

Feda' Abu Al-Khair

Associate Professor (clinical psychology)

Licensed Clinical Psychologist Specialist

Member of the Technical Committee for Jordanian Family Affairs - Evidence-Based Policies
Promotion Project - National Council for Family Affairs

Founder of Dopamine Initiative and Association for Mental Health Awareness

Founder of Rouh Alnafs Center for Mental and Families Consultation

Member Founder of Jordanian Clinical Psychologists Association

Member of Jordanian Psychological Association

Member of the Egyptian Psychotherapist Association

Member of Jordan Pain Society

Member of International Parkinson and Movement Disorder Society



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EDUCATION

- 2011 - 2015, PhD of Clinical Psychology, Cairo University.
- 2005 -2009, Master of Psychology, University of Jordan.
- 2000 -2004 Bachelor of Psychology, University of Jordan.

EXPERIENCE

- Associate Professor – Clinical Psychology, Applied Medical Sciences College, Jordan University of Science and Technology, Jordan. 9/ 2025-untill now
- Director of Al-Ahliyya Amman University center for psychological care, Jordan, 9/2024 – 8 / 2025.
- Member of the Technical Committee for Jordanian Family Affairs - Evidence-Based Policies Promotion Project - National Council for Family Affairs
- Associate Professor – Clinical Psychology- Al-Ahliyya Amman University, Jordan, 11/2023 – 8 / 2025.
- Head of Psychology Department, Al Ahliyya Amman University, 9/2019 -9/2020
- Head of Psychology and Special Needs Departments, Al Ahliyya Amman University, 9/2017 -9/2018

- Assistant Professor – Clinical Psychology- Al-Ahliyyah Amman University, Jordan, 9/2015 – 10/2023.
- Head of Psychotherapist, Arab Therapy Platform, 1 - 4 /2022
- Part time psychotherapist, Arab Therapy Platform, 6 – 12/2021
- Board Member, Sakeena Empowering Orphans. 1-12/2016 .
- Psychotherapist, Shezlong (The First Psychotherapy Platform in the MENA Region), 2016-until now.
- Private Consultations (Psychotherapy), 11/2013 -2015. ▪
- Clinical Psychologist, Qatar Foundation for woman and child protection, from 4/2013 – 9/2013.
- Psychosocial therapist, Jordanian River Foundation, from 9/2010 – 3/2013.
- Clinical Psychologist, King Hussein Cancer Center, From 1/9/2007 To 30/8/2010 .
- Psychologist (I.Q Assessment), Noor Al Hussein Foundation, Institute for Family Health, from 1/8/2004 To 31/8/2007 .

TASKS AND RESPONSIBILITIES in JUST:

- 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.

TASKS AND RESPONSIBILITIES in Past Positions:

- Psycho-social assessment of children, adolescents and their families.
- Develop and implement treatment plans based on evaluation.
- Report writing and documentation.
- Crises intervention.
- Measures of psychology preparation.
- Participate in a project to develop some of the shelters of the Ministry of Social Development.
- Counseling on the phone.
- Supervision of psychologists and counselors.
- Support group sessions.
- Group Therapy Sessions
- Preparing and implementing mental health initiatives ▪ Preparation,

Presenter, and Participant TV and Radio programmers (local and International).

- Writing Psychosocial Projects for the NGO's.

TRAINING:

- Attended the “World Innovation Summit for Health (WISH): ‘Humanizing Health: Conflict, Equity and Resilience’”, 13 – 15/11/2024, Doha – Qatar
- Attended the “World Innovation Summit for Health: Healing the Future”, 4 – 6/10/2022, Doha - Qatar
- Participated in the “ Ethics of Self Care: Inside and outside the Office” Workshop, 7 – 8 / 6/ 2024, Rakhawy Institute, Egypt.
- Participated in the “Mindfulness and Psychotherapy” Workshop, 20 August 2017, at the Dopamine Association for Psychological Health Awareness, Jordan.
- Participated in “How to prepare to intervene in psychological research programs” Workshop, 13th November 2014, The Egyptian Psychotherapist Association, Egypt.
- Attended a training course in Cognitive-Behavioral Therapy for Anxiety and Social Phobia, Jun 23–26/ 2014, The Egyptian Psychotherapist Association, Egypt.
- Attended a training course in Cognitive-Behavioral Therapy, multidimensional for Depression Disorder, Jan 19–23/ 2014, (10 hours theoretical, 20 hours practical), The Egyptian Psychotherapist Association, Egypt.
- Attended a training course in The Essential Course for Skills of Applying the Selective Cognitive Behavioral Therapy multidimensional, Nov - Dec/ 2013, (60 training hours), The Egyptian Psychotherapist Association, Egypt.
- Basics of Psychodrama, Egyptian Association for Group Therapies, Cairo- Egypt 2- 4 Nov. 2012.
- Family therapy and play therapy training, Jordan River Foundation, Amman- Jordan , Aug 5- Aug 16,2012 .
- Participated in Couples & Family Therapy course, 3 days in March 2011, Toledo Hotel, Amman Jordan.
- Participated in Organizing & conducting support groups’ sessions with women victims/survivors of GBV course, 11th – 13th July 2011, ABAAD-Resource Center for Gender Equality & International Rescue Committee, Amman Jordan.
- Participated in Methods of interview victims of violence workshop, 1st – 3rd of November 2010. Holyday Inn, Amman- Jordan.
- Participated in the Research Manuscript and Grant Writing Workshop, 17th – 19th February 2010, King Hussein Cancer Center, Jordan.
- Participated in Play Therapy and Psychodrama course, 8th – 10th November 2009, Ban Center for Educational Consultation & Training, Jordan.
- Participated in the KHCC Research Methodology Workshop, 6th – 7th November 2008, King Hussein Cancer Center, Jordan.
- Attending the Service Excellence, April 15th / 2008, By King Hussein Cancer Center, Jordan.
- Training on, Speech Therapy; Assessment and management, workshop given in King Hussein Cancer Center, Amman, Jordan 24 -27 / 2 /2008.
- Attending the Scientific Day of the International Childhood Cancer Day, February 16th / 2008, By King Hussein Cancer Center, Jordan.
- Trained on, Solution-Focused Brief Therapy: A different approach to psychological problems, workshop given in association with the Middle East and North Africa Regional Conference of Psychology, Amman, Jordan 28 / 4 /2007.
- Attending the Second Middle East and North Africa Regional Conference of Psychology, Amman, Jordan, April 27 – May 1, 2007.

- Attending the International Symposium Visual Impairment 19/6/2006, By King Hussein Cancer Center, Jordan.
- Training program on, how to teach and manage non-traditional learner's workshop 1-4/4/2006, by Irshad center, Jordan.
- Training on , treatment of Psychopathology 28/2/2006-28/3/2006, At King Hussein Cancer Center, Jordan.
- Attending Conference of Learning to Learn 9-11/3/2006, by The Egyptian Society for Developing Skills of Special Needs Children/Learning Resource Center, Egypt.
- Training program on, Principles in Autism 30/7/2005-8/8/2005, by Noor Al.hussein Foundation/ Institute for Family Health, Jordan.
- Training program on Behavior Modification 3-18/7/2005, Nour Al.Hussein Foundation/ Institute for Family Health, Jordan.
- TOT Training, 8/5/2005- 18/8/2005, National Training of Trainers Institute, Al Balqa Applied University, Amman, Jordan.
- Attending Conference of Embracing Diversity 10-12/3/2005, by The Egyptian Society for Developing Skills of Special Needs Children/Learning Resource Center, Egypt.
- Training on How to start and improve your Business, 4-6/1/2004, by The Jordanian Hashemite Fund for Human Development, Jordan.
- Attending the International Symposium Alcohol Abuse 9/9/2004, By Al.Rashid Hospital Center (Psychiatry), Jordan.
- Attending the first Jordanian conference of Autism 2004, by Autism Academy of Jordan, Jordan.
- Training program on success skills 2004, by Injaz, Jordan. ▪ Training program on Neural Language Programming 17/4/2004- 17/5/2004, by University of Jordan, Jordan.
- Training program on Human Rights 28/3/2004-20/4/2004, by The National Center for Human Rights, Jordan.
- Training program on General English Courses 28/4/2001-9/8/2001, by Yarmouk Cultural Center, Jordan.
- Training program on Psychotherapy 25/3/2004-25/6/2004, by The National Center for Psychology Health, Jordan.

ACHEAVEMENTS:

- Translation chapters of book: "Introduction to Psychology – Gateways to Mind and Behavior". Dar Alfiker, 2019.
- Trainer of training courses in "Psycho-neurological and Projective Tests", 12/3/-18/5/2017. Al Ahliyyah Amman University.
- Trainer of training courses in "Personality Tests", 12/3/-18/5/2017. Al-Ahliyyah Amman University.
- Trainer of workshop in "Skills of Clinical Interview and Psychological Assessment", 2/8/2017 at Al-Ahliyyah Amman University.
- Preparation of "Mental Illnesses- hope and pain Gallery" with Dopamine Association for Psychological Health Awareness, 1st April-2017, Ras Al-Ain Gallery.
- Attending the 14th International Pan Arab Conference of Psychiatry- The 4th International Jordanian Conference of Psychiatry" as SPEAKER, 20–22 October 2016, by Jordan Association of Psychiatrists.
- Working on establishing the Psychologists Association in corporation with Dr. Arwa AlAmery.
- Established psychological assessment scales that could be used as a professional reference "according to international standards" for abused children in shelters.
- Supervised, trained, and coached assigned psychologist for abused children in shelters.

- Lectures were presented by me in Jordan and Cairo conferences.
- I shared in many scientific papers at King Hussein Cancer Center.
- Workshops, on Autism, 2005 – 2006, Jordan.
- Workshops, on Stanford-Binet Intelligence Scale, 2006, Jordan
- Workshops, on Development of Intellectual Abilities, 2005 – 2006, Jordan.
- Workshops, on Diagnosis and Assessment of Mental Abilities, 2005 – 2006, Jordan.

RESEARCH:

- Psychological Resilience and Cognitive Distortion and their Relationship to Migraine Severity in a Sample of University Students in Jordan, Accepted. Publishing in June – 2025, Al Balqaa Journal for Research and Studies
- " Substance Abuse, Depression, and Social Anxiety: Case Study and Application of Cognitive Psychotherapy", Case Reports in Psychiatry – July. 2023.
- Analyzing Role Overload, Mental Health, and Quality of Life Among Jordanian Female Healthcare Professionals: A Cross-Sectional Study, International Journal of Women's Health, 2023
- " Relationship between Cognitive Emotion Regulation Strategies and Mental Health among Media Professionals in Conflict Zones", Al Balqaa Journal for Research and Studies – 26, Nov. 2023.
- "Exploring mental health and psychosocial wellbeing of recovered individuals with COVID-19: A phenomenological approach", The Journal of Nursing Research – 31 (3) June 2023.
- "Post-traumatic stress symptoms and their relationship to body dysmorphic disorder in women who experienced violence during the curfew during the corona pandemic", Journal of Counseling, 70 (2)/ 2022.
- " Effect of the Lockdown on Mental Health among a Sample of Jordanian Population during the Corona Pandemic (COVID-19)", Journal of The Social Sciences – Kuwait University, vol 5, 2021.
- " The Level of Pain and Anxiety and Depression and its relationship to the Coping strategies used by a sample of cancer patients in Jordan", Al Balqa Journal for research and studies, vol 21 (1), 2018.
- "Mental Disorders and Behavioral Abnormalities in Abused Jordanian Children and Adolescents, Living in Shelters and Non Residents", Egyptian Journal of Clinical and Counseling Psychology, vol 3 (2), April, 2015.
- "Types of Abuse (emotional and behavioral) as Predictors of Mental Disorders and behavioral Abnormalities among children and adolescents, Living in Shelters and Non- Residents", Egyptian Journal of Clinical and Counseling Psychology, vol 3 (3), Jun, 2015.
- Published Research with others: "Psychometric properties of the Functional

Assessment of Chronic Illness Therapy-Spiritual well-being (FACIT-Sp) in an Arabic-speaking, predominantly Muslim Population”, Psycho-Oncology Journal, 22: 220-227 (2013).

RESEARCH IN PUBLISHING PROCEDURE:

- Exploring Relationships between Trichotillomania Obsession and Compulsion Behaviours, Psychological Factors, and Quality of Life among Jordanian Adults
- Self-efficacy as a mediating variable in the relationship between psychological well-being and work stress according to demographic variables
- The Effectiveness of Group Therapy on Anxiety, Stress, Depression, and Quality of Life in a Sample of Female HealthCare Professionals
- Eating Disorders Among Nutrition and Dietetics Students and Professionals: A Cross-sectional Study

SKILLS & TRAINING COURSES:

- Leadership
- Computer skills
- TOT
- Resolving Conflicts with Others and Negotiating
- Reasoning skills
- Research skills
- Active listening skills
- Active learning skills
- Updating and Using Relevant Knowledge
- Complex problem solving skills
- Ability to inspire patients and gain their trust
- Emotionally stable and mature
- Clinical decisions maker
- Team worker
- Training and Teaching Others
- Creative Thinker
- Social Perceptiveness
- Coordination
- Supervising
- Teaching
- Communication Skills
- Crises Intervention
- Planning

LANGUAGE

- English read, speak and write. V.Good.

- Arabic mother tongue.

REFERENCES:

- Available Upon Request