



RAFIYA

UAE resident, Dubai-based psychology professional with **BSc and MSc in Psychology**. Fluent in English with excellent communication skills. Passionate about Islamic psychology and faith-based approaches, combining scientific knowledge and spiritual well-being to support holistic mental health. I hold a valid UAE driving license.

CONTACT

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 Rafiya Badriya

EDUCATION

- **BBA in Marketing** - Manipal Academy of Higher Education
- **BSc in Islamic Psychology** - International Open University (Accredited by NAQAA, Gambia - secured 2nd rank)
- **MSc in Clinical Psychology** - Distinction at Jain University, Bangalore, India (July 2025)

THESIS

- Explored the role of religion in the mental well-being of believers, highlighting how faith-based practices contribute to emotional resilience and psychological health. (2023)
- Completed dissertation on the relationship between FOMO (Fear of Missing Out) and anxiety. (2025)

INTERNSHIPS

SPECIAL EDUCATION NEEDS INTERN

Behaviour Enrichment | Dubai, UAE (2025)

- Assisted senior behavior therapists and special educators in implementing ABA techniques for children with developmental delays.
- Provided one-on-one support during therapy sessions to improve children's social, communication, and adaptive skills.
- Observed and learned about positive reinforcement strategies, prompting techniques, and behavior modification plans.
- Conducted behavioral observations and maintained daily session data on target behaviors, triggers, and reinforcements.
- Organized learning materials such as visual aids, sensory activities, and structured worksheets tailored to each child's goals.

TRAINEE INTERN

MindTribe | Gurgaon, India (2024)

- Completed 40 hours of psychologist-led discussions, observership, and live counseling case examples.
- Gained exposure to real-time therapeutic approaches and ethical practices in clinical settings.
- Developed core counseling skills, case formulation, and client interaction techniques.
- Engaged in 20 hours of assignments, reflective activities, and skill-building exercises.

INITIATIVES

- **Founder** - Sukoon Care (@sukooncare) | Promoting **Islamic Mental Health for Women** and faith-based emotional healing.
- Participated as a **guest speaker** at the Online Mental Health Conference 2023 organized by Al Fudayl Academy. (Available on YouTube - "**Rising Stronger: Self-Care in Times of Depression**")
- Podcast Channel: Sukoon Podcast on Apple Podcasts, Spotify, and Google Podcasts