



Samah Abdalrahman

Psychologist and Marital & Family Counselor

Egyptian - Egypt

[Read More](#)

Who is Samah Abdalrahman

Samah Abdalrahman is a psychologist and relationship counselor specializing in marital and family issues, with professional experience dating back to 2004. Her practice is focused on empowering individuals and couples to build healthy, stable relationships through a deeper understanding of emotional and psychological needs. She offers online counseling sessions to help clients navigate challenges such as poor emotional communication, persistent conflicts, and the psychological pressures of family life. In her practice, Samah utilizes a variety of proven therapeutic approaches, including Motivational Interviewing, Humanistic therapy, and Emotionally Focused Therapy (EFT). This allows her to create tailored strategies that meet the unique needs of each client. Through her digital content on platforms like Instagram and TikTok, she provides practical and direct advice to her audience, aiming to promote psychological awareness and improve the quality of relationships within the Arab family.

Achievements of Samah Abdalrahman

With professional experience spanning over two decades since 2004, Samah Abdalrahman has established herself as a trusted relationship counselor in the digital space. She provides online counseling for individuals, couples, and families, focusing on practical solutions for communication issues and marital conflict. Samah has developed an integrated therapeutic approach that combines Humanistic psychology, Motivational Interviewing, and Emotionally Focused Therapy (EFT). This enables her to offer specialized and tailored psychological support to her Arabic-speaking clientele.

[Read More](#)