

Curriculum Vitae

Aisha Abuhajar

+218 91 4004041
dr.abuhajar@gmail.com
Tripoli, Libya

Experience

2015 – Present **University of Tripoli** Tripoli, Libya
Senior Lecturer, Quality Coordinator and Research Supervisor.

2013 – Present **Psy-Care Clinic** Tripoli, Libya
Psychology Consultant, therapeutic sessions for different disorders, adults, and consultants for children, group therapy, family therapy, couples' therapy, Parenting Styles, personality disorders, also working in rehabilitation cases, and addiction.

2018 – Present **AlMawasaa Clinic** Tripoli, Libya
Psychology Consultant and Counselor, Therapist.

2020 **Bila Hadoud
Organization/GIZ** Tripoli, Libya
Delivered a series of workshops and webinars covering PFA, Communication Skills, Psychosocial Support and Stigma in the context of MHPSS, the participants were from 18 different municipalities. This program was implemented by GIZ and the MoH. The program also included webinars about COVID19 rising stress and coping strategies, psychosocial support and utilizing hotlines during the period of the pandemic.

23/01/2020 **Training for Primary Health
Care Center** Tripoli, Libya
Trauma, basic helping skills and listening skills in health setting, psychoeducation on post-traumatic stress disorder, PFA, and self-care skills.

2019 – 2020 **Psychological Supervisor** Tunis, Tunis
Psychological supervisor and member of the technical committee for the AMAL project (EU funded) from Nov. 18th until Dec. 3rd.

05/2019 **University of Tripoli** Tripoli, Libya
Giving training for Libyan University staff members about PFA.

2017 – 2019 **CESVI-UNHCR** Tripoli, Libya
Community Developmental Center, psycho-social support, Therapist, counseling, handling cases that need professional skills in detention center and shelter, mainly working with post-traumatic stress disorder cases, consultants for children and delivering psychoeducation dealing with children, group therapy for Gender based violence, child protection cases for people of concern.
Regarding the staff, giving training for protection monitoring, child protection, and gender based violence helping them to deal with people of concern, also training CESVI staff such as Psychological First Aid. Doing assessment for caregivers and training for community mobilisers.
Certificate of Appreciation, for outstanding performance and long lasting contributions to CESVI (Tripoli, Libya, 20th Dec 2017).

2013 – 2015 **University of Misrata** Tripoli, Libya
Senior Lecturer, Quality Coordinator and Research Supervisor.

2013 – 2014 **Psychotherapeutic Clinic** Tripoli, Libya
Consultant Psychologist, treating ex-combatants and their families, consultants for children, mostly Post traumatic stress disorder.

2013 **World Bank** Tripoli, Libya
Consultations on research.

2012 – 2013 **Yashfeen Clinic** Tripoli, Libya
Consultation-liaison.

2002 – 2005 **Association of Medical
Consultants Clinic** Misrata, Libya
Therapist.

2002 – 2005 **University of Misrata** Misrata, Libya
Training Psychology, Department Staff Member in Psychology & Genetic Modules, this included:

- Student Research Supervision.
- Handling training, development of teaching and personal skills for teachers.

Teaching Skills (intensive training program), which was:

- Two months course, delivered once each year.
- Full responsibility of the development, supervision and presentation of the course.

2002 **University of Misrata** Misrata, Libya
Establishment of the Department of Psychology at the Faculty of Teachers' Development.

1987 – 2002 **Al-Amal High School** Misrata, Libya
Teaching diploma level Psychology, diploma and training for Psychology Department Staff and Teachers.

Education

2014 – 2016 **Al-Razi Hospital** Tripoli, Libya
Training in Clinical Psychotherapeutic Intervention the main aim of the course was for treating ex-combatants and their families, by WHO (including Supervision Training), which includes:

- Cognitive Behavioral Therapy (David Raines MSc).
- CBT for Suicide, Insomnia, Rehabilitation, Problem Solving, Fear, Panic, Anxiety, PTSD, Health Anxiety, Depression, OCD, GAD and Personal Disorder.
- Child and Adolescent Mental Health Module (Laila Jamil).
- Semi-structured Interview for Initial Assessment of Child or Adolescent, Child Development, Neuro-developmental Disorders, Common Emotional Difficulties, CBT Tools for Assessment and Therapy, CBT Tools for Children, Guided Assessment Stories, Therapeutic Stories, Socratic Questions, Therapy for Substance Misuse.
- Psychotherapy Training and Peer Support (Guns Van Der Veer).
- Family Therapy (Dr. Laurie L Charles LMFT).
- Group Therapy.
- Psychotherapeutic Interventions Module in Addiction Treatment Diploma (in Egypt Cairo, 2016).
- January 2015, attended "Psychological and Social Support and Therapy for Substance Misuse in Children", which was organized by UNICEF in Tunisia.

2008 – 2013 **Brunel University** London, UK
Doctorate of Psychology, PhD.

- Title of the first study: "Cultural Values, Social Support and Self-esteem as Predictors of Depression in a Libyan Context".
- Title of the second study: "Perceptions of Depression in a Sample of Outpatients in Libya".
- 2008 – 2010, New Route PhD, which included: Issues and Methods of Research, Proposal Writing, Graduate Research Skills and Professional Development, Peer Review, Communication Skills, Research Dissemination, Global Context, Communication Skills, Anthropology of the Person, Graduate Research Skills and Professional Development, Cross-Cultural Research Methods, The Business World.

2007 **Brunel University** London, UK
Certificate in IELTS (London).
Certificate in Pre-sessional English Language Program.

1998 – 2002 **University of Misrata** Misrata, Libya
Master Degree in Psychology

- Title of thesis: “Fears of Pupils of the Second Link of the Basic Education Stage in Misrata Municipality”.
- 1998 – 1999, Pre-master Diploma, which included: Growth Psychology, Educational Psychology, Texts & Terms in English, Social Psychology, Psychological Guidance, Linguistic Psychology, Abnormal Psychology, Evidential Descriptive Statistics, Tests and Measurements, Research Methodology.

1986 – 1987 **University of Tripoli** Tripoli, Libya
Bachelor Degree in Psychology.

Voluntary Work

- Establishing a psychotherapeutic clinic for students in University of Misrata (2002).
- Held an exhibition of educational material, which received local media coverage (2003).
- Helping and providing support to PhD students who were suffering from depression and anxiety (London, UK , 2012).
- Delivered lectures, in Libya and the UK (to the Libyan community) on raising children and avoiding violence (2013).
- Raising mental health awareness and addressing stigma and some basic knowledge through social media (2017-2018).
- Collecting Second Hand Clothes for people of concern in CESVI 2018.

Conferences & Training

- Crisis Intervention for Adults and Children, held by Handicap International (Tunis, Tunisia, 2nd and 3rd Dec 2019).
- Community Psychosocial Interventions, Training of Trainers, held by Handicap International (Tunis, Tunisia, 18th and 29th Nov 2019).
- Training of Trainers, Tutor of Resilience Model, held by University of Milano in collaboration with CESVI (Tunis, Tunisia, 15th and 17th June 2019).
- Training of Trainers, Tutor of Resilience, held by University of Milano in collaboration with CESVI (Tunis, Tunisia, 7th and 11th Dec 2018).

- Training for case workers, held by IOM. Included an overview of IOM's counter trafficking activities. Conceptual Framework: Definitions and Elements of Trafficking. Vulnerabilities and Threats, Understanding Concepts of 'Victim' and 'Trafficker' (Tripoli, Libya, 18th & 19th Feb 2018).
- Sexual and Gender Based Violence & Protection Induction Training (Tunis, Tunisia, 15th & 16th Feb 2018).
- Giving Protection and Psychological First Aid Training for new DFID Staff (Tripoli, Libya, 16th & 18th Apr 2017).
- Handling Training on Psychotherapeutic skills for Rehabilitation Center for People with Special needs Center Staff (Zliten, Libya, 6th & 13th Apr 2017).
- Handling Community Mobilizers Training (Tripoli, Libya, 4th Apr 2017).
- UNHCR Open Day on Women, Peace and Security (Tripoli, Libya, 2017).

Publications

- Abuhajar, Aisha. "Cultural Values, Social Support and Self-esteem as Predictors of Depression in a Libyan Context". <http://bura.brunel.ac.uk/handle/2438/8286>
- "The 2nd Academic Symposium of Libyan Students - Universities of UK" held at the University of Bradford 20th June 2009 UK.
- In 2003, 12 articles were published in the Misrata Journal. I presented some criticism of some cultural defects and difficulties with the local society.