

Fatimah El-Mosawe

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Passionate about empowering vulnerable populations and fostering resilience through the power of psychology. Seeking a dynamic role with an NGO to make a tangible impact on mental health awareness and access to effective psychosocial interventions.

EXPERIENCE

Community Outreach Worker

Sep 2024- Present

Medecins du Monde

- Conduct outreach sessions to engage with vulnerable individuals, including refugees, internally displaced persons (IDPs), and marginalized communities.
- Deliver informative sessions and workshops on health, hygiene, and prevention of infectious diseases.
- Raise awareness about gender-based violence and promote prevention strategies through community outreach and educational campaigns.
- Build strong rapport with community leaders and key stakeholders to facilitate access to essential services.
- Provide psychosocial support to individuals in need, including referrals to specialized services.
- Collect and analyze data to inform program planning and evaluation.

Psychosocial Support Facilitator

Sep 2024- Dec 2024

Key of Life

- Facilitate group sessions for IDPs, focusing on coping strategies, stress management, and social support.
- Utilize group dynamics to foster a supportive environment and encourage peer support.
- Monitor group participation and addressed individual needs within the group setting.
- Implement evidence-based psychosocial interventions to promote mental health and well-being.
- Collaborate with other team members to provide comprehensive support services to the IDPs.
- Maintaine accurate and confidential records..

Nursery Teacher

Apr 2022- Jun 2022

Little Ones

- Create a safe and stimulating classroom environment that fosters emotional security and social development in young children.
- Develop positive relationships with each child, celebrating their individual personalities and needs.
- Employ conflict resolution strategies to help children manage emotions and develop social skills.
- Design and implement lessons that promote social-emotional learning, including recognizing emotions, building empathy, and managing frustration.
- Observe and document children's social and emotional development, identifying potential areas for support and collaborating with parents.

Emotional & Psychological Support

Be Brave Beirut

2021

Remotely

- Conduct confidential individual sessions via phone or video conferencing for beneficiaries seeking mental health services.
- Utilize active listening and therapeutic techniques to create a safe and supportive environment for emotional exploration.
- Monitore client progress and made referrals to appropriate mental health professionals when needed.

Psychosocial Support

Nehna Haddak

Aug 2020

- Conduct psychological first aid assessments to identify mental health needs and provide immediate support.
- Develop and implement coping mechanisms for individuals and communities to manage stress and emotional distress.
- Provide psychoeducation workshops to raise awareness of mental health issues and promote help-seeking behaviors.