

ASMITA SAHA

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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 Cabirou, 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

Summer 2026

CED 545 Assessment and Diagnosis
CED 680 Clinical Practicum
CAP 320 Theories of Counseling and Psychotherapy

Spring 2026

CED 529 Lifespan Human Development (Immersion + Online)
CED 576 Foundation Counseling (Skills I)

Fall 2025

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

PUBLICATIONS

Published Manuscripts

Cabirou, L. O., **Saha, A.**, Jones, A., Kim, S. H., & Bhang, C. H. (2026). Understanding the impact of racial

socialization on acculturative stress: The mediating function of racial private regard among African immigrants. *Counselling Psychology Quarterly*, 1–19. <https://doi.org/10.1080/09515070.2026.2640462>

Cabirou, 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>

Manuscripts under Review

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

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

PROFESSIONAL PRESENTATIONS

Saha, A., & Cabirou, L. (January, 2024). *Examining the Psychological Effects of Acculturative Stress among South Asian International Students in the U.S.* Poster presented at the American Psychological Association Convention, Seattle, WA.

Saha, A., & Cabirou, L. (January, 2024). *Moving from Disconnection to Connection: Examining the Psychological Effects of Acculturative Stress among 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 – Present)

- 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

Thesis and Dissertation Projects

Doctoral Dissertation, Cultural Consultant

1. Ashna Day. The Role of Perceived Cultural Responsiveness in Shaping Attitude Toward Mental Health Help-Seeking Among Asian Indian Immigrants, December 2025

Undergraduate Honor’s Thesis, Committee Member

1. Trinity Santos. Bark Therapy for the Broke: A Student-Led Mission to Make Healing Affordable, May 2026

CLINICAL EXPERIENCE

University of Texas at Austin August 2024 - July 2025
Austin, TX
Counseling and Mental Health Center
Training Director: Mark Zentner
PhD Supervisor: Joey Hannah, PhD

Columbus Psychological Associates July 2023 - June 2024
Columbus, GA
Course Supervisor: Brian McCabe, PhD
Individual Supervisor: Dave Walker, PhD

Columbus State University August 2022 - May 2023
Columbus, GA
Course Supervisor: Brian McCabe, PhD Individual Supervisor: Katie Rossello, PsyD

Auburn University August 2021 - April 2022
Auburn, AL
Counseling and Psychological Services
Course Supervisor: Latifat Cabirou, PhD
Individual Supervisor: Caitlin Geary, PsyD

Eastern Illinois University August 2019 - May 2020
Charleston, IL
Counseling and Psychological Services Course
Supervisor: Wesley Allan, PhD Individual Supervisor: Lindsay Wilson, LCPC

Central East Alcoholism and Drug Council May 2019 - July 2019
Charleston, IL
Course Supervisor: Wesley Allan, PhD Individual Supervisor: Danessa Carter, LCPC

SERVICE

DEPARTMENT AND UNIVERSITY

2026	Invited Podcast Guest, International Faculty and Scholar Series, ASU
2026	Invited Speaker, CISA Faculty Series: Emotion Regulation Techniques, Multicultural Communities of Excellence, ASU
2026	Mentor, ScaleU + Principled Innovation Academy Hackathon, ASU RealmSpark, ASU
2025	Invited Speaker, 3MT: International Scholar Research Showcase, International Students and Scholars Center (ISSC), ASU
2025	Invited Speaker, CISA Faculty Series: Finding Home Away from Home, Multicultural Communities of Excellence, ASU
2023 – 2024	APA Division 17 Representative, Association of Counseling Psychology (ACOPS), 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 (FYE), Auburn University
2022- 2024	Student Representative, International Section of Division 17 Counseling Psychology, American Psychological Association

EDITORIAL BOARDS

2026	Reviewer, <i>Journal of International Students</i>
2026	Guest Reviewer, <i>Journal of Prevention and Health Promotion</i>
2026	Ad hoc Reviewer, <i>Asian American Journal of Psychology (AAJP)</i>
2025	Reviewer, <i>American Psychological Foundation (APF)</i>
2025	Reviewer, <i>Psi Chi</i>
2024	Guest Reviewer, <i>Oxford Publishing Press</i>
2023	Guest Reviewer, <i>The Counseling Psychologist</i>

HONORS AND AWARDS

1. Unrestricted Faculty Travel Grant, \$600, Psi Chi, February 2026
2. The Counseling Psychologist, Mentorship Program, 2023- 2025
3. Best Graduate Poster Award, College of Education, Auburn University, March 2023
4. Randolph Pipes Endowed Graduate Student Award, \$1200, College of Education, Auburn University, October 2022
5. APA Student Poster Award, \$200, International Section of Div.17 of Counseling Psychology, August 2022
6. Bailey Research Award, \$500, Eastern Illinois University, May 2020
7. Graduate School Research Activity Grant, \$1000, Eastern Illinois University, November 2019
8. Distinguished Graduate Student Award in Psychology, Eastern Illinois University, May 2019
9. United Nations Gold Medalist, Rio+22, India, October 2017

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

2023 – Present APA Div. 45 - Society for the Psychological Study of Culture, Ethnicity, and Race
2023 – Present APA Div. 52- International Psychology
2023 – Present Indian Psychology Network (IPN)

PROFESSIONAL TRAINING

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

RELEVANT SKILLS

Clinical Titanium, Mediat, PnC
Statistical SPSS, Excel, R, Gpower
Research Adobe, Qualtrics