



CAROLINE NOUR

PROFILE

Address: Lebanon, Bsalim

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Email: CnCarolineNour@gmail.com

SKILLS

- Expressive Arts Facilitation
- Clinical Assessment & Planning
- Emotional Guidance
- Individual & Group Therapy
- Tailored Activity Development
- Collaborative Communication

Certificates:

CPR/First Aid

PROFESSIONAL SUMMARY

Experienced Expressive Art Therapy Facilitator with over 20 years of utilizing art's transformative power to support healing and personal growth. Skilled in designing and leading individual and group sessions for diverse populations. Proficient in a range of therapeutic approaches, creating tailored and impactful art-based interventions to promote emotional expression, self-awareness, and resilience. Committed to fostering a safe, supportive environment and staying updated on advancements in the field.

EXPERIENCE

DTFAL Project Program | Lebanon, Batroun

September 2024 - Current

Expressive Art Specialist

- Conducted therapeutic sessions to support individuals with autism and their families, fostering inclusion and community engagement.
- Worked collaboratively with project teams to implement innovative practices and promote social normalization.
- Organized and led workshops funded by external grants to achieve project goals and share best practices.

Beirut Psychology Center | Lebanon, Beirut

February 2024 - Current

Expressive Art Trainer

- Proficient in leading expressive art workshops for groups of up to 15 participants, fostering collaborative exploration and creative expression
- Experienced in conducting both individual and group sessions, utilizing diverse artistic modalities to support personal development and emotional well-being
- Skilled in designing and delivering engaging workshops that integrate therapeutic techniques with artistic expression, catering to the unique needs and goals of participants

International Academy for Building Capacity (IABC) | Lebanon, Beirut

September 2023 - Current

Trainer of Trainers in Expressive Art

- Expert in orchestrating expressive art workshops tailored for groups of up to 15 individuals, fostering a collaborative environment for creative exploration and personal growth
- Proficient in conducting both individualized and group sessions, employing a diverse range of artistic mediums to support emotional expression and holistic well-being.
- Proficient in producing high-quality recordings of workshops for online distribution, providing accessible training programs for individuals seeking to enhance their expressive art skills and therapeutic practices.

Antonine Art Institute | Lebanon, Beirut

September 2023 - Current

Expressive Art Coaching

- Led diverse art therapy sessions for individuals and groups, guiding participants through various creative mediums to explore emotions and thoughts.
- Created a non-judgmental space, tailored activities to participants' needs, and provided emotional guidance during art therapy sessions.
- Assessed progress, maintained a safe environment, and collaborated with professionals to ensure effective communication and comprehensive participant care.

Antonine Art Institute | Lebanon, Beirut

March 2017 - Current

Expressive Art & Skills Instructor Specialist (Jewellery making , Crochet , Embroidery) •

Passionate about empowering individuals through hands-on creative expression, I specialize in teaching jewelry making, crochet, and embroidery as powerful tools for personal growth and emotional well-being. I facilitate skill-building sessions that encourage self-discovery, goal setting, and self-confidence. By guiding clients through artistic techniques and meaningful projects, I help them overcome personal obstacles, enhance communication skills, and foster a more balanced and fulfilling life. My approach combines creativity with coaching principles to create a supportive, motivating, and inspiring learning environment.

Psychiatric Hospital of The Cross | Lebanon, Jal El Dib

June 2003 – August 2020

Occupational Art Facilitator

- Implement expressive art therapy techniques in the hospital's psychiatry department to bolster patients' emotional well-being and mental health.
- Assess individual patient needs and design tailored art therapy sessions aligned with their treatment plans.
- Maintain meticulous documentation of patient progress and adapt artistic activities to address diverse mental health conditions.

education

Special Autism Diploma

June 2024 - Current

American Association for Adult and Continuing Education, Lebanon, Beirut.

Training of Trainers Certificate (TOT)

September 2022 -January 2024 American Association for Adult and Continuing Education, Lebanon, Beirut.

Certificate - Cognitive Behavioral Therapy Practitioner

March 2021 – October 2023

American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma - Special Autism Care

June 2023 – December 2023

American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Art life Coaching
October 2022 – April 2023
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Neuro-Linguistic Programming (NLP)
October 2021 – June 2022
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Puppetry Education in Psychology
September 2019 – December 2019
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Emotional Intelligence
September 2019 – December 2019
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Child Art Interpretation
July 2018 – January 2019
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Practitioner Art Therapy
September 2016 – February 2017
American Association for Adult and Continuing Education, Lebanon, Beirut.

Diploma – Expressive Art Therapy
September 2014 – June 2016
American Association for Adult and Continuing Education, Lebanon, Beirut.



