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Tehran, Iran

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Admissions Committee

Faculty of Psychology

Université de Bruxelles Psychologique (UBP)

Rue de la Paix, 1000

Brussels, Belgium

Dear Admissions Committee,

I am writing to express my strong interest in the Ph.D. program in Clinical Psychology at Université de Bruxelles Psychologique (UBP). With a Master's degree in Clinical Psychology from the University of Tehran, coupled with over a decade of research and clinical experience in diverse cultural settings, I am eager to deepen my expertise in culturally responsive mental health interventions and contribute to the department's pioneering research in global mental health. My specific interests lie in understanding resilience-building strategies within trauma-informed care, with a focus on culturally adaptive Cognitive Behavioral Therapy (CBT) applications—areas which align closely with ongoing research in your department.

In my current role as a Clinical Psychologist and Mental Health Researcher at Tehran Mental Health Institute, I have led several projects exploring resilience among trauma survivors and the efficacy of culturally adapted CBT models. My thesis, *Evaluating Anxiety Reduction through Culturally Adapted CBT Among University Students in Iran*, laid a solid foundation for my ongoing exploration into cultural adaptations in mental health treatments. Additionally, I have implemented telehealth programs to extend mental health services to underserved regions, benefiting over 3,000 patients in Iran's remote areas. This experience has given me an invaluable perspective on the challenges and opportunities inherent in delivering psychological care within diverse cultural frameworks.

My published work and conference presentations, including *Mental Health and Migration: Culturally Adapted Therapies in Clinical Psychology*, underscore my commitment to advancing research in trauma and resilience. Furthermore, I have collaborated with esteemed researchers such as Dr. Reza Mohammadizat at the University of Tehran and Dr. Miriam Saboori at the University of Social Welfare and Rehabilitation Sciences, focusing on urbanization's impact on mental health and resilience. These projects honed my skills in qualitative and quantitative research, employing tools such as NVivo, SPSS, and AMOS, which I am proficient in and look forward to utilizing at UBP.

Beyond my academic and clinical expertise, I bring significant international experience through my participation in workshops and symposia across the Middle East, including the **International Trauma and Resilience Forum** in Dubai. I am deeply invested in developing culturally inclusive models of mental health care, a mission I am keen to pursue further within UBP's diverse academic community.

The interdisciplinary nature of your Clinical Psychology program and the research led by Professor Anouk Leclerc in cross-cultural trauma interventions aligns perfectly with my academic goals. I am confident that my background in culturally adaptive therapeutic methods, combined with my commitment to advancing mental health services in underserved regions, will enable me to contribute meaningfully to UBP's research initiatives.

Thank you for considering my application. I am enthusiastic about the possibility of joining Université de Bruxelles Psychologique and contributing to its mission of advancing mental health research and care on a global scale. Please feel free to contact me at +98 912-438-4291 or via email at leilanourian@gmail.com should you require any further information.

Warmest regards,
Leila Nourian, M.A.
Tehran, Iran