

Md. Rakibul Hasan, M.Phil. (Counseling Psychology)

Academic and Socio-emotional Counselor,
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Md. Rakibul Hasan is a Counseling Psychologist with extensive experience in supporting students' academic success, psychological wellbeing, and professional development within higher education settings. Since 2019, he has been serving at the Bangladesh University of Professionals (BUP) as an Academic and Socio-Emotional Counselor, where he leads student-focused mental health initiatives and provides evidence-based psychological support to undergraduate and graduate students.

His work at BUP integrates academic counseling, crisis intervention, individual psychotherapy, and preventive mental health programming to help students manage stress, anxiety, performance-related difficulties, and transitional challenges in university life. He regularly designs and facilitates workshops and seminars on topics such as stress management, emotional regulation, resilience building, exam anxiety, and personal effectiveness, aimed at enhancing students' academic engagement and overall functioning.

Mr. Hasan is also actively involved in teaching, mentorship, and capacity building. As an Adjunct Faculty member at BUP, he has taught undergraduate courses in psychology, contributing to students' foundational understanding of psychological principles and their practical application. His professional development includes a prestigious Community Solutions Program Fellowship in the USA, through which he gained advanced insights into leadership, conflict resolution, and building life skills—expertise he now applies to mentor students on essential adaptability and leadership for their future careers. Furthermore, he supervises junior counselors and supports institutional efforts to strengthen student support systems through research-informed practice.

With advanced training in trauma-focused and evidence-based modalities—including EMDR, CBT, mindfulness-based approaches, and group psychotherapy—he brings a nuanced understanding of how psychological wellbeing directly influences learning, motivation, and career readiness. His research interests focus on counseling processes, student mental health, expectations about psychological services, and resilience, with publications in peer-reviewed international journals.

Through his academic, clinical, and research contributions, Md. Rakibul Hasan serves as a key resource person at BUP, supporting students in achieving academic excellence, developing emotional resilience, and preparing for meaningful professional and personal lives.