



Personal Information

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Academic qualifications

Degree	Major	GPA	Grade	Language of Instruction	University Name	Graduation Date
PhD	Psychological Counseling	93%	Excellent	Arabic	Yarmouk University	September 2023
Master	Psychological Counseling	91%	Excellent	Arabic	Yarmouk University	September 2019
Bachelor	Psychological Counseling	88%	Excellent	Arabic	Yarmouk University	September 2017

Master's Thesis Title

“The Effectiveness of Therapeutic Storytelling in Reducing Binge Eating Disorder and Impulsivity among a Sample of Female Adolescents.”

Ph.D. Dissertation Title

“Experiential avoidance as a mediator between non-attachment to self, intolerance of uncertainty, and symptoms of depression among depressed subjects”



Licenses & Professional Authorizations

Licensed Psychotherapist

Issued by: Ministry of Health, Jordan

Rank: **Specialist** / PhD

This license authorizes independent professional practice in applied counseling psychology, including clinical psychology, educational psychology, child psychology, family and couples counseling, and related disciplines.

Additional Authorizations:

- Licensed to establish and manage independent mental health projects.
- Authorized to open and operate therapeutic clinics and mental health centers.
- Certified to train and supervise practitioners (Bachelor's level) and professionals (Master's level) in the mental health field.
- Licensed to provide remote and online psychotherapy and counseling services.

Professional Experience

1 .Psychologist

- Unmind.
- Arab Therapy.
- Jan 2025 – June.
- London Area, United Kingdom · Remote
- As a licensed psychotherapist collaborating with Unmind, I provide mental health support to employees across diverse industries. Through one-on-one therapy sessions, I help individuals navigate stress, anxiety, and work-life challenges while promoting emotional resilience and well-being. I am also available to offer full psychotherapy services when clinically appropriate, ensuring continuity of care tailored to everyone's needs.

2 .Licensed Psychotherapist

- Remote and In-Person Practice with a Multidisciplinary Team
- 2021 – Present
- Collaborated with psychiatrists and other specialists in providing therapeutic treatment for various psychological conditions.



3 .Program Developer – Refugee Psychological and Social Support

- Center for Refugee Studies – Yarmouk University
- 2019 – 2024
- Developed counseling programs for refugees addressing mental health, family support, and empowerment.

4 .School Counselor

- Zainab Um Al-Mo'mineen Educational School
- 2020 – 2021
- Provided counseling and psychological support for students and families.

5 .Research Peer Reviewer

- Qeios Journal
- 2023 – Present

Research and Publications

Published Research

Research Title	My Order	Authors	Publisher	Year of Publication	Pdf
The Effectiveness of Therapeutic Storytelling in Reducing Binge Eating Disorder and Impulsivity among a Sample of Female Adolescents	2	Ahmad Al-Shraifin\ Nour Bahr	Jordan Journal of Educational Sciences https://jjes.yu.edu.jo/index.php/jjes/index	2020	https://jjes.yu.edu.jo/index.php/jjes/article/view/1065
The Effectiveness of a Training Program Based on psychosocial support to Improve psychological empowerment Level among Refugees in Jordan	2	Nader S. AL-Refai\ Nour Bahr\ Amna F. Migdady\ Eman I. AL-Mifleh\ Amani Shatnawi\ Anas AlSobeh	International Journal of Psychological and Educational Research https://ijoper.com/index.php/ijoper	2022	https://ijoper.com/index.php/ijoper/article/view/33
Relationship between time management and burnout among staff nurse working at governmental hospitals in Arar city in Saudi Arabia	4	Anwar A. ALdhmashi\ Suheir N. Al-rawash\ Muayyad M. Migdadi\ Nour Bahr	International Journal of Psychological and Educational Research https://ijoper.com/index.php/ijoper	2022	https://ijoper.com/index.php/ijoper/article/view/28/12
Experiential avoidance as a mediator between non-attachment to self, intolerance of uncertainty, and symptoms of depression among depressed subjects	1	Nour Bahr \ Ahmad Al-Shraifin	International Journal of Psychological and Educational Research https://ijoper.com/index.php/ijoper	2023	https://ijoper.com/index.php/ijoper/article/view/117/61



The Effectiveness of a Training Program Based on psychosocial support to Improve Legal empowerment Level among Refugees in Jordan	2	Ahmad Al-Shraifin\ Nour Bahr\ Amani Shatnawi\ Anas AlSobeh	UJ Dirasat Journals http://dirasat.ju.edu.jo/	2024	https://dsr.ju.edu.jo/djournals/index.php/Hum/article/view/1074
The effectiveness of a counseling program based on psychosocial support to raise the level of economic empowerment among refugees	5	Ahmad Al-Shraifin\ Rand B. Arabiat\ Amani Shatnawi\ Anas AlSobeh\ Nour Bahr	Current Psychology – SpringerLink https://link.springer.com/journal/12144	2024	https://link.springer.com/article/10.1007/s12144-023-04405-7
Comparing Experiential Avoidance in Depressed and Non-Depressed Individuals: A Descriptive Study	1	Nour Bahr	International Journal of Psychological and Educational Research https://ijoper.com/index.php/ijoper	2024	https://ijoper.com/index.php/ijoper/article/view/142/94
Experiential avoidance as a mediator between non-attachment to self and symptoms of depression	1	Nour Bahr \ Ahmad Al-Shraifin	Jordanian Educational Journal (The Jordanian Association for Educational Sciences) https://jaesjo.com/index.php/index/index	2025	https://www.jaesjo.com/index.php/jaes/article/view/1411/1176
Conversational Artificial Intelligence and Maladaptive Cognitive Processes: A Narrative Review	1	Nour Bahr	International Journal of Psychological and Educational Research https://ijoper.com/index.php/ijoper	2026	

Authored Book

“Therapeutic Storytelling in Psychological Counseling”
Alaan Publishers, 2021

International Projects & Program Development

- Early Intervention: Designing Compensatory Programs for Syrian Students with Learning Difficulties**
Center for Refugee, Displaced Persons and Forced Migration Studies – Yarmouk University (Jordan), in partnership with the International Islamic Charitable Organization (Kuwait), Islamic Development Bank, Islamic Solidarity Fund, and Human Excellence Society
2022–2024
 Commissioned by the Center, I developed 13 early intervention programs targeting learning difficulties and associated psychological and developmental challenges among Syrian children and adolescents. The programs addressed cognitive, emotional, behavioral, social, and familial domains, and were tailored to two age groups (under 12 / over 12). Responsibilities included designing diagnostic tools, creating therapeutic



content, and reviewing inclusive education models from participating countries for cultural and developmental relevance.

- **Psychosocial Support for Refugees**

Center for Refugee, Displaced Persons and Forced Migration Studies – Yarmouk University, in partnership with GIZ (German Agency for International Cooperation)

2019–2021

Commissioned by the Center, I developed develop psychosocial support content for key components of the project, including psychological empowerment, social empowerment, economic empowerment, legal empowerment, and health empowerment. Focused on designing culturally appropriate intervention strategies that promote resilience and well-being among refugee populations across multiple life domains.

Personal Vision and Philosophy

Teaching Philosophy:

I believe in creating an inclusive and dynamic classroom that encourages self-reflection, critical thinking, and practical application of counseling theories. I follow a student-centered approach that adapts to different learning needs, and I try to keep students actively involved through case studies, role-plays, group discussions, and modern learning tools. My goal is to support lifelong learning in ways that are relevant to today's world.

Personal Vision:

As a psychotherapist and academic, my vision is to help develop the field of counseling and psychotherapy through innovative research and teaching that is based on empathy, support, and encouragement. I aim to train future counselors and therapists by focusing on solid, practical foundations in evidence-based practices, while creating a safe learning environment that values ethical practice and supports both personal and professional growth.

Professional Philosophy:

In my therapeutic work, I follow what I call a “core-based and complementary selection” approach. This means I choose the therapeutic approach that best fits the person's main problem, and when needed, I integrate techniques from other approaches if they don't conflict with the main one. This allows me to respond flexibly and effectively to the different needs my clients may have.



Key Areas of Expertise

- Psychological Disorders: Diagnosis and Treatment
- Refugee Mental Health and Forced Migration Issues
- Learning Disabilities: Support and Counseling for Individuals and Families
- Crisis Management for Children and Adolescents
- Professional Ethics in Psychological Counseling
- Working with Hard-to-Diagnose Cases, including children with unclear symptoms and individuals resistant to communication or treatment
- Application of evidence-based therapeutic approaches (CBT, DBT, play therapy, trauma-informed care, and therapeutic storytelling)
- Use of diagnostic and psychometric tools (e.g., WISC, Vineland, CBCL, projective tests)
- Program development and evaluation for clinical and community mental health settings
- Training and supervision of practitioners in applied psychological services.

Skills

Academic and Professional

- Designing and Developing Advanced Psychological Treatment Programs
- Training and Supervising Psychological Specialists
- Creating and Implementing Academic Counseling Plans

Technical and Technological

- Proficient in Zoom, Microsoft Teams, and Moodle
- Research Tools: Mendeley, LaTeX
- Microsoft Office: Word, Excel, PowerPoint
- Digital Education Tools: ClassPoint

Certifications and Training

- First Aid in Psychological Support
- TOT: Training of Trainers
- ICDL: International Computer Driving License
- Advanced Therapeutic Skills
- Child Protection for At-Risk Groups
- Cybercrime Protection



جامعة إربد الأهلية
Irbid National University

عمادة الاعتماد والتطوير وضمان الجودة
Accreditation and Quality Assurance Deanship

References

1. **Prof. Ahmad Al-Shraifin**

- Dean of Student Affairs, Professor of Psychological Counseling, Yarmouk University
- Email: al_shreffin@yahoo.com | Phone: +962 777748217

2. **Prof. Asma Badri Ibrahim**

- Professor of Psychological Counseling, Al-Bayt University
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3. **Dr. Amin Adnan Ababneh**

- Specialist in Psychiatry and Addiction | Jordanian Board
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4. **Dr. Joman Bassem Al-fuqara**

- Specialist in Psychiatry and Addiction | Jordanian Board
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