



# THE **ABC** OF MENTAL HEALTH

**AWARENESS**  
**BEHAVIORAL**  
**INTERVENTION**  
**CAPACITY BUILDING**

2021 PACKAGES

embrace

# Our Story

Embrace has established under its Awareness and Outreach department. a cross-functional team of subject matter experts in psychology, psychiatry, nurses, trained laypersons, to deliver the ABC of mental health – Awareness, Behavioral Interventions and Capacity Building.

Through the ABC of Mental Health program, Embrace has a track record in providing organizations with holistic mental health solutions across the “continuum of care” – ranging from organizational assessment of well-being, to raising awareness about mental health, to providing group and individual prevention and intervention sessions. The ABC of Mental Health program has the human resources and scalability to provide these solutions to large-scale organizations.

# Our Packages

## Awareness

### For All Staff

Mental health 101  
Trauma and its consequences  
Burnout in the workplace  
Embracing mental health, Live Q&A

## Behavioral Interventions

Behavioral Prevention-Mindfulness  
Behavioral Intervention- Group CBT  
Behavioral Intervention- Group EMDR

## Capacity Building

Suicide Assessment & Intervention  
Eating Disorders Assessment & Treatment

### For Leadership

Mental health 101  
Trauma and its consequences  
Burnout in the workplace

Behavioral Prevention-Mindfulness  
Behavioral Intervention- Group CBT  
Behavioral Intervention- Group EMDR

Leadership Against Job Stress & Burnout

# MENTAL HEALTH 101



## FOCUS

Covers general mental health and suicide awareness, signs and symptoms to recognize mental illness, when to seek help, coping tips, supporting persons with mental illness

## TARGET AUDIENCE

Schools, Universities, Youth Groups, Syndicates/Orders, Corporations, International Organizations

## DURATION

1-1.5 HOURS

## ADD ONs

- Screen for MH difficulties (depression, anxiety) for target audience
- Report and recommendations for other interventions

# TRAUMA AND ITS PSYCHOLOGICAL IMPACT

**FOCUS**

Covers an overview of trauma reactions in children and adults and how to cope after traumatic experiences

**TARGET AUDIENCE**

Schools, Universities, Youth Groups, Syndicates/Orders, Corporations, International Organizations

**DURATION**

1-2 HOURS

**ADD ONs**

- Screen for MH difficulties (post traumatic reactions) for target audience
- Report and recommendations for other interventions

# BURNOUT IN THE WORKPLACE

## FOCUS

Helps employees and employers identify sources of stress particular to the workplace and learn how to properly appraise stress and regulate emotions

## TARGET AUDIENCE

Corporations, International Organizations

## DURATION

1-2 HOURS

## ADD ONs

- Screen for burnout for target audience
- Report and recommendations for other interventions



# EMBRACING MENTAL HEALTH, LIVE Q&A

## Focus

A live format where people with mental health issues discuss their journey, and take Q and A from the audience

## Target Audience

Schools, Universities, Youth Groups,  
International Organizations

## Duration

1-2 HOURS

## ADD Ons

Pre and Post session evaluation of knowledge gained and reduction of stigma about mental health and its psychological treatment





# BEHAVIORAL INTERVENTIONS

## 1. BECOMING MINDFUL

- Session 1** Introduction to Mindfulness
- Session 2** Internal Awareness: Thoughts, Emotions and Behaviors
- Session 3** Interpersonal Awareness and Mindful Communication
- Session 4** Compassion, Ethics and Values
- Session 5** Integration



# BEHAVIORAL INTERVENTIONS

## 1. BECOMING MINDFUL

### FOCUS

This 5 (1hour) session behavioral intervention provides its constituents with tools and strategies aimed at enhancing their overall coping and stress management skills. Participants will be introduced to mindfulness-based skills with the aim of facilitating stress reduction, management of emotions and improvement of adaptive behavior.

### DURATION

1 HOUR WEEKLY FOR 5 WEEKS

### TARGET AUDIENCE

Corporations, Academic Institutions, First-line Responders,



# BEHAVIORAL INTERVENTIONS

## 2. TRAUMA FOCUSED EMDR

### FOCUS

EMDR targets specific people who have experienced trauma, and are distressed in relation to the trauma. Each group can accommodate up to 7 people. Interested people will need to register, and then undergo a face-to-face assessment before referred to the group.

### DURATION

2 hours weekly for 6 weeks

### TARGET AUDIENCE

Corporations, Academic Institutions, First-line Responders





# BEHAVIORAL INTERVENTIONS

## 3. CBT FOR STRESS MANAGEMENT

### FOCUS

Targeted for a small number of people who have struggled with mental health issues. Each group can accommodate up to 10 people. Interested people undergo a 30-minute phone-based or face to face assessment before being referred to the group.

### DURATION

2 hours weekly for 6 weeks

### TARGET AUDIENCE

Corporations, Academic Institutions, First-line Responders





# CAPACITY BUILDING

## 1. SUICIDE ASSESSMENT & INTERVENTION

### FOCUS

Covers theories behind suicide, risk and protective factors, assessing suicide risk, intervening in suicidal crises and supporting affected persons

### TARGET AUDIENCE

NGO/INGO staff, First-line responders  
Syndicates, Corporations

### DURATION

5-10 HOURS (1-2 days)

### INCLUDED

Pre-Post Training Assessments to evaluate learning outcomes and recommend other trainings.



# CAPACITY BUILDING

## 2. EATING DISORDERS & ASSESSMENT

### FOCUS

Covers theories behind eating disorders, definition and assessment of the range of eating disorder, multidisciplinary approaches to treatment

### TARGET AUDIENCE

NGO/INGO staff, First-line responders  
Syndicates, Corporations

### DURATION

5-10 HOURS (1-2 days)

### INCLUDED

Pre-Post Training Assessments to evaluate learning outcomes and recommend other trainings.





# CAPACITY BUILDING

## 3. LEADERSHIP AGAINST JOB STRESS & BURNOUT

### FOCUS

Covers sources of stress particular to the workplace and learn how to properly appraise stress and regulate emotions

### TARGET AUDIENCE

Corporations, International Organizations

### DURATION

5-10 HOURS (1-2 days)

### INCLUDED

Pre-Post Training Assessments to evaluate learning outcomes and recommend other trainings.

# Our Trainers

MENTAL HEALTH NURSES	PSYCHIATRISTS	PSYCHIATRISTS	PSYCHOLOGISTS		Mia Atoui Cofounder, President		Pia Zeinoun, PhD Cofounder, Vice President
					Ziad Nahas, MD Cofounder		Hala Kerbage, MD Board Member
					Omar Ghosn, MD Board Member		
					Myriam Zarzour, MD		Michel Daher, MD
					Yara Chamoun, MD		
					Zeina El Jordi Board Member Psychiatric Nurse		Christine El Zein Psychiatric Nurse Clinical Psychologist

# Our Trainers

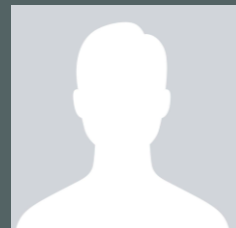
## PSYCHOLOGISTS



Zeina Zerbe



Marianne Eid



Ara Kavlakian, PsyD

## AFFILIATED PSYCHOLOGISTS



Ghena Ismail, PhD



Tima El Jamil, PhD



Myriam El Khoury, PhD

## AFFILIATED PSYCHOLOGISTS

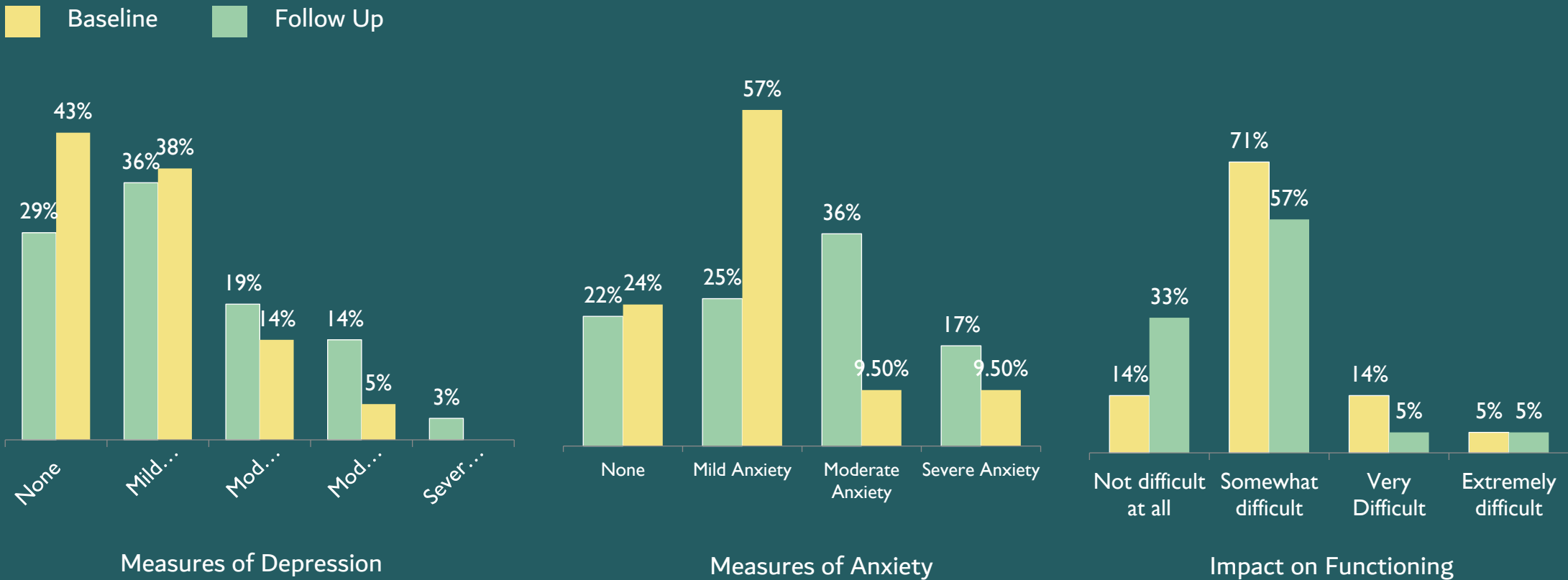


Ryma Hadi



Reve Romanos

# Impact of Interventions



TALKING SAVES LIVES  
الدكتور يتطاول العمر

# Sample Clients

## Universities

American University of Beirut  
Notre Dame University  
Lebanese American University  
Haigazian University

## NGOs

Legal Agenda  
Himaya  
Red Cross  
Rotaract

## Corporates

MUREX  
MSD Pharmaceuticals  
Touch  
Bank of Beirut  
Credit Bank



# Our Subject Matter Experts (SME's)



**Mia Atoui**  
Cofounder, President

Mia Atoui is a Clinical Psychologist and the Co-founder and President of Embrace. She has worked in the field of mental health in Lebanon for the past 10 years and is a published researcher. Active in addressing stigma and awareness around mental health in Lebanon and working in coordination with the Ministry of Public Health and multiple local and international organizations to lobby for equity of care in mental health, quality rights for persons with lived experience with mental illness and implementing projects across sectors with the aim of improving mental well-being of individuals and communities.

Mia has extensive experience in suicide prevention in Lebanon and has spearheaded Lebanon's National Emotional Support and Suicide Prevention and Helpline in Lebanon - Embrace LifeLine (1564). She is an active member in civil society and conducts trainings to local communities and organizations across Lebanon to build the capacities of first responders and health professionals in detection and prevention of mental illness, suicide, and psychological resilience and first aid among various vulnerable groups in the community.



**Pia Zeinoun, PhD**  
Cofounder, Vice President

Dr. Pia Zeinoun is an Assistant Professor of Psychology at the American University of Beirut's Department of Psychology. She is the co-founder of the Psychological Assessment Center at the AUB Medical Center, which she managed from 2013 to 2019. Clinically, Dr. Zeinoun specializes in the evaluation and treatment of children and adolescents with neurodevelopmental and acquired disorders that impact cognition, behavior and learning.

Her education includes graduate training at the Johns Hopkins/Kennedy Krieger Institute in Maryland, USA, and licensure as a clinical counselor in the state of Illinois. Dr. Zeinoun has a PhD in Psychology from Tilburg University in the Netherlands, while prior to that she had a Fulbright sojourn at Illinois State University, where she obtained a master's degree in Clinical & Counseling Psychology. She is a member of the Lebanese Psychological Association, American Psychological Association, International Test Commission, and serves as VP on the executive board of Embrace.

# Our SME's



**Ziad Nahas, MD**  
Cofounder

Dr. Nahas received his Medical Degree from Saint Joseph University in Lebanon. He then completed an internship in Psychiatry at L'Institut Paul Silvadon, a Lacanian day-hospital, and Hôpital Charles Foix, both in Paris France. He moved to Houston, Texas in 1993 as a resident in Psychiatry at Baylor College of Medicine. Dr. Nahas also attended the Houston-Galveston Psychoanalytic Institute's psychodynamic psychotherapy course.

Dr. Nahas later joined the Medical University of South Carolina (MUSC) in 1997 where he completed a research fellowship in Functional Neuroimaging and Psychopharmacology and a Master of Science in Clinical Research. He was a faculty member from 1999 to 2011 with a specific focus on research in mood disorders and brain stimulation. From Summer 2011 to Spring 2017, Dr. Nahas was the Chair of the Department of Psychiatry at the American University of Beirut Medical Center (AUBMC) where he helped develop the department's clinical, education and research portfolio.

In addition to his scientific and academic contributions, Dr. Nahas has been a strong advocate for the parity of mental health care coverage in Lebanon. He co-founded Embrace to fight the stigma associated with mental illness and provide financial support for patients who cannot afford the cost of their treatments. Embrace has launched the first Suicide Prevention Help Line in the Middle East.



**Hala Kerbage, MD**  
Board Member

Dr. Hala Kerbage, is an attending psychiatrist at Montpellier University Medical Center, an instructor at Montpellier University, School of Medicine, and an affiliate faculty member at Saint-Joseph University of Beirut. She is also pursuing a PhD on post traumatic experiences among youth and their families.

Dr. Kerbage's main research work revolves around mental health amidst social adversity and among high-risk groups. She is a vocal advocate for patients' rights and have participated in amending the Lebanese mental health draft law with Legal Agenda.

# Our SME's



**Omar Ghosn, MD**  
Board Member

Dr. Omar Ghosn has been part of Embrace since 2014, progressively as a volunteer, member, executive member and board member.

Dr. Ghosn completed his psychiatry residency at the American University of Beirut Medical Center (AUBMC) and completed fellowships in geriatric psychiatry and consultation liaison at the BHFT in Reading, United Kingdoms and at UCSD in California, United States.

His dream is to see mental health treatments advance and prosper in Lebanon and made accessible to all the Lebanese population equitably.

He is also very keen on promoting positive mental health initiatives on an individual and societal level.



**Michel Daher, MD**  
Board Member

Dr. Michel Daher is a psychiatrist with a subspecialty in mood disorders. He works as a clinical consultant at the American University of Beirut, Keserwan Medical Center and has a private clinic. Dr. Daher is a dedicated community psychiatrist. He serves as a clinical consultant in multiple NGOs and is a clinical supervisor at the National Emotional Support and Suicide Prevention Hotline in Lebanon - Embrace Lifeline (1564).

In addition to his clinical work, Dr. Daher holds a master's degree in Health Research and is a university instructor at the American University of Beirut and Haigazian University.

Dr. Daher takes part in the national effort to raise awareness on mental health and advocates for the rights of individuals to receive proper mental health care.

# Our SME's



**Yara Chamoun, MD**  
Psychiatrist

Dr. Yara Chamoun is a psychiatrist with a special interest for psychosomatic medicine, specifically chronic pain. She obtained her medical degree from Saint Joseph University in Lebanon, then completed her residency training in psychiatry in Beirut and Paris. She is an advocate for mental health, specifically on stigma issues and strongly believes that promoting awareness is the key to foster a state of mental health well-being and to achieve equality in access to care.



**Myriam Zarzour, MD**  
Psychiatrist

Dr. Myriam Zarzour is a psychiatrist, graduate from Saint Joseph University. She was trained in Lebanon and France and has a master's degree in Neuroscience from Bordeaux University.

She is keen on psychotherapeutic approaches including cognitive and behavioral therapy (CBT), and mindfulness techniques.

She has received a diploma in CBT from Paris Descartes University and has had advanced training in addiction psychiatry and reconsolidation therapy for psycho-trauma treatment. She has a special interest in community mental health and is passionate about being part of the mental health professionals aiming to make a change at the community level and build a sustainable mental health system in Lebanon.

She is currently a psychiatrist at a private practice and a consultant for Embrace and other NGOs.



**Marianne Eid, MD**  
Clinical Psychologist

Marianne Eid Bou Doumit is a clinical psychologist and a psychotherapist specialized in couple and family therapy. She works as a school counselor and has worked for more than ten years for local and international NGOs.

Marianne is a member of the Lebanese Psychological Association as well as a member of "Le Lien Systémique">

# Our SME's



**Ghena Ismail, PhD**  
Clinical Psychologist

Dr. Ghena Ismail is an Assistant Professor at the Psychology Department of the American University of Beirut. She is also a Clinical Associate at the Department of Psychiatry, Faculty of Medicine at the American University of Beirut where she serves as the Director of the Treatment and Outreach Program for Eating Disorders (TOP-ED). Dr. Ismail is registered with the College of Psychologists of Ontario as a Clinical and Forensic Psychologist. She completed her doctoral degree in Clinical Psychology at James Madison University in 2008 and worked in various clinical and forensic settings in North America before her return to Lebanon in 2014.

Dr. Ismail's clinical work includes trauma-focused interventions for patients with complex psychological needs, and grounds her work in mindfulness, acceptance-based modalities, and EMDR. She sees clients with a wide range of issues, including complex trauma, relational problems, eating disorders, depression, and anxiety. Her supervisory style focuses on helping her supervisees develop their self-awareness through encouraging them to notice their own emotions, responses, values and biases. She also focuses on teaching supervisees fundamentals of case conceptualization.



**Tima El Jamil, PhD**  
Clinical Psychologist

Dr. Tima El-Jamil is a New York licensed clinical psychologist and Clinical Associate Professor of Psychology at the American University of Beirut. She received her Ph.D. from St. John's University in New York in 2003. She subsequently worked at the Brookdale University Medical Center in Brooklyn, NY, before arriving to AUB in September 2005.

Dr. El-Jamil is currently the coordinator of the graduate program at the Department of Psychology at AUB and teaches undergraduate and graduate courses in Psychopathology, Clinical Interventions, and the Psychology of Trauma. She has a part-time private practice where she also supervises beginning psychologists. Dr. El-Jamil has been trained and supervised in cognitive behavioral therapy, dialectical behavioral therapy, family systems therapy and relational psychodynamic therapy, and uses an integrative approach to treating patients. She has authored and co-authored several chapters on western psychotherapy models with Arab Middle Eastern clients and on domestic violence in Lebanon and the Middle East.



**Myriam El Khoury, PhD**  
Clinical Psychologist

Dr. El Khoury-Malhame is an Assistant Professor of Psychology at the Department of Social Sciences at the Lebanese American University (LAU) and a Clinical Psychologist with expertise in Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive Behavioral Therapy (CBT). She has held a private practice, centered around trauma, depression and anxiety for six years. She has given multiple talks and trainings to promote daily implementation of quick, evidence-based stress management techniques (such as EFT, cardiac coherence, gratitude, mindfulness..) to rewire our brains positively.



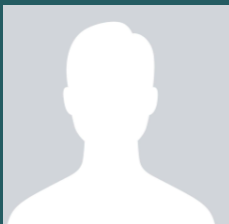
# Our SME's



**Zeina Zerbe**  
Clinical Psychologist

Zeina Zerbé is a clinical psychologist and a psychoanalytical psychotherapist. She is also a lecturer at the Saint-Joseph University of Beirut. She worked for ten years in Palestinian camps in Lebanon as a psychologist consultant and a psychotherapist for local and international NGOs. Thus, she has been invited to participate at the local and international levels in conferences, seminars and publications on the themes of trauma, war, refuge and identity issues.

Interested and intrigued by the nexus between political phenomena and their psychosocial repercussions, Zeina initiated in 2013, a personal research that explores the psychosocial and political triggers of the Lebanese civil war. Thus, she notably focuses on various episodes of the Lebanese civil war and the lived experiences of politicians and militias' ex-fighters. Through her work, she attempts to propose an understanding of unresolved traumas generated by cycles of violence, which, according to her, are partially but deeply related to the current psycho-social and political impairment. Broadly, the objective of her research is to contribute, through the psychoanalytical perspective and analysis, to the work on collective memory and the writing of history.



**Ara Kavlakian, PsyD**  
Clinical Psychologist

Dr. Ara Kavlakian is a Clinical Psychologist with a PhD in Clinical Psychology from the University of Nicosia, a Master's Degree in Clinical Psychology from Haigazian University, and a Bachelor's Degree in Psychology from the Lebanese American University. Throughout the years, Dr. Kavlakian has honed his technical and practical skills to become a well-rounded Clinical Psychologist and Mental Health Expert, with a significant amount of well diversified work experience from many local, international, and intergovernmental organizations. Dr. Kavlakian has an integrative approach centered in Cognitive Behavioral Therapy (CBT) and other short-term evidence-based practices, helping clients with a wide range of mental health concerns, work-related stress, and social and relational difficulties.

Areas of focus: Trauma and Stressor-Related Disorders



**Reve Romanos**  
Clinical Psychologist

Reve Romanos is a clinical psychologist who has been working in the field of mental health for several years. She currently works in a private practice, and has wide experience working in NGOs in the past several years including working with War Child Holland, Medecins Sans Frontières, Tahaddi, and several other organizations where she has supervised mental health staff.

Reve has clinical experience working with children, adults, and couples, and has psychotherapy training at EFAPO (Ecole Francaise d'Analyse Psycho-Organique), a DU in psychosomatization and psychoanalysis, and is currently pursuing her PhD at Geneva University. Her PhD studies the relationship between a mother and her child in the context of political violence.

Reve holds the position of clinical supervisor at Embrace Lifeline.

# Our SME's



**Zeina El Jordi**  
Board Member  
Psychiatric Nurse

Zeina El Jordi is an advanced practice nurse. She holds a BS degree in Nursing and a MS degree in psychiatry and mental health nursing from the American University of Beirut, with seven years of experience as a registered nurse at the Psychiatry Inpatient Unit at AUBMC. Zeina has been a full-time clinical instructor at the Lebanese American University for more than five years. She coordinates different didactic and clinical courses, namely courses related to psychiatry and mental health. Moreover, she is a Board Member and Awareness where she conducts awareness sessions throughout Lebanon on mental health and suicide



**Christine El Zein**  
Psychiatric Nurse  
Clinical Psychologist

Christine El Zein is a dedicated and passionate Clinical Psychologist speaking four languages, possessing a unique background combination of a MA in Clinical Psychology and Psychiatric nursing with a wide range of significant experience of over 9 years in the Mental Health sector, working with children, adolescents and adults suffering from different mental health problems of various severity.

Christine worked for several years at the Department of Psychiatry at AUBMC as an outpatient psychiatric nurse and then went on to continue her MA in Clinical Psychology. She has been assisting Embrace in outreach and awareness activities in the past few years and is passionate about continuing this mission to engage more of the Lebanese community in mental health awareness needed especially among the Armenian community. Christine also recently joined the Embrace Lifeline team as a fulltime clinical supervisor of Lebanon's National Hotline for Emotional Support and Suicide Prevention.



**Ryma Hadi**  
Clinical Psychologist

Ryma Hady is a passionate scholar-practitioner in the field of clinical psychology who divides her time between clinical practice, training and consulting, and scholarly writing and research. In her clinical practice, she delivers cognitive behavioral therapy (CBT) and other evidence-based treatments (particularly third wave approaches) to adult clients with a wide range of emotional, behavioral, and adjustment problems, such as anxiety, stress, depression, and relational problems. Ryma has been a part-time psychology instructor at the Lebanese American University since 2015. Her research interests include psychotherapy outcome research and cross-cultural psychotherapy.

Ryma received her psychology graduate studies from the American University in Beirut and has been in clinical practice since 2013. Her practice is supervised by the Oxford Cognitive Therapy Centre. Having worked with a variety of people who have different ethnic, religious, and sexual backgrounds and exhibit complex psychological presentations, she opts to use an integrative assessment, and through this she builds her understanding of the person and chooses the corresponding treatment plan.