

# JULIET DINKHA, Psy. D

Licensed Psychologist (USA)  
Associate Professor (AUK)  
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## PROFESSIONAL SUMMARY

Highly effective professional with more than 20 years of experience as a Licensed Clinical Psychologist in teaching, and psychotherapy. Exceptional skills in planning and developing programs, clinical supervision, and prevention strategies to solve problems and achieve goals. Extensive research focusing on cultural issues as it relates to trauma, resilience, identity, depression, and discrimination. In concurrence with teaching and research activities, vast experience in providing personal coaching/consultation/ psychotherapy to a diverse client population. My areas of interest lie within helping the refugee population and displacement, supervising and training graduates and/or interns as well as working in a hospital-setting.

## SKILLS

- Fluent in English, Spanish, Arabic and Assyrian.
- Computer Literate – Word, Excel, Power Point, SPSS, and Blackboard

### **Co-Active Coaching Classes**

- The 7 Habits of Highly Effective People - Certification Course
- Coaching Skills for Leaders - Certification Course

## PROFESSIONAL EXPERIENCE

### **Licensed Clinical Psychologist/Training Consultant– 2006-Present**

- Conduct Teletherapy and In Person Psychotherapy
- Provide individual, couples, and group bilingual therapy to individuals of various ages suffering from a range of psychological symptoms and disorders.
- Offer services of bilingual consultation to individuals and organizations (i.e., schools, business institutions, etc.)
- Work with providing bilingual assessments to individuals of various ages, personality, cognitive, learning disabilities, etc.
- Evaluate and assess Veterans Affairs Military Personnel in the Gulf Region
- Educate and train various community organizations, corporations and institutions on a range of psychological and sociological topics.
- Supervise and train early career mental health professionals.
- Collaborate with multidisciplinary community teams, to provide comprehensive services.

### **REE Medical**

#### **Consultant Psychologist- 2020-Present**

- Initial interviews of VA Personnel in the Middle East Region.
- Conduct Mental Health Assessments of personnel to identify any early onset of mental illness.
- Reviewing and assessing all Document-Based (DBQ) for Veterans

- Psychotherapy for Trauma and Resilience
- Cognitive Behavioral Therapy (CBT)

## ACADEMIC EXPERIENCE

### American University of Kuwait (AUK), Kuwait

Associate Professor of Psychology, Department of Social & Behavioral Sciences (SBS) / 2005 - present

### St. Xavier University (SXU), Chicago

Assistant Professor, Department of Psychology / 2001 – 2005

### Illinois School of Professional Psychology (ISPP), Chicago

Adjunct Faculty, Graduate Psychology Program / 2001 – 2005

### Fitch University-Chicago Medical School, Chicago

Adjunct Faculty, Department of Psychology / 2000 – 2004

### Chicago School of Professional Psychology, Chicago

Adjunct Faculty, Graduate Psychology Program / 2000 – 2002

### St. Augustine College, Chicago

Adjunct Faculty, Department of Psychology / 1998 – 2001

## CREDENTIALS

2004	<u>Licensed Clinical Psychologist</u> Illinois License #71006781
2013- 2020	<u>The American Business Council-Kuwait (ABCK)</u> Ex-Chairwoman Chair of the Education Focus Group Chair of the Health Focus Group Board member the membership Committee
2019-2020	<u>KTV2- Hala Kuwait</u> Daily Show “Positive Mind” Weekly Segments on Wellness and Health
2016-2020	<u>Talk Psychology- Every Tuesday 7- 9 AM</u> Regular host on the Breakfast Radio Show RKFM 99.7-Kuwait
2019-Present	<u>The Project Podcast- Psyched with Dr. D</u> Weekly Mental Health episodes discussing global concerns and issues. surrounding overall health and wellness in the Gulf Region

## EDUCATION

Illinois School of Professional Psychology – Chicago, IL | Psy.D. Clinical Psychology / 2000  
 APA Accredited Program  
 Dissertation: *Acculturation effects of immigration with Arab American Adolescents*

Illinois School of Professional Psychology – Chicago, IL | Master of Arts in Clinical Psychology / 1996  
 Thesis: *The Utilization patterns of Mental-Health services and Arab-Americans*

## RESEARCH

### Refereed Book Chapters

**Dinkha, J., Mitchel, C., Dakhli, M.** (2015) Attachment Styles and Parasocial relationships: A Collectivist Society Perspective. In B. Mohan (Ed.) *Construction of Social Psychology (Ch 10, pp. 105-121)*. InScience Press.

Berman, P., & **Dinkha, J.** (2014). Recognizing the warning signs of violence across the lifespan: Samples from Kuwait and the USA. In C. Pracana (Ed.) *Psychology Applications & Developments (Ch 43, pp. 1-9)*. Lisbon, Portugal: InScience Press.

**Dinkha, J., Mitchell, C., Dakhli, M. & Mobasher, S.** (2010). *Attachment styles and intimate television viewing. Insecurely forming relationships in a parasocial way: Implications in a collectivist society.* In DaSilva, A., Martins, J., Magathaes, L. & Goncalves, M(Ed.) Comunicaco, Cognicao, Media. Publicacoes da Faculdade de Filosofia, Universidade Catoloca, Braga, Portuguesa.

Berman, P., **Dinkha, J.**, Garg, R. & Swiderski, C. (2008). *Using digital technology to promote effective education on violence prevention.* In M. Jaiswal & R. Garg (Ed.) Enterprise Systems and Business Process Management: Global Best Practices. MacMillan Advanced Research Series, Macmillan India LTD: Delhi, India.

Wright, S, & **Dinkha, J.** (2008). *Gendered Reality, professional Identity and Women of Color in Higher Education.* In When Minorities are Especially Encouraged to Apply: Addressing Diversity and Affirmative Action in PWI's. Peter Lang Publishers Series.

### Refereed Scholarly

**Dinkha, J., Abdulhadi, A., Al-Kandari, A., & Al-Obaid, S.** (2021). "Navigating Through Resilience: Young Adults in Kuwait". *Athens Journal of Mediterranean Studies*, 7: 1-18.

**Dinkha, J., Mitchell, C., Zogheb, B., Abdulhadi, A., & Alothman, S.** (2021). "The Online Looking Glass: The Study of Self-Esteem and Narcissism on Instagram". *Athens Journal of Social Sciences*, 8: 1-24.

**Dinkha, J. & Abdulhamid, A.** (2020). A Collectivist Society Examined: Developing Resilience During Crises in Kuwait. Bazaar. <https://bazaar.town/a-collectivist-society-examined/>

**Dinkha, J.** (2018). The Dichotomy of Education: Public Vs Private. Gender and Women's Studies, 1(1)6, 1-17.

Mitchell, C., **Dinkha, J.**, Abdulhamid, A. (2018). The Silent Spring: Why Prodemocracy Activity was avoided in Most Gulf Nations during the Arab Spring. Contention: The Multidisciplinary Journal of Social Protest, 6(1), May 2018.

Mitchell, C., **Dinkha, J.**, Zogheib, B. (2014). Parental Control: The Relationship Amongst Parental Supervision, Education, Income, and Children's Viewing Habits. American Journal of Humanities and Social Sciences, Vol 2(3), 158-175.

**Dinkha, J** & Mitchell, C. (2014). The relationship among TV violence, aggression, anti-social behaviors and parental mediation. Mediterranean Journal of Social Science, Vol 5 (22), 1906-1913.

Mitchell, C., **Dinkha, J.**, kononova, A., & Matta, M. (2014). *A Body of Dissatisfaction: A Study of the Effects of Media Imperialism in Kuwait*. American Journal of Humanities and Social Sciences, Vo1. 2(1), 76-87.

Dakhli, M., **Dinkha, J.**, Matta, M., Aboul-Hosson, N. (2013). *The Effect of Culture and Gender on Coping Strategies: An Extension Study*. International Journal of Social Science. 8.(1), 87-98.

Mitchell, C., **Dinkha, J.**, A., Matta, M. & Rashwan, J. (2012). *Media Imperialism and Body Image in Kuwait*. Journal of Educational and Social Research, Vo1. 2(9), November 146-158.

**Dinkha, J.**, Mitchell, C., Ross, J., Rashwan, T., & Matta, M. (2012). *Altruism and social learning theory; an analysis of gender differences*. Journal of Educational and Social Research 2(6), 97-104.

Aboul-Hosson, N., **Dinkha, J.**, Ross, J., & Matta, M. (2012). *The implications of gender differences and choice of coping strategies on level of self-esteem among adolescents living in Kuwait*. Book proceedings in a special issue of Mediterranean Journal of Social Sciences 2 (5), 237-244.

**Dinkha, J.**, and Mobasher, S. (2012). The Risk of Depression and Suicide among the University Students of Kuwait: A Cross-Study of Three Universities. Psychology and Education 49 (1& 2), 7-18.

**Dinkha, J.**, Mobasher, S., El-Shamsy, N. (2010). *Altruism and social learning theory; an analysis of gender differences*. Psychology and Education 47 (1&2), 23-34. Reprinted in 2012.

**Dinkha, J.** (2010). Cultural Influences Affecting Asian Women Teaching in Kuwait: An Analysis of Five Case Studies. Psychology Journal, 7(1), 31-40.

Dakhli, M., **Dinkha, J.**, Matta, M. (2009). Educational Attainment and Career Success in the GCC: Does Gender Matter? AUK Occasional Papers, 6(4), 3-10.

**Dinkha, J.**, Abdulhamid, S., & Abdelhalim, N. E. H. (2008) How identity is constructed: An analysis of four case studies. Psychology Journal, 5(4), 190-211.

**Dinkha, J.** and Dakhli, M., (2008). *Perceived Discrimination in the Arabian Gulf: The Case of Migrant Labor in Kuwait*. Psychology Journal, 6(2), 47-59.

Reyes, S. A., **Dinkha, J.** (2005). *Psychological Well-being of Adolescent Immigrant Students: Recommendations for School Practice*. National Association for Bilingual Education (NABE) News.

### Refereed Conference Paper Proceedings

Mitchell, C., and **Dinkha, J.**, Rashwan, T., & Matta, M. (2013). *Media Imperialism and Body Image Perception in Kuwait*. Paper presentation at the International Psychological Conference and Trends (InPACT) in Madrid, Spain.

Berman, P., **Dinkha, J.**, Clarke, A. (2013). *Recognizing the Warning Signs of Violence Across the Lifespan: Samples from Kuwait and the USA*. Paper presentation at the International Psychological Conference and Trends (InPACT) in Madrid, Spain.

Dakhli, M., **Dinkha, J.**, Matta, M., Aboul-Hosson, N. (2012). The Effects of Gender and Culture on Coping Strategies: An Extension Study. Paper presentation at the International Conference for Academic Disciplines and Creativity. Prague, Czech Republic.

**Dinkha, J.**, Mitchell, C., Ross, J., Rashwan, T., & Matta, M. (2012). *Altruism and social learning theory; an analysis of gender differences*. Paper presentation at the 2<sup>nd</sup> International Conference on Human and Social Sciences ICHSS in Tirana, Albania.

Aboul-Hosson, N., **Dinkha, J.**, Ross, J., & Matta, M. (2012). *The implications of gender differences and choice of coping strategies on level of self-esteem among adolescents living in Kuwait*. Paper presentation at the 2<sup>nd</sup> International Conference on Human and Social Sciences ICHSS in Tirana, Albania.

**Dinkha, J.**, Abul-Hosson, N., Dakhli, M., Matta, M. (2010). *Gender differences in coping strategies of adolescent students and their impact on self-esteem*. Paper presented at the Third International Conference 'Children and Youth in changing Societies' in Thessaloniki, Greece.

Berman, P., **Dinkha, J.**, Kasardo, A., Garg, R., meng, H. (2010). The First Step in Preventing Violence is to Recognize the Warning Signs: A Cross-cultural Violence Prevention Project. Paper presented in China.

Berman, P., **Dinkha, J.**, Swiderski, C., Garg, R., & Husenits, K. (2010). Involving Students in Violence Prevention- a Cross-cultural Comparison. Poster presented at National Summit on Interpersonal Violence and Abuse Across the Lifespan: Forging a Shared Agenda Dallas, Texas

**Dinkha, J.**, Mitchell, C., Mobasher, S. (2009) Attachment Styles and Intimate T.V. Viewing: The Role of the Context: Implications in a Collectivist Society. Communication, Cognition and Media Congress, Braga, Portugal

Berman, P., **Dinkha, J.** & Garg, R. (2009) Windows of opportunity that also carry with them barriers to success: Using digital technology to promote effective education and violence prevention. International Conference on Service Management 2009(ICSM). India.

Dakhli, M., **Dinkha, J.**, Matta, M. (2009). Educational Attainment and Career Success in the GCC: Does Gender Matter? Paper presentation at the 4<sup>th</sup> Liberal Arts Conference, Kuwait.

Dakhli, M., Ohan, C., **Dinkha, J.**, Scholl, A., Shaheed, M., & Akbar, M. (2008). *A Study of the labor Market Dynamics and Trends in Kuwait: A Multi-Perspective Approach*. Paper presentation at the Southern Management Association (SMA). Florida, USA.

Berman, P., **Dinkha, J.**, Garg, R. & Swiderski, C. (2008). *Using digital technology to promote effective education on violence prevention*. Paper presentation at the International Conference on Enterprise Systems: for Best Management Practices, Management Development Institute, Gurgaon India.

**Dinkha, J.**, Casey, C. (2007) *Working to death in Kuwait: Depression and suicide among expatriate Asian domestic workers*. Paper presentation at the 2<sup>nd</sup> Liberal Arts Conference, Kuwait.

Casey, C., **Dinkha, J.** (2007) *Subjectivity and Identity among Kuwaiti Young Adults*. Paper presentation at the 2<sup>nd</sup> Liberal Arts Conference, Kuwait.

Casey, C., **Dinkha, J.** (2007) *Memory and Subjectivity among Kuwaiti Youths: Child Witnesses of the 1990 Invasion of Kuwait*. Paper presentation at the 2<sup>nd</sup> Middle East and North Africa Regional Conference of Psychology, Amman, Jordan.

**Dinkha, J.**, Reyes, S.A. (2005) *Impact of School's bilingual Language Policies on the Psychological Well-being of Adolescent Second Generation Immigrants*. LED International Conference paper with the University of Waikato, Hamilton, New Zealand.

## Conference Presentations

TESOL Gulf- Colloquium on Advocacy & Language, Kuwait

- Presentation on "Resilience in Young Adult Learners." 2020

TESOL Kuwait-Theories and Practices in English language teaching conference, Kuwait

- Panel Presentation on "Motivational Learning: Extrinsic and Intrinsic Factors in Learning." 2018

Kuwait International Conference on Life Sciences (KICLS)- Kuwait University, Kuwait

- Presentation on "A Body Dissatisfaction: A Study of the Effect Of Media Imperialism in Kuwait." 2016

Research, Education, and Advocacy for Community Health (REACH), IUP, USA

- Paper presentation on Cultural Barriers and Kuwait: Interplay Between Arab Cultural Variables and the Dynamics of violence Against Women and children. 2014

International Psychological Conference and Trends (InPACT), Spain

- Paper Presentation on *Media Imperialism and Body Image Perception in Kuwait*. 2013
- Paper Presentation on *Recognizing the Warning Signs of Violence Across the Lifespan: Samples from Kuwait and the USA*. 2013

2<sup>nd</sup> International Conference on Human and Social Sciences, Albania

- Paper presentation on *The implications of gender differences and choice of coping strategies on levels of self esteem among adolescents living in Kuwait*. 2012

3<sup>rd</sup> International Conference 'Children and Youth in changing Societies'-Greece

- Paper presentation on *Gender differences in coping strategies of adolescent students and their impact on self-esteem*. 2010

*Communication, Cognition and Media Congress- Sept 23-25 – Braga, Portugal*

- Paper presentation on "Attachment Styles and Intimate T.V. Viewing: The Role of the Context: Implications in a Collectivist Society." 2009

4<sup>th</sup> Liberal Arts Conference – April 26-27 – American University of Kuwait- Kuwait

- Paper presentation on "Educational Attainment and Career Success in the GCC: Does Gender matter?" 2009

Southern Management Associate – October 29 – November 1 – Florida, U.S.

- Paper presentation on "A Study of the Labor Market Dynamic and Trends in Kuwait: A Multi-Perspective Approach." 2008

International Conference on Psychology- July 9-12 - Athens, Greece

- Paper presentation on "Memory and subjectivity, depression and PTSD in Kuwaiti youths." 2007

2<sup>nd</sup> Liberal Arts Conference – May 15-16 – Kuwait 2007

- Panel Discussion: A Multi Perspective Assessment of the Labor Market in Kuwait
- Paper presentation on "Subjectivity and Identity among Kuwaiti Young Adults"

2<sup>nd</sup> Middle East and North Africa Regional Conference of Psychology- Amman-Jordan

- Three paper presentations on *“Memory and Subjectivity among Kuwaiti Youths: Child Witnesses of the 1990 Iraqi Invasion of Kuwait,” “Foreign Workers in Kuwait: The Experience of Women Faculty,”* and *“How Identity Is Constructed: Analysis of Four Case Studies.”* 2007.

3<sup>rd</sup> international conference on Social Sciences – Kuwait University, Kuwait

- Paper presentation on *“Tense Pasts: The 1990 Iraqi Invasion of Kuwait, Environmental Contaminants, and PTSD and Depression.”* 2006

LED International Conference – The University of Waikato, Hamilton, New Zealand 2006

- Paper Presentation on *“Impact of Schools’ Bilingual language Policies on the Psychological Well-being of Adolescent Second Generation Immigrants.”*

Excellence through Equity – The University of Toronto

- Paper Presentation on *“Teaching Diversity Courses as Women Faculty of Color: Twelve Case Studies.”* 2003

23<sup>rd</sup> Ethnography in Education Research Forum – Penn State University

- Presenter in two separate workshops on *“Examining the Matrix of Privilege: The Experiences of Women Faculty of Color Teaching Diversity Courses”* and *“Conflict Resolution and Identity Construction: Three Case Studies.”* 2003.

Keeping our faculties: Addressing the Retention and Recruitment of Faculty of Color in Higher Education – The University of Minnesota

- Paper Presentation on *“Examining the Matrix of Privilege: The Experiences of Sixteen Women Faculty of Color Teaching Diversity Courses.”* 2002.

**Professional Presentations**

2021 WEBINAR LECTURE DEVELOPING STUDENT CULTURE (AUK)

- GRADE APPEALS AT AUK

2021 WEBINAR LECTURE WITH FIKIR CLUB (AUK)

- EATING DISORDERS VS. DISORDERED EATING

2021 WEBINAR LECTURE WITH LOYAC KUWAIT

- UNDERSTANDING DEPRESSION

2021 WEBINAR LECTURE WITH FIKIR CLUB (AUK)

- MENTAL HEALTH AND UNIVERSITY STUDENTS
- SUBSTANCE ABUSE AND TREATMENT

2020 WEBINAR LECTURE WITH SHEIKH ABDULLAH AL SALEM CULTURAL CENTER

- TRAUMA AND COVID 19

2020 WEBINAR TALK WITH PASSION ARABIA

- BOUNCING BACK TO WORK

2020 WEBINAR LECTURE WITH LOYAC KUWAIT

- HOW TO EXPRESS EMOTIONS

2020 WEBINAR WORKSHOP WOMEN IN BUSINESS

- MANAGING EMPLOYEE PRODUCTIVITY DURING COVID-19

2020 SHEIKH ABDULLAH AL SALEM CULTURAL CENTER

- INVITED SPEAKER “BODY IMAGE AND SELF LOVE”

2020 TESOL GULF

- Invited Speaker “Resilience in Young Adult Learners”

2019 ALUMNI OFFICE (AUK)

- Speaker “The Project Kuwait”

2019 MEDIA CLUB (AUK)

- Speaker “Side Effect of Media”

2019 SBSA (AUK)

- Speaker “Future Shift”

2019 AUKAUSE (AUK)

- Speaker “Don’t Stress”

2019 FIKIR (AUK)

- Speaker “Women in Media”

2018 TESOL

- Keynote Speaker “Stress Management”

2018 American United School

- Speaker “Anxiety in Children”

2018 The Little Genius Nursery

- Guest speaker on Child Development and Anxiety in Children

2018 Algonquin College

- Keynote Speaker, “To a New Journey”

2018 MIND Matters

- Presentation on Mental health challenges and labels.

2018 FUTURE of healthcare conference

- Moderator Shaping the Future of healthcare

2018 REYADA Coworking Space

- Presentation on Life-Work Balance

2018 INVITED Speaker-Coalesce, KU medical Students.

- Presentation on the Role of Art in Psychology

2018 Invited Speaker-Fikir Club, Kuwait

- Moderating a discussion on Managing Stress and Coping

2018- Invited Speaker-Fikir Club, Kuwait

- Moderating a discussion Is gender roles Socially Constructed or Religiously based?

2017-Invited Speaker-Fikir Club, Kuwait

- Moderating a discussion to AUK students on Meninism: Why it’s a Crisis? Understandings social constructed concept on gender roles in Kuwait.

2017-Invited Speaker- Tesol-Kuwait

- Presentation on “Why English -Communication and Culture in the Business World.”

2016-Invited Speaker- Cancer Awareness Event-American Women League

- Presentation on “Mental Health Awareness for Family of Survivors.”

2016- Invited Speaker-Department of Social and Behavioral Sciences –Anthropology club (SBSA) AUK

- Presentation on “Parasocial Relationships: The nature of Celebrity”

2016- Invited Speaker-Department of Social and Behavioral Sciences –Anthropology Club (SBSA) AUK

- Presentation on “A Body Dissatisfaction: A Study of the Effect of Media Imperialism in Kuwait”

2015-Invited Speaker-Fikir Club, Kuwait

- Moderating a discussion on Religious Acceptance: Understandings our faith for AUK students.

2015- Moderator

- A Panel Discussion on "Child Abuse" at the American University of Kuwait (AUK) in collaboration with Social and Behavior Science faculty and professionals in the community.

2015- Invited Speaker-Al Nibras School, Kuwait

- Faculty professional development on “Sexual Education for Special Needs



Children”.

2014-Invited Speaker-American University of Kuwait (AUK), Kuwait

- Faculty professional development on “Communication Strategies for effective collaboration”.

2013- Invited Speaker-American University of Kuwait (AUK), Kuwait

- Student Forum with Dr. Abdullah Ghaloum, Dr. Bibi Al-Omari, Dr. Nisrine Abul Hosn and Dr. Dr. Nick Scull on “Mental Health” for undergraduate students attending AUK.

2013- Invited Speaker-American University of Kuwait (AUK), Kuwait

- Panel Discussion with Dr. Stalo Karagorgi, Dr. James Rose & Dr. Pellegrino Luciano on “Obesity” for undergraduate students attending AUK.

2012- Invited Speaker-American University of Kuwait (AUK), Kuwait

- Panel Discussion with Dr. Ali Charara, Dr. James Rose, Dr. Nicholas Scull and Dr. Pellegrino Luciano on “The Causes, Consequences, and Treatment of Drug Abuse” for undergraduate students attending AUK.

2010 – Invited Speaker – American University of Kuwait (AUK), Kuwait

- Workshop presentation with Dr. Ali Charara on “*Depression and biological factors*” for undergraduate students attending AUK.

2010 – Invited Speaker – American University of Kuwait (AUK), Kuwait

- Invited Speaker on “*Intimate Partner Violence*” at the Anti-Violence Form.

2009 – Invited Speaker – American University of Kuwait (AUK), Kuwait

- Workshop presentation on “*Skills to Empower Women in Business*” at the first Women in Business conference

2008 – Invited Speaker – Ajial Bilingual School, Kuwait

- Workshop presentation on “Kuwaiti Cultural Norms”

2007 – Invited Speaker – Continuing Education –AUK, Kuwait

- Conducted two different training for teachers and parents on “Kuwait and Culture Shock” and “Depression in Children.”

2007 – Invited Speaker – American Academy for Girls (AAG), Kuwait

- Workshop presentation on “Depression and Stress in Children” for 150 teachers.

2005 - 2009 Healthy Living Workshops – American University of Kuwait (AUK)

- Presented various workshops for AUK community on Depression, Violence, Eating Disorders, Anger Management, and Stress Management, Compulsive Shopping, Positive Thinking and Healthy Living

2006 – Continuing Education – American University of Kuwait (AUK)

- Workshop presentation on “Kuwait and culture Shock” for new coming teachers for various private elementary and high schools.

2003 Women’s Health: Pathways, Practices and Politics - Oakton Community College

- Paper presentation on “Women and Depression and Immigration.”

2003 28<sup>th</sup> Annual All city School Counselors’ Conference, Chicago Public School

- Presenter in two separate workshops on “*Depression in African-American Youth*” and “*Cultural Issues with Arab-American and Assyrian Students.*”

2003 Parental Involvement conference, “The Power of Parents”, Chicago Public School

- Presenter in two workshops on “*Helping Your Child Develop Self-Motivation.*”

2001 Chicago Metro AEYC Annual Conference

- Presenter on mental health concerns in children. Discussed warning signs of possible mental health problem areas including emotional, intellectual, social, physical, and language.

### 2000 Chicago Public Schools

- Conduct on going professional development trainings on Immigration, Acculturation and Mental Health for faculty and staff in the Newcomers International Center.

### 1999 U.S. Journal Training & Professional Counselor - Las Vegas

- Increasing the Effectiveness of Your counseling Skills Conference

### *1999 Parenting Workshops at Cristo Rey High School*

- Conducted parenting workshops for Latino parents. Delivered educational material which developed parenting skills as well as realistic and age-appropriate expectations of their children. Final duties involved planning activities, which provided for the cultural enrichment and recreation needs of the parents and their children. Workshops were all conducted in Spanish and English.

### 1999 The Graduate Experience in Multicultural Context

- Guest Speaker on utilization patterns of mental health services with Arab-Americans and Hispanics.

## SERVICE

### SERVICE TO THE UNIVERSITY

- College Grade Appeals Committee-Chair
- The University Scholarship & Financial Aid Committee
- Study Abroad & Student Exchange Selection Committee-2017
- The Advisory Panel for Students Complaints against Faculty-2016
- Grade Appeal Committee- 2016
- President Award Committee-2015
- Chair of the Advisory Panel for Student Complaints Against Faculty-2015
- Professional Development Committee- 2014-2015
- Promotion Advisory College Committee- 2014-2015
- University Grievance Committee- 2013-2015
- Promotion Committee- 2013-2014
- College Grade Appeal Committee- 2013-2014
- Member of Curriculum Committee, Academic Standard Committee, Professional Committee, Dean Search Committee and nominated for the Code of Conduct, Assessment and EDUC task force- 2012.
- Selected as the Psychology Program Lead in AUK- 2007.
- Involved in a psychology minor at AUK- 2006-2009
- Counseled self referred students with psychological issues for 10-15 hours per week in the Student Success Centre, American University of Kuwait- 2006
- Member of the Academic Standard Committee and GEnED accreditation sub-committee- 2006
- Member of Women and Gender Study, AUK, 2005.

### SERVICE TO THE PROFESSION

- Weekly media segments on mental health and wellness- Hala Kuwait-KTV2
- Regular writer for LivinQ8
- Reviewer for "Construction of Social Psychology "book-2015

- Chair of the Education Focus Committee at ABCK, I organized in collaboration with the Department of Electrical and Computer Engineering at AUK, along with the American Business Council of Kuwait (ABCK), and the AUK-IEEE Student Branch are a seminar entitled “Public Cloud and Virtual Reality”.
- Chair of the Health Focus ABCK. Helped organized panel discussion on Child Abuse in collaboration with SBS faculty members at AUK, and community health providers to bring awareness to child abuse and laws in Kuwait.
- Organized a major educational event on “How to Get a Job and Keep it” sponsored by the American Business Counsel- Kuwait (ABCK) hosted by AUK-2014.
- American Business Council- Kuwait (ABCK) Board member (2013)
- Organized The 2<sup>nd</sup> International Conference on Learning Difficulties and ADHD Disorders: Assessment and Intervention, February 1-2, 2013.
- Conducted a Workshop on ‘Personal Awareness’ at AUK, October 14<sup>th</sup>, 2012.
- Conducts several corporate workshops on Team Building, Leadership Training, Conflict Resolution, Anger Management and Life Coaching.
- Working as a Clinical Psychologist (private practice) Kuwait (2005-Present). Conduct individual, family, marital and child psychotherapy for Kuwaiti and non-Kuwaiti population. Issues addressed include but not limited to depression and suicide, anxiety, phobia, anger management, substance abuse, marital conflicts, eating disorder, identity conflict and learning difficulties. Also, conduct Cognitive, Achievement and Personality testing for Children and Adult.
- Dinkha, Juliet, and Nisrine Aboul-Hosson 2011 Interactive Q&A titled 'Mind Bubble', *Bazaar* magazine
- Reviewer for the mental health, Religion and Culture Journal
- Reviewer for the International Journal of Psychology (IJP)

## OTHER SERVICE ACTIVITES: PUBLIC AFFAIRS & MEDIA

- 2020 BAZAAR MAGAZINE
  - THE PODCAST EXCLUSIVE INTERVIEW DISCUSSING HEALTH, WELLNESS AND PSYCHOLOGY
- 2020 MAJLES T.V
  - DISCUSSION ON WHAT IS THE DIFFERENCE BETWEEN GIVING AND SACRIFICING
- 2019 KTV2
  - WEEKLY SEGMENTS ON MENTAL HEALTH AND WELLNESS ON HALA KUWAIT AT 6 PM
- 2019 QABAS
  - WRITER ON MENTAL HEALTH ISSUES AND PRACTICES
- 2019 KUNA
  - Extreme Adrenaline: Profound Shock of fatality setting up death-defying actions.
- 2019 KTV2
  - How to Be Self-Disciplined
- 2019 KTV2
  - How to Be Come Assertive
- 2019 KTV2
  - How to have self-Control
- 2019 Al Majlis Television
  - The Effect of Change

- 2019 KTV2
- The Effect of social media on Children
- 2019 Al Majlis Television
- The Effect of Boredom in children
- 2019 Talk magazine
- Article on the Effect of social media in Kuwait
- 2018 Annahar Newspaper
- Interview discussing Stigma and Mental Health
  - Work Stress and corporate Investment in Employee Development
- 2018 Qabas Newspaper
- Published an article on The Effect of Bullying on children
- 2018 Qabas Newspaper
- Interview discussing on relationships and marriage.
- 2018 Al Majlas T.V
- Interview on Mental Health Stigma and services in Kuwait
- 2018 Kuwait Times Newspaper
- Interview on Psychotherapy and Cancer patients
- 2018 Al Anbaa Newspaper
- Stigma in Mental Health Services
- 2018 The Washington Post
- Interview discussing ABCK and Its role with the American community in Kuwait.
- 2018 KTV2
- Interview discussing ABCK and Its role with the American community in Kuwait.
- 2017 KTV2
- Conducted an interview discussing mental Health and my role as Psychologist.
- 2016 The Business Year Magazine
- Interviewed as the Chairwoman of ABCK
- 2016 Babtain Educational/Cultural TV Channel
- Guest Speaker on teaching of Psychology at AUK – July 14
- 2012 Al- Youm T.V.
- Guest speaker on infidelity and marriage
- 2010 Al Seyassah
- Guest speak at AUK's Anti violence Forum – November 6<sup>th</sup>
- 2010 Al Jareeda
- Guest speak at AUK's Anti violence Forum – November 5<sup>th</sup>
- 2010 Al Anbaa
- Guest speak at AUK's Anti violence Forum – November 5<sup>th</sup>
- 2010 Kuwait Times
- Guest speak at AUK's Anti violence Forum – November 4<sup>th</sup>
- 2008 Alrai Television - Kuwait
- Guest Speaker on Eating Disorders in the Gulf
- 2008 Al Watan Television- Kuwait
- Guest Speaker "Good morning Watan" on Jealousy
- 2008 Alrai Television - Kuwait
- Guest Speaker on Women roles in our society
- 2007 Al Watan Television- Kuwait

- Guest speaker on compulsive Shopping  
2006
- 2007 Alrai Television-Kuwait
- Guest speaker on Anxiety, Mood Disorders and Anger Management  
2006 Kuwait Times News Paper
- Regular contributor on health issues as well as articles on mental health awareness for the Kuwaiti public.  
2001-  
2003 The Assyrian Radio Am1590
- Host a live interactive weekly program on psychological and social concerns within the Assyrian community.  
2001 The Assyrian Television
- Regular contributor on mental health issues as they impact the Assyrian communities.  
2001 Access Television Channel 21
- Host and contributor on psychological issues including the Dos and don'ts of Parenting.  
2000-  
2002 Emmama Newspaper
- Contributing writer on psychological issues for the Assyrian and Middle Eastern communities across United States and Canada

## PROFESSIONAL AFFILIATIONS & COMMITTEES

Middle East psychological Association (MEPA)  
past member 2011

The Association for Psychological Science (APS)  
member since 2004

Chicago Commission on Human Relations Advisory Council on Women  
member 2004

The American Psychotherapy Association (APA)  
Certified Diplomat since 1998

American Psychological Association (APA)  
Affiliate since 1994

The Institute Review Board (IRB) at Saint Xavier University  
Member 2002-2005

Arab American Action Network  
Board Member 2003-2004

World Relief  
Member of the Advisory Board 2001- 2002

Midwest American Latino Psychologist (MALP)  
Member 2000- 2005

**Arab Women's Organization**  
Member since 1993-2004

The Graduate Experience in a Multicultural Context  
Program Committee Member 1998

## SPECIAL AWARDS

- Ten-year service at AUK - 2015
- International Relations Award for faculty Support - 2015
- Five-year service to the AUK -2010
- American University of Kuwait (AUK) – 2008  
Scholarship recognition in AUK chronicle
- Saint Xavier University – 2005  
Scholarship Recognition Award