



DALIA AL-HOURANI

Lecturer in Occupational Therapy

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Summary

Licensed Occupational Therapist, Ph.D graduate in health, disability, dependency, and well-being, and over nine years of experience in mental health therapy and as Head of Department. proven expertise in establishing rapport and building trust with clients from a variety of backgrounds and is dedicated to providing care and implementing effective and creative treatment plans for children, adolescents, and adults. Possess strong written and verbal communication skills and the ability to partner across departments to meet the needs of clients. To work in a professional setting where my clinical skills, supervision experience, management skills, and professionalism can be an asset for that company.

Experience

Jordan University of Science and Technology

Al Ramtha, Jordan

Lecturer

09/2025 - present

Main Duties

- Teaching and conducting examinations.
- Carrying out innovative research and studies.
- Supervising graduate theses and scientific or social research, guiding students academically and ethically, and monitoring their activities and reports.
- Providing academic advising.
- Participating in university councils and committees, as well as in those in which the university is represented.
- Undertaking any activity that promotes the university and contributes to its advancement.
- Dedicating oneself to academic responsibilities within the university, striving to enhance its scientific mission, and maintaining the level befitting its status in research, teaching, guidance, and administration.
- Serving the community and contributing to its development.

University of Jordan

Amman, Jordan

Clinical Mental Health for OT Clinical Instructor

03/2025 - 05/2025

Main Duties

- Participated in continuing education courses to stay up-to-date on current research and best practices in occupational therapy.
- Maintained open communication with referring physicians regarding patient progress and discharge planning.
- Maintained accurate documentation in alignment with department policy regarding evaluations, progress notes and discharge summaries

The Eastern Mediterranean Public Health Network (EMPHNET)

Amman, Jordan

Internship in Research and Policy Program

07/2023 - 10/2023

Main Duties

- engaged in research focused on the quality of life of Syrian refugee adolescents and its associated psychological and behavioral determinants.

International Medical Corps

Azraq Camp, Jordan

Mental Health Case Manager

09/2022 - 03/2023

Main Duties

- Collected and documented client information obtained via interviews, tests, and observation.
- Maintained comprehensive and secure patient histories outlining conditions, interventions, and progress notes.
- Supported patients working to overcome dependencies with both individual and group counseling.
- Helped clients develop insight into relationships and feelings by encouraging expression and discussion.

University of Jordan

Amman, Jordan

Research Assistant

03/2022 - 07/2022

Main Duties

- Depression, emotional exhaustion, and substance and drug abuse among Jordanian nurses in COVID-19: In the shadows of a global crisis.
- Conducting therapeutic sessions using cognitive-behavioral therapy.
- Communicating with participants for support, consultations, & follow ups.
- Preparing a schedule of the sessions' objectives, methods, topics and duties

Al-Murad Center
Mental Health Occupational Therapist

Amman, Jordan
02/2022 - 09/2022

Main Duties

- Conduct cognitive, psychosocial, participation, and disability assessments.
- Wrote comprehensive goals and patient treatment plans.
- Developed individual courses of treatment for each patient by evaluating their goals as well as mental and practical conditions.
- Talked with family members when patients were unable to advocate for themselves.

University of Jordan
Lecturer in Occupational Therapy (part-time)

Amman, Jordan
02/2021 - 02/2022

Main Duties

- Design, develop course curriculums, and deliver material using a range of methods and platforms.
- Created presentations to deliver lecture material in the classroom and online learning environments.
- Held regular student meetings to communicate strengths, weaknesses, and areas for learning development.
- Developed tests and materials to assess and promote student learning objectives.
- Taught engaging lectures to classes of 50+ undergraduates, and provok discussion.
- Designed, planned, & taught lectures based on curriculum requirements & exams.
- Conducted in-depth assessments of student progress, designing development plans based on improvements needed.
- Selected innovative teaching methods to deliver course content.
- Planned, developed, marked and graded homework, assignments, papers and tests, providing constructive feedback to improve learning development.
- Used diverse teaching methods, including lectures, presentations, and class activities to deliver the curriculum.
- Facilitated engaging discussions focused on igniting student curiosity and deepening understanding of concepts.
- Supervised student projects to aid focus and progress.
- Administered examinations, graded papers, and assigned fair, accurate grades based on results.

Al-Rashid Hospital Center for Psychiatry and Addiction
Head of Occupational Therapy Department

Amman, Jordan
12/2018 - 02/2022

Main Duties

- Conducted the occupational therapist's tasks.
- Maintained clean, safe working environments to eliminate accident risks.
- Planned and executed weekly educational meetings to enhance the group's level of knowledge.
- Plan therapeutic assessments and interventions.
- Supervised the occupational therapy and social work services to comply with quality standards and patients' progress.
- Built and maintained courteous and effective working relationships.
- Planned and executed new strategies of updated evidence-based practice to enhance the therapeutic outcome.
- Created plans and communicated deadlines to complete projects on time.
- Identified issues, analyzed information, and provided solutions to problems.
- Developed team communications and information for meetings.
- Actively listened to the patients to fully understand requests and address concerns.

Al-Rashid Hospital Center for Psychiatry and Addiction
Occupational Therapist

Amman, Jordan
03/2017 - 12/2018

Main Duties

- Personalized typical treatment plans for specific abilities and goals of each patient.
- Conducted regular assessments on patient progress in order to update rehabilitation plans based on results.
- Helped prepare patients for transitioning back to their community by creating schedules and routines.
- Collaborated with doctors and other professionals to design treatment programs. Supported executive-level management by offering feedback on strategy, program, and initiative effectiveness.
- Helped patients improve, regain and develop skills needed to embark on daily activities.
- Stayed updated on the latest developments and rehabilitation techniques by conducting regular research and networking.
- Educated patients, caregivers, and family members on rehabilitation plans through presentations and demonstrations.
- Designed rehabilitation plans for patients based on work needed.
- Followed clinical guidelines for optimum care and adhered to required paperwork and informed consent standards.
- Monitored patients during treatments, assessment progress, and adjusting plans.
- Partnered with specialists to build comprehensive treatment approaches.
- Investigated reported illnesses and treated root causes or symptoms to bring patients relief and improve wellbeing.
- Completed psychosocial assessments to determine the extent of mental impairments due to chronic or acute conditions.

University of Jordan
Research Assistant

Amman, Jordan
03/2017 - 07/2017

Main Duties

- Collaborated with team members on various research projects.
- Assisted in preparing presentations for investigators, collaborators, or sponsors.

University of Jordan
Teaching and Research Assistant
Main Duties

Amman, Jordan
09/2016 - 03/2017

- The Projects assist with:
1- Occupational therapy in Jordan - descriptive study. 2- Quality of life among Jordanian stroke survivors.
3- Occupation based practice among OT students and therapists.

Tasks:

- 1- Establishing SPSS databases.
- 2- Help in recruiting participants.
- 3- Collect data related to the projects. 4- Participate in data entry.
- 5- Collect various resources for the literature review including related databases publications, internet searches, and surveys for the previously mentioned projects in addition to collecting literature for the book: "introduction to occupational therapy" in Arabic.

Education

University of Salamanca/Spain

Doctor of Philosophy (Ph.D.) - Health, Disability, Dependency, and Well-being

11/2022 - 03/2025

Grade: Outstanding with honors

International mention

University of Science and Technology/Jordan

Master of Science (M.S.) - Clinical Rehabilitation Sciences

10/2018 - 08/2020

Grade: Distinguished/4.12

Clinical Training: NHS- Oxford, United Kingdom

University of Jordan

Bachelor of Science (B.S.) - Occupational Therapy

09/2012 - 06/2016

Grade: Excellent/ 3.80

Academic Activities

Reviewing a Research from Journal of Psychiatry Research-Jan 2025.

Published an article "The Psychological Impact among Syrian Refugees in Host Countries"-Healthcare Journal-Feb 2025
<https://www.mdpi.com/2227-9032/13/5/488>.

Participating in the 7th and 6th International Conference of the Jordanian Association of Psychiatry (As Speaker).

Participating in the 5th International Conference "Mental Health and Rehabilitation" (As Speaker).

Participating in Second Global Mental Health Conference.

Participating in Occupational therapy in Jordan-descriptive study.

Participating in data collection and editing "introduction to occupational therapy" book in Arabic.