

Lara Al Atassi, Psychological counselor

+3 years of experience in school psychological

Syria, Homs ,alwaer

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CORE COMPETENCIES

English, and Arabic Skill Development
Psychological Emotional support Social worker
Mental health counselling
Family Development Therapy
Counseling Psychology

WORK EXPERIENCE

School counselor, Nouri Hawwa Girls' Preparatory School, Syria,Homs

2/ 2023 – Present

- Assisting female students in adapting to school.
- reducing prevalent phenomena among them
- communicating with administrative and teaching staff for the success of the educational process
- monitoring academically delayed students, and tracking cases requiring attention, such as repeated absence and negative behaviors
- Teaching around 543 female students the basics of psychological first aid, especially during earthquakes and building collapses, and then providing them with psychological assistance to overcome fear and anxiety, followed by ongoing life monitoring.

mental health counselor , "Al-Hasan ibn al-Haytham School."male, Syria

10/ 2021 – 12/ 2022

- Assisting students in creating exam schedules and effective study methods for the certification exam.
- helping them explore university branches to choose the appropriate college for their goals
- minimizing negative phenomena like fights and smoking
- supporting their commitment, monitoring studies, and efficiently managing time between academics and other activities.

social counselor, elementary school, "Mohammed Al-Hussein School," in rural Homs Taldo.

4/2021 – 10/ 2021

- I helped first and second-grade children adapt to a new school
- make new friends, overcome fear and anxiety
- and assisted them in addressing academic delays by working with their teachers to provide simple and effective study methods
- I also worked to reduce the phenomenon of school dropout.

Psychological Support Counselor, Syrian Red Crescent, Homs, Syria

2/ 2017 – 12/ 2019

- I worked as a psychological support counselor with the health care and physical therapy team, collaborating with them to assist more than 50 cases of war-related incidents in Homs and its countryside.
- I developed plans and helped them overcome their experiences while guiding them through physical exercises.
- I led a team of 5 psychological support assistants to aid patients in home and center-based treatment. I formulated and monitored plans, ensuring the achievement of objectives.

technical specialist , Syrian Arab Red Crescent, Homs ,Syria

2015 – 2019

- Worked in psychological support as a mental health specialist, assisting displaced individuals in schools, along with their families and children.
- Also worked in rural areas to help those in need and vulnerable groups return to their previous lives and move forward after the impact of war.
- Aided them in finding employment for livelihood, guided them in understanding mental health, self-care, and much more.

Trainer in psychological support, life skills, resilience, and citizenship, Syrian Arab Red Crescent , UNDP

2015 – 2023

- I conducted numerous centralized training sessions in the capital, Damascus, and in Homs and its countryside.
- I also provided online training during the COVID-19 pandemic.
- I trained volunteers from various associations, employees in organizations, as well as seniors and youth.

EDUCATION

Bachelor in psychological counselling

2015

Al-Baath University College of Education Homs

Diploma of family reformation,

2016

Al-farha Academy for family knowledge College of liberal studies

VOLUNTEERING

Psychological support and psychological, Syrian Red Crescent, Homs, Syria

2006 – 2015

- I enrolled in the College of Education and Psychology, specializing in psychological counseling. I studied it while volunteering, driven by my passion for helping others. This experience had a significant impact on both my personality and my current career.

COURSES AND WORKSHOPS

- T.O.T on Advanced Facilitation skills ,UNFPA , Damascus (syria)
- Training of trainers in psychological and social support at Syrian Arab Red Crescent , Damascus (syria)
- Training in gender based violence basic concepts and guiding principles ,UNFPA ,Damascus (syria)
- life skills trainer course ,Al- Birr Society ,Homs (Syria)
- Basics shelter Workshop , Syrian Arab Red Crescent , Homs (syria)
- Workshop international law , Syrian Arab Red Crescent, Homs (syria)
- Non Violent communication ,by IOM ,Homs (syria)
- A course in health education , Syrian Arab Red Crescent , Homs (syria)
- Basics of disaster management , Syrian Arab Red Crescent , Homs (syria)
- First aid course , Syrian Arab Red Crescent , Homs (syria)
- Special needs course.
- Case Management Refresher ,UNICEF , Homs (syria)
- Participated in training workshops on debate, empowerment, and content writing, organized by the United Nations in Homs.
- Completed a therapeutic gym course on femininity online, led by Dr. Ahmed Al-Damlawi.
- Completed a therapeutic gym course on values online, also with Dr. Ahmed Al-Damlawi.
- Trained as a trainer in citizenship