

ESPERANCE JOUKAYEM

Beirut, Lebanon

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PROFESSIONAL SUMMARY

EDUCATION

UNIVERSITÉ SAINT-JOSEPH DE BEYROUTH

Masters in Clinical Psychology – Cognitive and Behavioral Therapy

BEIRUT, LEBANON
SEP. 2020 – PRESENT

LEBANESE AMERICAN UNIVERSITY

Bachelor of Arts and Science in Psychology

BEIRUT, LEBANON
JAN. 2016 – DEC. 2019

LYCÉE FRANÇAIS JACQUES PRÉVERT

French Scientific Baccalaureate

ACCRA, GHANA
SEPT. 1999 – JUN. 2014

PROFESSIONAL EXPERIENCE

ASSOCIATION JUSTICE ET MISÉRICORDE (AJEM)

Clinical Psychology Intern

- Participated in therapies where cognitive and behavioral therapy approach was implemented on the beneficiaries suffering from addiction and were previously imprisoned

BEIRUT, LEBANON
SEP. 2021 – NOV. 2021

BELLEVUE MEDICAL CENTER - PSYCHIATRIC DEPARTMENT

Clinical Psychology Intern

- Shadowed psychotherapists while engaging in clinical assessments and diagnosis
- Participated in psychotherapy sessions based on cognitive behavioral therapy and psychodynamic therapy

BEIRUT, LEBANON
APR. 2021 – JUN. 2021

LEBANESE AMERICAN UNIVERSITY

Graduate Research Assistant

- Assisted faculty members in research on psychology topics like the psychological impact of the Covid-19 pandemic on mental health and gratitude

BEIRUT, LEBANON
JAN. 2020 – APR. 2020

MOSAIC MENA

Social Worker Intern

- Non-Governmental Organization to improve the health and wellness of marginalized groups in Lebanon and beyond. Fighting against human rights violation specially against LGBTIQ+ rights violations.

BEIRUT, LEBANON
AUG. 2019 – DEC. 2019

SUMMARY SKILLS

- LANGUAGES:** French (Native), English (Native), Arabic (Fluent), Spanish (Intermediate)
- Skills:** Communication, IBM SPSS, Solid Work Ethics, Management, Teamwork, Quick Adaptation to New Work Environment

PROJECTS

- THE INFLUENCE OF GRATITUDE ON THE QUALITY OF SLEEP, AND ANXIETY LEVELS AMONG LEBANESE NIGHT-SHIFT PARAMEDICS AND THE CORRELATION BETWEEN SLEEP QUALITY AND ANXIETY LEVELS:** Undergraduate study aiming to acquire knowledge on the effects of implying a gratitude routine once per day on psychological factors such as anxiety and depression levels.
- THE PSYCHOLOGICAL IMPACT OF COVID-19:** Researchers at the Lebanese American University are completing this project to better understand the evolution of the psychological impact of the COVID-19 outbreak and the subsequent lockdown, at the beginning, with a follow-up study almost 1 year since the beginning of the pandemic

CERTIFICATIONS

NGH CERTIFIED CLINICAL HYPNOTHERAPIST

- A certification from the National Guild of Hypnosis in the US to practice hypnotherapy in a clinical setting for therapeutic purposes

JUN. 2021 – NO EXPIRY DATE

MENTAL HEALTH IN SPORTS PSYCHOLOGY

- The program provides the ability to understand the full spectrum of depression and anxiety, with basic screening and interventions to give clients essential motivation. Associating therapeutic techniques with different types of workouts has proven to show long term changes with people trying to adopt a healthier lifestyle.

FEB. 2021 - NO EXPIRY DATE

VOLUNTEERING

LEBANESE RED CROSS

Emergency Medical Technician EMT-B

- Responded to medical emergencies in the Kesrouan area

BEIRUT, LEBANON
JUN. 2015 – MAR. 2018

FRENCH RED CROSS

Social Work Volunteer

- Social Work and psychological support for young and adult homeless population

MONTPELLIER, FRANCE
SEP. 2014 – JUN. 2015