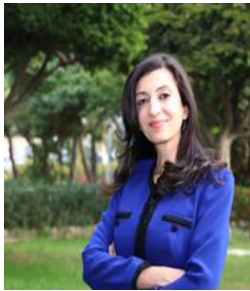


## PERSONAL INFORMATION

**Helga Omar Alaeddine**

📍 Omar Alaeddine Building, Main Street, Katermaya, El Chouf, Mount Lebanon – Lebanon.

☎ 00961 – 07 971170 📠 00961 – 03 829381

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[helga.alaeddine@gmail.com](mailto:helga.alaeddine@gmail.com)

Nationality Lebanese

Date of birth 30 June 1980

Sex Female

## WORK EXPERIENCE

(From September 2023 - to present)

**Assistant Dean**

Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

**Assistant Professor**

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

P.O.Box 11 - 50 - 20 Riad El Solh 11072809 - Beirut, Lebanon. [www.bau.edu.lb](http://www.bau.edu.lb)

▪ Teaching

Educational

(From February 2017 - to present)

**Lecturer**

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

P.O.Box 11 - 50 - 20 Riad El Solh 11072809 - Beirut, Lebanon. [www.bau.edu.lb](http://www.bau.edu.lb)

▪ Teaching

Educational

(From September 2016 - to January 2017)

**Teaching Assistant**

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

P.O.Box 11 - 50 - 20 Riad El Solh 11072809 - Beirut, Lebanon. [www.bau.edu.lb](http://www.bau.edu.lb)

▪ Teaching

Educational

(From February 2011 - to June 2015)

**School Psychologist**

Houssam Eddine Hariri High School (HHHS).

Houssam Eddine Hariri High School .Tel: 009617739898 – 00961 7 755990

Fax: 009617739797 - P.O.Box: 67- Saida, Lebanon. [www.mak-hhhs.edu.lb](http://www.mak-hhhs.edu.lb)

▪ Counseling and Psychological services

Educational and Psychological

(From September 2009 - to June 2015)

EDUCATION AND TRAINING

- (2013 – 2016) **PhD in Psychology**  
 Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.  
 ▪ Thesis title: “Hardiness and its relation with Distress Tolerance and the Basic Personality Dimensions in a sample of Lebanese Adolescents”.
- (2011 – 2012) **Specialized Diploma In Woman Studies**  
 Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.  
 ▪ Thesis title: “Plastic Surgery and its relation with some psychological variables among women”.
- (2004 – 2008) **Masters in Psychology**  
 Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.  
 ▪ Thesis title: “Psychosomatic Disorders among a Sample of Lebanese University Students”.
- (2002 – 2003) **Diploma in General Psychology**  
 Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.
- (1998 – 2002) **Bachelor Degree in Psychology**  
 Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.

PERSONAL SKILLS

Mother tongue(s) Arabic

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
French	Proficient user	Proficient user	Proficient user	Proficient user	Proficient user
English	Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

- Communication and social skills**

  - Listening – Verbal expression – Summarizing and paraphrasing – Empathy – Respect – Building rapport – Acknowledgment –Self-awareness.
- Organisational skills**

  - Time management – Organization – Collaboration – Communication – Planning –Teamwork.
  - Mental organizational skills: Analysing - Attention to details - Critical thinking – Documenting.
- Job-related skills**

  - Privacy – Confidentiality – Problem solving – Conflict resolution – Decision-making – Research – communication – Digital and technical skills.

## ADDITIONAL INFORMATION

### Publications (Journals)

- Expanding Child-Friendly Spaces for the Community' Well-being. LAMBERT Academic Publishing. ISBN 978-620-6-76746-6. (Under Press).
- Psychology and Human Rights: An Integrative Approach. JiL Journal of Human Rights. Volume 44, August 2023.
- هللكا عمر علاء الدين. (2022). الأمل وعلاقته بتقدير الذات لدى عينة من الطلاب الجامعيين اللبنانيين. Umm Al-Qura University Journal of Educational & Psychological Sciences, 14 (1).
- Farhat, B. I., & Alaeddine, H. O. (2023). Improving assessment criteria of universal design: Towards an equitable approach. MSA Engineering Journal, 2(3), 132-167.
- Farhat, B. I., & Alaeddine, H. O. (2023). Redefining contemporary housing spaces through architectural transformation. MSA Engineering Journal, 2(1), 6-37.
- El-Nayal, M., & Alaeddine, H. (2020). MENTAL HEALTH AMONG UNIVERSITY STUDENTS. BAU Journal-Society, Culture and Human Behavior, 1(2), 10.
- Post Traumatic Stress Disorder and its relation with some variables. Beirut Port Blast August 4th 2020: A field study among a sample of the residents of the affected areas of Beirut. JiL Journal of Human & Social Sciences. Volume 68, October 2020.
- Development of Hardiness Questionnaire – A Psychometric Study on High School Students in Lebanon. BAU Journal: Health & Well-Being. Issue no.1, Volume 1, 2018.

### Conferences

- Farahat, B. I., & Alaeddine, H. O. (2020). Towards Improving the Quality of Workspaces for a Better Human Performance in Lebanon. In Proceeding of the International Conference on Architecture and Civil Engineering (Vol 1, No. 1, pp. 84-102).
- "The level of marital adjustment among a sample from the Lebanese society". Middle East conference on contemporary scientific studies – IV. Institute of Economic and Social Researches. November 1-3, 2020.
- "Quality of life and Well-being among Palestinians and Syrians refugees in Lebanon". The first International conference on Urban Health & Well-being, 23-25 October 2018. Faculty of Architecture - Beirut Arab University, Lebanon.

### Projects

- "Dealing with The Past Memories of Enforced Disappeared Persons". Organized by OHCHR and Human Rights Center at Beirut Arab University.
- "الأمن النفسي لدى عينة من أهالي اللبنانيين المفقودين والمخفيين قسراً". إشراف بحث مقدم من الطالبة دلال كبي ضمن مشروع التعامل مع الذكريات الماضية للمفقودين والمخفيين قسراً. مركز حقوق الإنسان في جامعة بيروت العربية بالإشتراك مع مكتب مفوضية الأمم المتحدة السامية لحقوق الإنسان. (٢٠٢١).
- Universal Design for Learning (UDL) in Higher Education. Organized by the Education Development Center (EDC) and USAID. Holy Spirit University of Kaslik (USEK). (September 19-20, 2023).
- "Capacity building for curricula modernization of Syrian and Lebanese HEIs and lifelong learning provision: towards sustainable NGOs management and operation with special focus on refugees". The final conference held at Beirut Arab University (Coordinating institution). (July 12, 2023).
- The virtual roundtable on Enforced Disappearance in Lebanon and Activating the Work of the National Commission for the Missing and Forcibly Disappeared in Lebanon. Organized by the Regional Office of the High Commissioner for Human Rights for the Middle East and North Africa. (May 31 2021).

Seminars, Webinars  
and  
Workshops

- The Empowering workshop. The role of youth in promoting social cohesion during the pandemic. Organized by the Human Rights center, BAU. (May 12, 2021).
- Conference Beirut Urban Declaration: For the reconstructions of the neighbourhoods hit by the 4<sup>th</sup> of August explosion. Order of Engineers and Architects. (April 10-11, 2021).
- The Covid-19 pandemic on the Lebanese setting: The implication on health & Well- being. Organized by the research committee of the faculty of Health Sciences, Beirut Arab University. (January 27, 2021).
- Webinar about Architectural Heritage and Historical buildings of Beirut. Center for Lebanese Heritage – LAU. (August 2020).
- Webinar about Mental health and Covid 19. Best Assistance. (June 2020).
- Advanced workshops in E-learning “Moodle Program”. Beirut Arab University. (February 2020).
- First Lebanese Conference on Positive Psychology: The science behind Happiness – AUB. (March 2019).
- How to improve life of people through Architecture: The Italian Architect Franco Audrito – Order of Engineers and Architects, Beirut. (February 2019).
- International Conference: Health and Illness. A Psychological Perspective. Faculty of Human Sciences - BAU. (March 2018).
- “Teaching threshold concepts and recognizing cognitive overload: Evaluating academic practice on our taught programmes” – Organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University. (November 2018).
- “Critical Thinking”– Organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University - (October 2017).
- “Teaching & Learning: Curriculum Design, Assessment & Feedback” – Organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University. (January 2017).
- International Conference: The Positive aspects of Life. Faculty of Arts - Beirut Arab University. (March 2015).
- New Horizons workshop: Woman and gender. USAID. (March 2015).
- “The Enhancement of Staff-members’ Teaching Skills” – Series of four training workshops offered by the Faculty of Arts, Beirut Arab University. (October 2015).
- FIBAA Seminar for University Accreditation – BAU. (February, 2015).
- “The Enhancement of Staff-members’ Teaching Skills” – Series of seven training workshops offered by the Faculty of Arts, Beirut Arab University. (November 2014).
- "Seminars in career counseling – LAU: British Council in Lebanon. (January 2014).
- Series of educational workshops: Université Saint Joseph – Beirut. (May 2014).
- Seminars in counseling and education: Broummana HS – Metn, Mount Lebanon. (April 2014).
- “The Enhancement of Staff-members’ Teaching Skills – Series of six training workshops offered by the Faculty of Arts, Beirut Arab University. (March 2014).

- Supervision of theses
- Pathological Anxiety and its Relationship to Psychological Alienation in a Sample of Adolescents – Clinical Master’s Thesis done by “Soumayah Al Khalifa”, (April 2023).
  - Loneliness as a Predictor of Psychological Pain Among Samples of Drug and Alcohol Addicts in Addiction Centers in Lebanon – Clinical Master’s Thesis done by “Lara Mehio”, (August 2023).

Review of Research	Love of life model: Role of positive and negative traits among Egyptian students during COVID-19 pandemic. <i>Mankind Quarterly</i> , a journal of anthropology and behavioral science. (April, 2023)
Honours and awards	Jamal Abdul Nasser Award for Academic Excellence (Class of 2002).
Memberships	<ul style="list-style-type: none"> <li>▪ Beirut Arab University:             <ul style="list-style-type: none"> <li>Financial Aids committee – BAU</li> <li>Accreditation committee – Faculty of Human Sciences</li> <li>Advisory committee – Faculty of Human Sciences</li> <li>Quality Assurance committee – Faculty of Human Sciences</li> <li>Libraries committee – Faculty of Human Sciences</li> <li>Students activities - Faculty of Human Sciences</li> </ul> </li> <li>▪ Open Doors – BAU</li> <li>▪ Judge at Mobarat Al Ouloum. National Association for Science and Research.</li> <li>▪ Writer of psychological articles at Business echoes and Arab echoes websites.</li> <li>▪ TV interviews</li> <li>▪ Podcasts on Sky News : نفسيتي – سؤال حر</li> </ul>
Activities	
Academic Courses	<p>Psychology of Management          Psychology of Woman          Environmental Psychology          Psychology of Adolescence          Child Psychology          Family Psychology          Educational Psychology          Physiological Psychology          Biological Psychology          Social Psychology          Group Dynamics          Mental Abilities          Sensation and Perception          Geriatric Psychology          Personality          Methods of Research in Psychology          Counseling and Psychotherapy          Graduation Project in Psychology          Rehabilitation Psychology          Positive Psychology          Introduction to Psychology          Health Psychology          Environmental Psychology (Faculty of Architecture - Design &amp; Built Environment)          Behavioural Sciences (Faculty of Dentistry)          Mental Health and Illness among life span (Faculty of Health Sciences)          Psychology of Adolescence – Teaching Diploma          Seminar in Education – Teaching Diploma</p>

