


# ASMITA SAHA

✉ [Asaha116@asu.edu](mailto:Asaha116@asu.edu) |  <https://orcid.org/0009-0007-5284-7819>

## EDUCATION

---

- PhD** Auburn University, Counseling Psychology Aug 2025  
Dissertation: Moving from Disconnection to Connection: Exploring South Asian International Students' Experiences through a Relational Cultural Theory (RCT) Lens  
Chair: Latifat Cahirou, PhD
- MA** Eastern Illinois University, Clinical Psychology May 2020  
Thesis: Self-Construal as a Moderator in the Relationship between Self-Enhancement/Protection and Well-being  
Chair: Ronan Bernas, PhD
- BA** University of Delhi, Applied Psychology May 2018  
Thesis: Quest for Meaningfulness: The Journey from Existential Anxiety to Identity  
Chair: Shivantika Sharad, PhD

## TEACHING EXPERIENCE

---

**Clinical Assistant Professor, Counseling and Counseling Psychology** Fall 2025- Present  
Arizona State University, Tempe, AZ  
*Full-time*

CPY 651 Personality Assessment  
CED 671 Multicultural Counseling  
PSY 325 Physiological Psychology

**Instructor of Record, Special Education, Rehabilitation, and Counseling** Fall 2021- Spring 2022  
Auburn University, Auburn, AL  
*Teaching Assistantship*

COUN 2020 Introduction to LGBTQ+ Studies  
COUN 3100 Counseling and Human Services  
RSED 3120 Assessment in Rehabilitation

## CLINICAL EXPERIENCE

---

**University of Texas at Austin, Austin, TX** 1 August 2024 – 20 July 2025  
(Course requirement COUN 8930: Internship)  
*Counseling and Mental Health Center*  
Training Director: Mark Zentner, PhD  
Supervisor: Joey Hannah, PhD

**Columbus Psychological Associates, Columbus, GA.** 1 July 2023 – 10 June 2024  
(Course requirement COUN 8910 Practicum)  
*Counseling Psychology Externship*  
Course Supervisor: Brian McCabe, PhD  
Individual Supervisor: Dave Walker, PhD

**Columbus State University**, Columbus, GA.  
(Course requirement COUN 8910 Practicum)  
Counseling Psychology Externship  
Course Supervisor: Brian McCabe, PhD  
Individual Supervisor: Katie Rossello, PsyD

1 August 2022 – 5 May 2023

**Auburn University**, Auburn, AL.  
(Course requirement COUN 8910: Practicum)  
Counseling and Psychological Services  
Course Supervisor: Latifat Cahirou, PhD  
Individual Supervisor: Caitlin Geary, PsyD

12 August 2021 – 28 April 2022

**Eastern Illinois University**, Charleston, IL  
(Course requirement PSY 5900; PSY 5980: Clinical  
Internship)  
Counseling and Psychological Services  
Course Supervisor: Wesley Allan, PhD  
Individual Supervisor: Lindsay Wilson, LCPC

12 August 2019– 10 May 2020

**Central East Alcoholism and Drug Council**, Charleston, IL  
(Course requirement PSY 5890: Practicum)  
Course Supervisor: Wesley Allan, PhD  
Individual Supervisor: Danessa Carter, LCPC

13 May 2019– 19 July 2019

## **PUBLICATIONS**

---

### **Published Manuscripts**

Cahirou, L., **Saha, A.**, Pointer, B., & Wilks, S. (2025). Racial socialization. In *The sage encyclopedia of mood and anxiety disorders* (Vol. 3, pp. 1059-1063). SAGE Publications, Inc., <https://doi.org/10.4135/9781071886229.n367>

Cornish, M. A., Grey, C., Rossi, C., Horton, A. J., Dyas, K. C., & **Saha, A.** (2025). Adult attachment and personal and romantic relationship well-being: Forgiveness of self and partner as mediators. *Couple and Family Psychology: Research and Practice*, 14(3), 204–220. <https://doi.org/10.1037/cfp0000260>

Shippen, M. E., Derzis, N. C., Hall, A., **Saha, A.** & Weaver, S. (2022). An Exploratory Factor Analysis of a Prison Rape Elimination Act Survey in a Women's Prison. *The Prison Journal*, 102(4), 474-492. <https://doi.org/10.1177/00328855221109818>

### **Manuscripts under Review**

Cahirou, L., **Saha, A.**, Jones, A. (2023, April). Acculturative Stress Among Black African Immigrants: Race Versus Ethnicity Contributors. *Cultural Diversity and Ethnic Minority Psychology*.

Cahirou, L., **Saha, A.**, & Wilks, S. (2023). Patterns of Acculturation among Black, African Immigrant. *Cultural Diversity and Ethnic Minority Psychology*.

## **PROFESSIONAL PRESENTATIONS**

---

**Saha, A.**, & Cahirou, L. (August, 2024). *Moving from Disconnection to Connection: Examining the Psychological Effects of Acculturative Stress among South Asian International Students in the U.S.*

using a Relational Cultural Theoretical Framework. Poster presented at the American Psychological Association Convention, Seattle, WA.

**Saha, A.,** & Cabirou, L. (August, 2024). *Moving from Disconnection to Connection: Examining the Psychological Effects of Acculturative Stress among South Asian International Students in the U.S. using a Relational Cultural Theoretical Framework*. Poster presented at the National Multicultural Conference and Summit, Santa Fe, NM.

Cabirou, L., **Saha, A.,** Wilks, S. (August, 2023). *Cultural Socialization Practices of Black African Immigrants*. Symposium presented at the American Psychological Association Convention, Washington, DC.

Cabirou, L., **Saha, A.,** Jones, A. (April, 2023). *Acculturative Stress Among Black African Immigrants: Race Versus Ethnicity Contributors*. Poster presented at the Midwestern Psychological Association Convention, Chicago, IL.

**Saha, A.** (August, 2022). *Experiences of South Asian Immigrants: Social Support and Professional Help-seeking Attitudes*. Poster presented at the American Psychological Association Convention, Minneapolis, MN.

Cabirou, L., **Saha, A.,** Wilks, S., Jones, C. (August, 2022). *Patterns of Acculturation among Black, African Immigrants*. Poster presented at the American Psychological Association Convention, Minneapolis, MN.

Suh, H. N. & **Saha, A.** (August, 2021). *Model Minority Stereotype among Asian students in STEM*. Poster presented at the American Psychological Association Convention, San Diego, CA.

## RESEARCH EXPERIENCE

---

1. Research Team, Immigrant Racial, Identity, and Socialization Experiences Lab, Auburn University, Auburn, AL (Spring 2021 – August 2025)  
Supervisor: Latifat Cabirou, PhD
2. Research Assistant, Eastern Illinois University, Charleston, IL (Fall 2018 – Spring 2020)  
Supervisor: Wesley Allan, PhD
3. Research Assistant, University of Delhi, Delhi, India (Fall 2016- Spring 2018)  
Supervisor: Saif Farooqui, PhD

## SERVICE

---

### Department

2023 – 2024	APA Division 17 Representative, Association of Counseling Psychology, Auburn University
2023 - 2024	Graduate Student Council Senator, Department of Special Education, Rehabilitation, and Counseling, Auburn University
2022-2023	Committee Member for First year experience, Auburn University
2022- 2024	Student Representative, International Section of Division 17- Counseling Psychology, American Psychological Association

### Professional Affiliations

2018 – Present American Psychological Association (APA)

2020 – Present Asian American Psychological Association (AAPA)  
2022 – Present Division of South Asian American Psychological Association (DoSAA)  
2021 – Present APA Division 17 - Counseling Psychology  
2020 – Present APA Div. 45 - Society for the Psychological Study  
of Culture, Ethnicity, and Race  
2021 – Present APA Div. 52- International Psychology  
2023 – Present APA Div.56 – Trauma Psychology  
2023 – 2024 Midwestern Psychological Association (MPA)  
2023 – Present Indian Psychology Network (IPN)

## **PROFESSIONAL TRAINING**

---

2022 Applied Suicide Intervention Skills Training  
2020 Telehealth for Mental Health Professionals  
2020 COVID-19 and Mental Health  
2019 Safe Zone Training  
2019 First Aid and CPR

## **HONORS AND AWARDS**

---

1. The Counseling Psychologist, Mentorship Program, 2023- Present
2. Best Graduate Poster Award, College of Education, Auburn University, March 2023
3. Randolph Pipes Endowed Graduate Student Award, \$1200, College of Education, Auburn University, October 2022
4. APA Student Poster Award, \$200, International Section of Div.17 of Counseling Psychology, August 2022
5. Bailey Research Award, \$500, Eastern Illinois University, May 2020
6. Graduate School Research Activity Grant, \$1000, Eastern Illinois University, November 2019
7. Distinguished Graduate Student Award in Psychology, Eastern Illinois University, May 2019
8. United Nations Gold Medalist, Rio+22, India, October 2017

## **RELEVANT SKILLS**

---

**Clinical** Titanium, Mediat, PnC  
**Statistical** SPSS, Excel, R, Gpower  
**Research** Adobe, Qualtrics  
**Other** Canvas, D2L, Zoom, Box, Doxy.Me, AdvancedMD