

Ahmad Shaaban



Clinical Psychologist | Mental Health Specialist | CBT Therapist

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Professional Summary

Psychologist and cognitive-behavioral therapist with extensive experience in mental health. Holds a master's in clinical psychology and teaching diploma focused on psychology. Adept in assessment, diagnosis, and contemporary interventions. Experienced in therapy, multidisciplinary collaboration, and psychology trainings. Committed to professional development through clinical practice and education.

Work Experience

Psychologist | Restart | Beirut, Lebanon | Jan 2025 – Present

- Conducted psychological assessments and therapy sessions.

Psychologist | Médecins Sans Frontières (Migrant Workers) | Beirut, Lebanon | Sep 2022 – May 2024

- Participated in the emergency mental health interventions and developed treatment plans.
- Trained embassy personnel, staff, and community leaders on mental health awareness.
- Revised and enhanced mental health triage and assessment forms.
- Collaborated with medical doctors, psychiatrists, nurses and social workers to provide integrated holistic support.
- Conducted therapy sessions with multinational beneficiaries in different languages, utilizing interpreters when necessary.

Psychologist | Intersos | North Lebanon | Jul 2021 – Jun 2022

- Conducted psychological assessments and therapy sessions.
- Developed and facilitated group therapy programs.
- Trained social workers and volunteers in psychosocial support strategies.

Psychologist | Relief International | Beqaa, Lebanon | Sep 2019 – May 2021

- Provided psychotherapy and referred clients to specialized services.
- Conducted psychoeducation sessions for refugee adult males.
- Delivered mental health training for professionals and community members.

Therapeutic Mentor (Freelance) | Lebanon | Oct 2014 – Dec 2020

- Provided one-on-one support for an individual with autism, focusing on emotional regulation and skill development.

Social Worker | Secours Islamique France | Beirut, Lebanon | Feb 2017 – Sep 2017

- Conducted field assessments and promoted project activities.
- Assisted in a new project assessing an ethnic minority community.

Special Educator | Lebanese Autism Society | Beirut, Lebanon | Jul 2014 – Jun 2016

- Implemented Individualized Education Plans (IEPs) for children with autism.
- Provided behavioral interventions and collaborated with parents.

Internships & Training

Suicide Lifeline Operator | Embrace | Beirut, Lebanon | Jul 2019 – May 2020

- Managed crisis calls, assessed suicide risk, and provided emotional support.
- Participated in supervision meetings for performance evaluation.

Psychologist Intern | Dar Al Amal | Beirut, Lebanon | Oct 2017 – Aug 2019

- Provided individual therapy for Syrian refugee children.

Juvenile Delegate Intern | Union for the Protection of Juveniles | Beirut, Lebanon | Jun 2019 – Aug 2019

- Assisted in juvenile investigations and case management.

Psychologist Intern | Dr. Mohammad Khaled Social Institutions | Lebanon | Aug 2018 – Jul 2019

- Conducted therapy sessions for Palestinian refugee children.

Psychologist Intern | Ministry of Social Affairs | Beirut, Lebanon | May 2019 – Jul 2019

- Provided individual counseling for adults.

Psychologist Intern | Bonheur du Ciel | Beirut, Lebanon | Feb 2019 – Apr 2019

- Conducted therapy sessions for homeless individuals.

Observer | Dahr al Bashik Public Hospital (Detox Department) | Lebanon | Feb 2019

- Interviewed medical staff and patients with substance use disorders.

School Counselor Intern | Dar Al Aytam | Beirut, Lebanon | Apr 2018 – Jun 2018

- Provided individual therapy for students experiencing family distress.

School Counselor Intern | Al Tanmia Al Fikriyya | Beirut, Lebanon | Jan 2018 – Apr 2018

- Conducted counseling for students with intellectual disabilities.

Special Educator Intern | Majal | Beirut, Lebanon | Feb 2016 – May 2016

- Designed adaptive physical exercises for students with disabilities.

Education

- Teaching Diploma in Psychology | Lebanese International University | 2024 – Present
- Master's in Clinical Psychology | Lebanese University | 2021

- Bachelor's in Psychology | Lebanese University | 2016
- Bachelor's in Business Administration | Lebanese International University | 2012

LICENSES AND CERTIFICATES

- **Motivational Interviewing- Foundational**, Psychwire, *Oct 2024*.
- **Managing Emotions in Times of Uncertainty & Stress**, Yale University, *Oct 2024*.
- **Addiction Treatment, Clinical Skills for Healthcare Providers**, Yale University, *Aug 2024*.
- **Dialectical Behavior Therapy**, Psychwire, *Jul 2024*.
- **Learn Interpersonal Psychotherapy**, University of Toronto, *Jul 2024*.
- **CBT for Anxiety**, Beck Institute for Cognitive Therapy, *Jun 2023*.
- **CBT for Personality Disorders**, Beck Institute for Cognitive Therapy, *Jun 2023*.
- **CBT for Depression**, Beck Institute for Cognitive Therapy, *Apr 2023*.
- **Essentials of CBT**, Beck Institute for Cognitive Therapy, *Aug 2022*.

Skills & Competencies

- Cognitive-Behavioral Therapy (CBT)
- Psychological Assessment & Diagnosis
- Training & Workshop Facilitation
- Crisis Intervention & Risk Assessment
- Multidisciplinary Team Collaboration
- Psychoeducation & Public Speaking
- Data Management & Confidential Record-Keeping

Languages

- Arabic: Native
- English: Fluent
- French: Beginner