



Hello BBS Alums!

The Alumni Highlight is a monthly newsletter that aims to highlight the philanthropic, academic, entrepreneurial and professional achievements made by our thriving BBS Alumni community.

Zaina Al Zabin graduated from BBS in 1999 to pursue an undergraduate degree in Psychology and Anthropology from New York University followed by a masters in Psychoanalytic Developmental Psychology from University College London. She has most recently launched Masar Consults, which provides psychological, social, and educational consultations for children and families.



What initially attracted you to a career in mental health therapy?

I have always been curious about human nature; what drives us, what motivates us. I wanted to know what made us think and act differently, and how we can develop emotionally and cognitively. That curiosity was fed when I started understanding and studying the science of human behavior. Mental health was often disregarded and ignored in this part of the world, and I felt that there is a huge gap that needed to be filled.

Initially, my work focused predominantly on children with special needs. In 2010, Applied Behavior Center of Kuwait (ABC) was founded to help children with Autism and other developmental delays, by providing research validated therapeutic interventions based on the principles of Applied Behavior Analysis (ABA). With my three wonderful partners, we were able to highlight the importance of early intervention, and provide professional services to address the specific needs of these children and families

How do you respond to the social stigma attributed to mental health related issues?

I respond with empathy and understanding. It is natural to fear what is unknown or often misunderstood. My role now is to help find ways to teach and explain what mental health means, and to highlight its importance. It is also critical to convey that mental health is accessible and necessary for every person, not only those individuals suffering from a mental health problem. It is part of our healthy lifestyle, not an accessory to it.

How did the idea of developing a dedicated center like Masar Consults come about?

The idea was always there. In therapy there are different approaches and methodologies. The space in which you provide therapy is also very important. Masar Consults allowed me to represent my own version of a supportive and private space for each client, wherein the therapeutic interventions are catered specifically to their needs and issues.



What tool and resources are currently offered at Masar Consults?

We currently provide psychotherapy, as in counseling/therapy sessions, for individuals, families and children. The methodological approaches of course vary depending on the case. We also provide psychometric assessments, which is an area we hope to expand more on. Very importantly, we are highlighting our workshops and group sessions, which allows a larger number of participants, and bridges that gap between individual therapy, and group teaching and education. These workshops include parenting sessions, mommy hours, teacher/counselor training, as well as general discussions on mental health.

Masar Consults is also very active socially. It is part of our mission to be involved in social awareness programs and campaigns in the hopes of eradicating the many stigmas surrounding mental health, as well as elevating the rights of all individuals in our community.



To get in touch with Zaina Al Zabin and find out more about Masar Consults, please visit @masar_consults on Instagram or call +965 25622802.

We're on social media, tag along!

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