



Muhammad Al-Ghobashi

Psychotherapist and Counselor, Founder of Al-Ghobashi Foundation for Psychological Counseling

Egyptian - Turkey

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Who is Muhammad Al-Ghobashi

Muhammad Al-Ghobashi is an Egyptian psychotherapist, counselor, and the founder of the Al-Ghobashi Foundation for Psychological Counseling, based in Istanbul, Turkey. He focuses on providing psychological and educational support to Arabic-speaking individuals, couples, and families worldwide through online sessions. Al-Ghobashi specializes in relationship issues, including pre-marital counseling, recovery from emotional trauma, and resolving marital conflicts, as well as offering guidance on parenting and behavior modification. In addition to his clinical work, Muhammad Al-Ghobashi is an influential mental health content creator on social media, where he simplifies complex psychological concepts and provides practical advice for daily challenges. He is currently pursuing a Master's degree in Clinical Psychology at Istanbul Sabahattin Zaim University, having completed his undergraduate studies in Psychological Science at Cairo University. His practice combines academic knowledge with practical, accessible therapeutic approaches.

Achievements of Muhammad Al-Ghobashi

In 2021, Muhammad Al-Ghobashi established his own platform, the "Al-Ghobashi Foundation for Psychological Counseling." It serves as a comprehensive online service providing therapy and counseling to Arabic speakers globally, significantly improving access to specialized mental health support. Al-Ghobashi has built a strong and influential digital presence as a mental health awareness advocate. Through his YouTube, Instagram, and TikTok channels, he delivers specialized content in an accessible style, addressing complex topics like family relationships and psychological disorders, thereby helping to destigmatize seeking psychological help in the Arab world.

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