

DR. FAHAD KHAN

Licensed Clinical Psychologist, Deputy Director – Khalil Center

EDUCATION

2015 - Present	Darul Qasim <ul style="list-style-type: none">Arabic and Islamic Studies	Glendale Heights, Illinois
2011 - 2015	Midwestern University <ul style="list-style-type: none">Doctorate in Clinical Psychology (PsyD)Research: Acculturation, Religiosity, and Psychological Distress Among Muslim Americans	Downers Grove, Illinois
2009 - 2011	Midwestern University <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.	Downers Grove, Illinois
2007 - 2009	Midwestern University <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.	Downers Grove, Illinois
2004 - 2006	University of Illinois <ul style="list-style-type: none">Bachelor of Arts in Psychology (BA)	Chicago, Illinois

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

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*. Routledge (In Review)

Book Chapters

- Khan, F., Chaudhry, R., & Riaz, T. (2020). A test from God: Trauma among Muslims. *Manuscript in preparation*.
- 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 Anxiety Disorders (In Review)*.
- 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)*.
- Haq, 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. & Malik, K. (2020). Tarbiyat-e-Khudi: A psychospiritual model of self-development from the writings of Muhammad Iqbal.
- Khan, F., Soyege, H. & Essa, A. (2019). Acculturation, religiosity, and psychological distress among Muslim Americans.

AWARDS, HONORS, & FELLOWSHIPS

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>
03/2019	Islamic Perspectives in Modern Psychology (IPMP 2019)	<i>Executive Committee Member</i>

2018 to Present	International Association of Islamic Psychology	<i>Fellow</i>
2018 to 2019	Early Career Psychology section of Illinois Psychological Association	<i>Associate Chair (ECP Section)</i>
03/2018	APA-Funded Early Career Psychologist (PLC 2018)	<i>Invited Attendee</i>
2016 to Present	Journal of Muslim Mental Health	<i>Editor</i>
2013 to 2015	Muslim World Affairs Journal	<i>Editor</i>

RESEARCH AND GRANTS

04/2018 - Present	Bridges Consortium/Templeton Foundation	Lombard, Illinois
<i>Co-Principle Investigator</i>		
<ul style="list-style-type: none"> Grant recipient for spiritually-integrated psychotherapy research 		
01/2016 - Present	College of DuPage	Glen Ellyn, Illinois
<i>Principle Investigator</i>		
<ul style="list-style-type: none"> Study focus: learning styles of community college students 		
05/2015 - Present	Khalil Foundation	Lombard, Illinois
<i>Research Director</i>		
<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 		
08/2012 - 10/2012	Advocate Christ Medical Center	Oak Lawn, Illinois
<i>Research Assistant</i>		
<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	Midwestern University	Downers Grove, Illinois
<i>Research Assistant (Dr. Walter Prozialeck)</i>		
<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., & Archuletta, 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:

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| <ul style="list-style-type: none"> • General Psychology • Developmental Psychology: Life Span • Statistics in Social and Behavioral Sciences | <ul style="list-style-type: none"> • Counseling Focusing on Veterans • Introduction to Developmental Disabilities • Abnormal Psychology |
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05/2015 - Present

Concordia University

River Forest, Illinois

Adjunct Faculty

Graduate Courses:

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| <ul style="list-style-type: none"> • Counseling & Human Development | <ul style="list-style-type: none"> • Ethics, Morality, and Law for Counselors |
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- Multicultural Counseling
- Fundamentals of Assessment
- Introduction to Counseling Profession

PROFESSIONAL WORK

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| 02/2014 - Present | Khalil Foundation | Lombard, Illinois |
| <i>Deputy Director / Psychologist</i> | | |
| <ul style="list-style-type: none"> • 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 |
| <i>Program Therapist – Department of Social Services</i> | | |
| <ul style="list-style-type: none"> • 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 |
| <i>Substance Abuse / Psychiatric Counselor - Behavioral Health Services</i> | | |
| <ul style="list-style-type: none"> • 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 |
| <i>Intake Counselor - Assessment & Referral Department</i> | | |
| <ul style="list-style-type: none"> • 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 |
| <i>Mental Health Counselor - Adult/Adolescent Psychiatric Unit, Behavioral Health Services</i> | | |
| <ul style="list-style-type: none"> • 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

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| 06/2014 - 05/2015 | Maryville Academy | Des Plaines, Illinois |
| <i>Psychology Doctoral Intern</i> | | |
| <ul style="list-style-type: none"> • 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.