



Aljohara Alajaji

Saudi Clinical Psychologist

Saudi - Saudi Arabia

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Who is Aljohara Alajaji

Aljohara Alajaji is a Saudi clinical psychologist recognized for her extensive mental health advocacy across social media platforms. She operates her private online clinic through her official website, providing specialized psychological consultations using Cognitive Behavioral Therapy (CBT), emphasizing that she does not prescribe medication. Alajaji is based in Al-Khobar, Saudi Arabia. She dedicates her efforts to simplifying mental health concepts for the Arab public, publishing rich educational content on her YouTube, TikTok, and Instagram channels. Her content delves into diverse and in-depth topics such as anxiety disorders, panic attacks, obsessive-compulsive disorder (OCD), overthinking, the highly sensitive personality, the importance of setting personal boundaries, and fostering self-love. Through her clear and direct approach, she aims to destigmatize mental disorders and encourage followers to seek professional help. Her media appearances and participation in well-known podcasts have solidified her status as a trusted voice in the field.

Achievements of Aljohara Alajaji

Aljohara Alajaji was featured as a mental health expert on MBC1's program "MBC in a Week" in an episode aired in September 2024. During the interview, she provided an in-depth analysis of the common causes of anxiety disorders and panic attacks and explained effective coping strategies, enhancing her media presence as a specialist in the field. She appeared as a guest speaker on the "Relb Podcast" in a specialized episode titled "The Prison of Thoughts: When Your Mind Becomes Your Trap." She discussed the topics of Obsessive-Compulsive Disorder (OCD) and overthinking, offering practical tools for managing negative and intrusive thoughts, which showcased her deep expertise in these disorders.

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