



Dr. Isaam Alobaidi

Psychotherapist in Cognitive Behavioral Therapy and Self-Development Expert

Iraqi - Turkey

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Who is Dr. Isaam Alobaidi

Dr. Isaam Alobaidi is a psychotherapist of Iraqi origin specializing in clinical Cognitive Behavioral Therapy (CBT) and an expert in self-awareness and development. Currently based in Turkey, he is a graduate of a British university where he earned his doctorate in Clinical Cognitive Behavioral Therapy. Dr. Alobaidi is known for his unique approach that integrates clinical psychotherapy with concepts from human development, neuroscience, and energy sciences to offer therapeutic solutions culturally tailored for Arab communities. Through his digital platforms, including Instagram and TikTok, he focuses on addressing contemporary psychological issues such as anxiety, overthinking, and the pressures of modern life. In his sessions and video content, he simplifies complex psychological concepts and provides his followers with practical tools to help them understand and correctly analyze their emotions, aiming to improve their quality of life and enhance self-awareness. Dr. Alobaidi strives to bridge the gap between Western psychological sciences and the Arab cultural context, establishing himself as a key resource for those seeking psychological balance.

Achievements of Dr. Isaam Alobaidi

Dr. Isaam Alobaidi developed an innovative therapeutic methodology that combines Cognitive Behavioral Therapy (CBT) with neuroscience and human development, specifically adapting it to fit the cultural and value structures of Arab societies. This integrated approach provides more effective and impactful psychological solutions for the Arab-speaking world. Through his media appearances and active presence on social media platforms, Dr. Alobaidi has successfully built a bridge of trust with the Arab public regarding mental health. He has effectively contributed to raising awareness about the importance of psychotherapy and correcting misconceptions, particularly concerning issues of anxiety and behavioral disorders.

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