Ensar Publishing.
- 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**

- **Khan, F.** & Malik, K. (2021). Tarbiyat-e-Khudi: A model of self-development from poems of Muhammad Iqbal in Asrar-i-Khudi. *Bahria Journal of Professional Psychology*, 20(1), 14-26.
- 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), 5-21.
- 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), 75-100.

#### **Manuscripts in Preparation**

- Khan, F. & Atwa S. (2021). Acculturation, religiosity, and psychological distress among Muslim Americans.
- Khan, F., Mujahid, S., & Ahmed, D. (2020). Gender differences in religiosity, positive mental health, and psychological distress among Pakistani young adults. *Journal of Religion and Health. In Review*

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 Khalil Foundation Lombard, Illinois

Research Director

- 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 Bridges Consortium/Templeton Foundation Lombard, Illinois

Co-Principle Investigator

• Grant recipient for spiritually-integrated psychotherapy research

01/2016 - 07/2019 College of DuPage Glen Ellyn, Illinois

Principle Investigator

• Study focus: learning styles of community college students

08/2012 - 10/2012 Advocate Christ Medical Center Oak Lawn, Illinois

Research Assistant

- 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 Midwestern University

**Downers Grove, Illinois** 

Research Assistant (Dr. Walter Prozialeck)

- 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

# **Keynote/Invited Guest**

- 2021/10 Resilient Parents: A New Key for Stronger Community. International Islamic University Malaysia.
- 2021/09 Modern Technologies and Their Effects on Human Development and Mental Health. Avicenna Akademie, Germany.
- 2021/08 Impact of Substance Abuse on Individual and Society. Handstogether NGO, Maldives.
- 2021/08 Traditional Islamically Integrated Psychotherapy Model, Level 1 Training. Ibn Haldun University, Istanbul, Turkey.
- 2021/06 Historical Contributions of Muslims to the Field of Psychology. Bahria University, Islamabad, Pakistan.

- 2021/06 Effects of Post-Colonialism on Psychological Development in Pakistan. Air University, Islamabad, Pakistan
- 2021/06 Islamic Perspective on Addictions and Human Ontology. Hayat Rehab Clinic, Islamabad, Pakistan
- 2021/05 Coping with Trauma: Palestine and Beyond. Northwestern University Muslim Mental Health Initiative, Evanston, Illinois
- 2021/05 Effectively Working with Muslim Clients. Northwestern University Counseling and Psychological Services, Evanston, Illinois
- 2021/04 *Islam and Psychology*. Air University, Islamabad, Pakistan.
- 2021/04 Addiction Treatment from Islamically-Integrated Approach. Universitas Islam Bandung, Indonesia.
- 2021/02 *Traditional Islamically Integrated Psychotherapy Model*. Islamic Psychology Curriculum Development, Riphah University, Lahore, Pakistan.
- 2020/12 Theoretical Developments in Western Psychology, Current State of Mental Health, and Need for Islamic Psychology. Australian Muslim Mental Health Conference, Australia.
- 2020/11 Psychological Development of Youth in Iqbal's Perspective. 1st International Conference on Iqbal, Bahria University, Islamabad, Pakistan.
- 2019/11 Mental Health & Stress Issues Among Palestinian Youth in America. 12<sup>th</sup> Annual Conference for Palestine in the US, Rosemont, Illinois.
- 2019/11 Tarbiyat-E-Khudi: A Psychospiritual Model of Self-Development from the Teachings of Muhammad Iqbal. 1st National Conference on Iqbal, Bahria University, Islamabad, Pakistan.
- 2019/11 Importance of Research in Clinical Practice: From Theory to Practice. Illinois Psychological Association Annual Convention, Lisle, Illinois.
- 2019/11 Illinois Advocacy in Action. Illinois Psychological Association Annual Convention, Lisle, Illinois.
- 2019/09 The State of Mental Health in Pakistan and United States & Moving Towards Spiritually Integrated Psychology. Islamic Perspectives in Modern Psychology Conference. Royal Palm Golf & Country Club, Lahore, Pakistan.
- 2019/09 Assessment of the Domains within the Traditional Islamically Integrated Psychotherapy Model of Treatment. Riphah Institute of Clinical & Professional Psychology, Lahore, Pakistan
- 2019/03 Persecuting, Pathologizing and Enslaving the Uyghur Muslims in China: A Psychological Perspective. Congregation Solel, Highland Park, Illinois.
- 2018/11 Current State of Mental Health in the West and Pakistan and Moving Towards Spiritually Integrated Psychotherapy. Bahria University, Islamabad, Pakistan
- 2018/11 Current State of Mental Health in the West and Moving Towards Islamically Integrated Psychotherapy. International Islamic University, Islamabad, Pakistan
- 2018/07 Maintaining Healthy Marriages. MECCA Center, Willowbrook, Illinois.
- 2018/01 Culturally Sensitive Care for Muslim Students. Illinois School District 45. Villa Park, Illinois.
- 2017/10 Serving Individuals with Disabilities. Islamic Center of Des Plaines, Des Plaines, Illinois.
- 2017/05 Effectively Working with Muslim Students. Illinois State University, Normal, Illinois.
- 2017/11 Breaking the Cultural and Religious Barriers: Effectively Working with Muslim Clients. Illinois Psychological Association Annual Convention, Oakbrook, Illinois.
- 2016/05 How to Effectively Work with Muslim Clients. Northwestern University. Chicago, Illinois.
- 2016/04 Character Development, Personal Transformation, and Spiritual Elevation According to Allama Muhammad Iqbal. Iqbal Day, East-West University, Chicago, Illinois.
- 2014/10 Suicidal and Homicidal Assessments of Children. North DuPage Special Education Cooperative, Roselle, Illinois.
- 2012/12 Grief and Its Manifestations. St. Ignatius High School, Chicago, Illinois.
- 2011/11 Assessment of Common Factors Uniting Graduate Students of Diverse Spiritual Backgrounds. The Interfaith Celebration of Diversity, Midwestern University, Downers Grove, Illinois.

#### Presentations/Speaker

- Khan, F. & Mahmoodi, V. (10/2021). *Revival of Islamic Psychology and Perinatal Mental Health*. A Global Congress of Muslim Mental Health and Family Well-being, Malaysia.
- Khan, F. (04/2021). Exploring Spiritually Integrated Psychotherapy for Addressing Muslim Mental Health within an Islamic Context: Preliminary Results from Big Data Study. Presenter, 13<sup>th</sup> Annual Muslim Mental Health Conference.
- Khan, F., Nisar, F., & Yousuf, S. (11/2020). *Qualitative Analysis of Khudi in the Writings of Muhammad Iqbal*. Scientific Presentation, 1st International Conference on Iqbal. Bahria University, Islamabad Pakistan.
- Khan, F., Keshavarzi, H., Syed, S., & Mulla, S. (11/2020). *Dealing with Mental Health in a Post-COVID World*. Launchgood Mental Health Webinar Series.
- Khan, F. & El-Haddad, H. (11/2020). Healthy Marriages & Managing Expectations. Launchgood Mental Health Webinar Series.
- Khan, F. (05/2020). How to Maintain Sanity in Uncertain Times. University Islamic Financial.
- 2020-04 Parenting in Ramadan. Ramadan Preparedness Summit. Online.
- Khan, F. (04/2020). Psycho-Spiritual Elements Related to COVID-19 Pandemic: Urdu Webinar. Saaya Health, Pakistan.

- **Khan, F.**, Khan, Y., Mohammed, F., Chaudhry, K., & Azdar, C. (04/2020). *Managing Stress and Mental Health During Coronavirus for Students, Young Professionals, and Families*. Illinois Muslim Civic Coalition.
- 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
- 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., & Archuletta, H. (10/2018). *Integrating Islamic Theoretical Concepts into the Therapeutic Encounter*. Evolving Islamic Psychology: Past, Present, & Future, Istanbul, Turkey
- Khan, F. (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.
- Keshavarzi, H. & Khan, F. (03/2017). Psycho-Spiritual Approach to Marriage. Marriage Workshop, Peoria, Illinois.
- Keshavarzi, H. & **Khan, F.** (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.
- Keshavarzi, H. & Khan, F. (10/2015). Psycho-Spiritual Approach to Parenting. Parenting Seminar, Peoria, Illinois.
- Khan, F., Syed, S., & Fareeduddin, Y. (09/2015). *Demystifying Mental Health Care*. Health Sessions, ISNA Convention, Rosemont, Illinois.
- Khan, F. (05/2015). *Psychological Gender Differences and Its Marital Implications*. The Art of Marriage Conference, Glen Ellyn, 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. (11/2011). *Understanding Psychology Through a Religious and Spiritual Perspective*. Community Mental Health Seminar, Villa Park, 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.

## **TEACHING**

# 05/2016 - Present National Louis University

Adjunct Faculty

**Graduate Courses:** 

- Introduction to Psychological Assessment
- Psychological Assessment II: Intellectual
- Psychological Assessment III: Personality
- Advanced Abnormal Psychology
- Theories of Cognitive Psychology

#### 01/2016 - Present College of DuPage

Adjunct Faculty

#### Undergraduate Courses:

- General Psychology
- Developmental Psychology: Life Span
- Statistics in Social and Behavioral Sciences

#### 05/2015 - Present

Concordia University

Adjunct Faculty

# Graduate Courses:

- Counseling & Human Development
- Multicultural Counseling
- Fundamentals of Assessment

- Advanced Theories of Personality
- Research Design
- Psychological Statistics: Design and Analysis
- Biological Bases of Behavior
- Health Psychology

Glen Ellyn, Illinois

Chicago, Illinois

- Counseling Focusing on Veterans
- Introduction to Developmental Disabilities
- Abnormal Psychology

**River Forest, Illinois** 

- 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

QUALIFICATIONS AND ACTIVITIES			
<ul> <li>Professional Information:</li> <li>Licensed Clinical Psychologist in the State of Illinois (#071009813)</li> <li>NPI # 1649514266</li> </ul>	<ul><li>CAQH ID # 13592391</li><li>Github: khanfahad</li></ul>		
Other Certifications:	<ul> <li>Certified A+ Computer         Technician</li> <li>Certified Phlebotomist</li> </ul>		

# **Communication Skills:**

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