



UAEU CLINICAL PSYCHOLOGY MAGAZINE

PSYCH WIRED

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EDITOR'S LETTER

It is with immense pleasure and pride that we extend a warm welcome to each one of you to the second issue of our Clinical Psychology magazine, PsychWired, at UAE University. This publication stands as a testament to the vibrant and insightful community we have fostered within the realms of clinical psychology.

In this issue, we delve into an array of compelling topics that are at the forefront of psychological discourse. Our exploration of psychological stigma opens a window into the often unspoken biases and challenges that continue to shape the experiences of many individuals. We confront these stigmas head-on, aiming to foster a more inclusive and understanding environment within our community and beyond.

Moreover, we delve into the complex world of self-esteem, unraveling its intricacies and the pivotal role it plays in our daily lives. This exploration is not just theoretical but is accompanied by practical advice and insights that can empower our readers to nurture their self-worth and mental well-being. Additionally, we have dedicated a significant portion of this issue to shed light on the educational and psychological services available in our country. This comprehensive overview is not only informative but also serves as a valuable resource for those seeking support and guidance in these areas.

We owe a debt of gratitude to our dedicated writers, whose outstanding contributions have made this issue not only possible but a resounding success. Your insightful articles, thorough research, and engaging writing have enriched our magazine, making it a beacon of knowledge and a source of inspiration for our readers.

Looking forward, we eagerly anticipate more contributions for our upcoming issues. We encourage you to share your unique perspectives, research findings, and experiences in the field of clinical psychology. Your voices are the lifeblood of PsychWired, and we are committed to providing a platform where they can be heard and appreciated.

As we navigate these challenging times, we hope that our magazine serves as a source of comfort, enlightenment, and positivity for all our readers. We believe in the power of psychology to not only understand the human mind but also to bring about tangible changes in our lives and communities.

Stay well, stay informed, and most importantly, stay positive!

Dr. Zahir Vally

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**MEET
THE TEAM**

Goodbye Note

Dear Students,

UAEU was my second home for over 32 years, I love teaching, and love interacting with students. However, I decided to retire and focus on my family and personal life. I thank you all for giving me the opportunity to learn from you. Every semester, I learn something new from my students. I learned how to be a better teacher, scientist, assessor, and listener. Every day, I was humbled by smart students who challenged my thoughts, knowledge, and motivated me to be a better person. It was a wonderful and amazing journey, I have you all to thank for this.

It was a true honor teaching and serving you all. Be well, and flourish, you are the best of the best.

Best regards,

Dr. Fadwa Al Mughairbi



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**TAKE A
BREAK**

FEATURES

MEET THE CLINICAL PSYCHOLOGY DEPARTMENT FACULTY

The Masters of Science in Clinical Psychology Program in UAEU aims to teach its students how to become qualified clinicians and mental health professionals to serve the community. The program offers courses that enable students to practice in a variety of settings including, schools, public agencies, hospitals, and private practice. Since the "Thesis Dissertation" is optional, the program tends to attract all students whether they have an interest in research or not. The program also offers students with a path in pursuing doctoral studies if they wish to do so. Students are required to complete 39 credit hours of study, including two internship courses (600 clock hours) of supervised practicum experience in an approved mental health or rehabilitation setting. UAEU is proud to be the first and only university offering this program in the UAE!

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FEATURES

Prof. Abdalla Hamid

- Stress/PTSD/Secondary Traumatic Stress Burnout, Job Satisfaction Personality, Performance, and Coping
- Depressive, Anxiety Disorder, OCD; Cognitive Behavioral Therapy for Depression, Anxiety
- Eating Disorders, Body Image, Psychology and Chronic Illness
- Psychoeducation, Mindfulness
- Psychological Assessment; Neurocognitive Assessment; Irrational Beliefs

Prof. Maria Campo-Redondo

- Psychodynamic, intersubjective-relational individual and family psychotherapy
- Emotional trauma, psychological abuse and neglect

Dr. Zahir Vally

- Technology and Behavioural Addictions: Cross-sectional and experimental designs
- Mental Health Stigma, Acceptance and Commitment Therapy
- Body image and body dissatisfaction
- Developing psychometrically-sound assessment measures that have been thoughtfully translated into Arabic

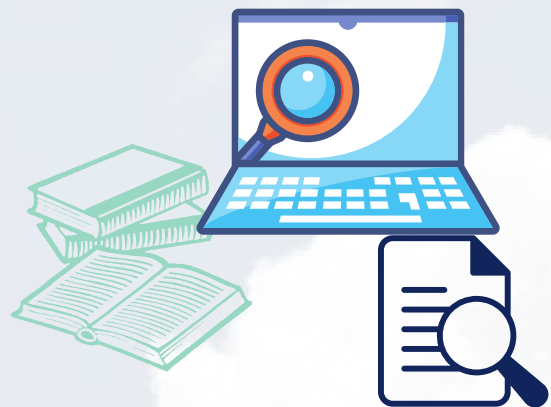
Dr. Salma Daiban

- Psychological and educational assessment
- Instrument development, adapting, validation, differential item functioning
- The relationship between learning and assessment
- Assessment and measurements related to anxiety, stress, self-assertive, vocational interests, dyslexia, and child maltreatment

Dr. Aram Hasan

- Trauma-related approaches and intervention
- Diagnostic of PTSD
- Culturally Oriented Treatment
- CoBEP and EMDR

FACULTY RESEARCH INTERESTS



FEATURES

THE INTERNSHIP OFFICE

Since the Master of Clinical Psychology program in UAEU requires 600 hours of training, UAEU has provided its students with an excellent internship office. The primary role of the internship office is to secure internship placements all over the UAE for students according to their interests and needs. The office also works on improving the department's connections with several centers and have made collaborations with several important centers like Kids Heart (Al Ain & Abu Dhabi branches), Tawam Hospital, Al Ain Hospital, Al Amal Hospital, LifeWorks Clinic, Lighthouse Arabia Clinic, American Center for Psychiatry and Neurology, and many more! Moreover, the office works on getting speakers from different interests to ensure that their students are always getting the exposure they need.

If you have any inquiries related to the internship or the program in general, feel free to call and ask!



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FEATURES

R.E.S.T

Revive life, Survive Trauma

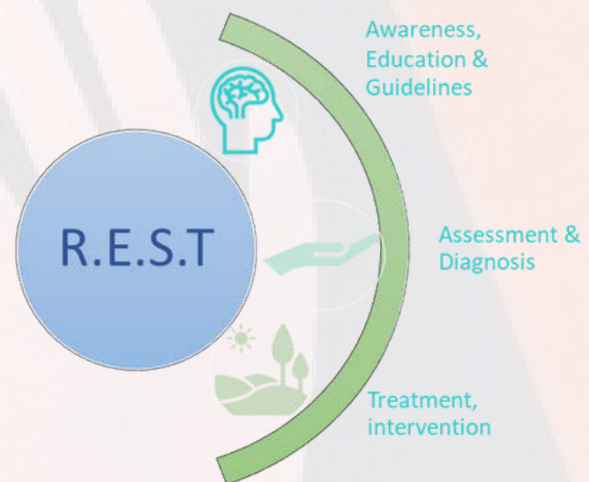
Trauma- and Stressor-Related Disorders Psychological Treatment and Resources

Forming PTSD Trauma Clinical Service and Research REST (revive life, survive trauma) service is the Child and Adolescent Trauma Treatment and resource team at Aljalila Children's Hospital. (R.E.S.T) team is a multidisciplinary team that aim to support and provide services for children, adolescent and their parents who suffer from Post-Traumatic Stress Disorder & related disorders. The PTSD service is unique and the one of its kind in the region.

The mission of R.E.S.T is to facilitate child and family recovery from psychological trauma through service delivery, and to increase the capacity of the mental health community to provide services that are empirically based and culturally relevant.

The R.E.S.T service provides trauma assessments and interventions appropriate for youth ages 3-18, including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), EMDR, Non-Directive Play Therapy (NDPT) and supportive medical intervention as indicated.

It is important to establish and create a trauma-informed society where individuals and families have the supports necessary to thrive. And validated and support those who experience traumatic events. Therefore, awareness campaigns are important. There is absence of prevalence and statics of PTSD among adults and children in the UAE or published papers (ministry of health, published work report 2019). It is essential part of assessment and diagnosis to be



able to screen for PTSD. Following international guidelines and treatment methods, identifying outcomes is essential. With the lack of valid and reliable tool in Arabic these above steps becomes hard to achieve. This is a limitation for clinical and research use. And this has significant impact on the treatment of such important group of mental health patient among children and adolescent.

R.E.S.T is also running a unique and first of its type of research. The R.E.S.T team translated the Child and Adolescent Trauma Screening (CATS) 7 – 17 parent version into Arabic. This research study is testing the reliability of the Arabic version of CATS (parents report version). Having a valid Arabic tool that serves to screen traumatic symptoms will add valuable data for clinical use and research (prevalence and statistics of PTSD) in the UAE and the Arabian Gulf region.

To date, there are no research studies that translated and validated the CATS into Gulf Arabic. The Gulf countries are known for their unique and shared dialects and culture. Translating and validating the CATS into Gulf Arabic will establish and support the screening, diagnosing, and treatment of children and adolescents with PTSD.

Currently its being adapted and validated in the UAE and Gulf Region. This was completed following procedures recommended by the World Health Organization (WHO) (WHO 2018). And the Quality of Life Special Interest Group (QoL-SIG) – Translation and Cultural Adaptation Group (TCA), (Wild, et al. 2005)

Although many children in the region speak English as a second language. Their parents may not do the same. There is a need to integrate parents' feedback and report of symptoms when dealing with children and adolescents. This study is the first step towards enabling the Gulf region to screen for PTSD in Arabic, and offer comprehensive treatment programs, as well as test and evaluate treatment outcomes. Its involving clinician in Saudi Arabia and the UAE.

Contact information & resources:

- R.E.S.T Service Team email: trauma@ajch.ae

Weblink: <https://www.aljalilachildrens.ae/centers-services/post-traumatic-stress-disorder>

- Dr. Sarah Almarzooqi, DCLinPsy

Clinical Psychologist

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R.E.S.T Team, Trauma Team Lead

FEATURES

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FEATURES

Dr. Sarah Almarzooqi

Dr. Almarzooqi is a UK trained, Emirati Clinical Psychologist. She has been working in the field of mental health for more than 15 years.

Current position

Clinical Psychologist

Trauma Team Lead (R.E.S.T service)

Mental Health Centre-Of-Excellence

Al Jalila Children's Specialty Hospital

Dr Almarzooqi is also a Psychology Adjunct Professor of psychology at Mohammed Bin Rashid University of Medicine and Health Sciences (MBRU)

In the UK, Dr. Almarzooqi worked and has been trained at the National Health Service (NHS) with various mental health teams at Maudsley Hospital and St Thomas' Hospital in London. She has obtained skills in assessment, diagnosis, behavior modification, cognitive behavioral intervention (CBT), trauma focused cognitive behavioral therapy (TF-CBT), Acceptance and Commitment Therapy (ACT), and Eye Movement Desensitization and Reprocessing (EMDR).

In the last couple of years Dr Almarzooqi successfully published research papers in the field of chronic pain, acceptance and commitment therapy (ACT), depression and addiction.

Education

- Doctoral Degree in Clinical Psychology, DClinPsy

Institute of Psychiatry, Psychology, Neuroscience, King's College, London.

Languages

English & Arabic



FEATURES

A DEEP DIVE INTO COGNITIVE BEHAVIOURAL THERAPY: FOUNDATION AND ADVANCED COURSES

The Irish Wellness Centre is thrilled to announce two captivating courses centred on Cognitive Behavioural Therapy (CBT), each extending over two dynamic days of intensive learning. These courses are specifically tailored for those with an interest in mental health, offering insightful perspectives into the intricacies of cognitive behavioural patterns and treatment strategies.

Our foundation course, "An Introduction to Cognitive Behavioural Therapy", provides a comprehensive overview of CBT, unravelling its theoretical basis and core techniques. Participants will explore the fundamental tenets of CBT, including its reliance on evidence-based practice, cognitive restructuring, and exposure techniques. The course is designed to guide learners through understanding how cognitive distortions and maladaptive behaviours can contribute to emotional distress, and how to use CBT principles to bring about positive change. Through a combination of lectures, case studies, and interactive discussions, learners will delve into the connections between thoughts, feelings, and behaviours, fostering an enriched understanding of mental health and wellbeing.

For those seeking a more in-depth look, the advanced course, "Mastering Cognitive Behavioural Therapy", takes you further into the realm of CBT. Building upon the foundational concepts, this course dives deeper into advanced therapeutic techniques, complex case conceptualisations, and specialised CBT interventions for specific mental health conditions such as severe depression, generalized anxiety disorder, and post-traumatic stress disorder. Expect to engage in more hands-on activities, including role-plays and group work, to practice and perfect the delivery of CBT interventions under expert guidance. The course aims to equip learners with a sophisticated understanding of the application of CBT in diverse clinical contexts, emphasizing both the art and science of therapy.

Whether you are new to the world of CBT or are looking to hone your existing skills, these two-day courses are sure to provide a solid grounding and advanced insights, respectively, into this influential therapeutic approach. We eagerly look forward to welcoming you into these immersive learning experiences, designed to expand your understanding and expertise in Cognitive Behavioural Therapy.



 **IRISH**
WELLNESS MEDICAL CENTER

IS SELF-ESTEEM OVERRATED?

Reema Baniabbasi

Psychological research has linked self-esteem with adaptability, mood, motivation, body image, academic and work performance, and how emotionally secure one feels in relationships. However, it is worth considering the limitations to the idea that self-esteem is essential to our wellbeing.

Much of the research does not prove that self-esteem itself actually causes positive outcomes. For instance, how often have you heard of students scoring a high grade even when they were not confident?

Scholars debate if there's a difference between confidence and narcissism. Some say that narcissism involves believing that one is superior to others but this does not mean always believing in one's self-worth. Narcissism also involves viewing others negatively unlike healthy self-esteem. But even without narcissism, there can still be problems when we constantly chase or try to maintain confidence.

Social psychology research reveals that we are prone to try to make ourselves feel better by focusing on others' shortcomings. We are thus not immune to the risk of having our self-esteem becoming linked with some sense of superiority over others. Even without this risk, the higher our confidence, the more likely we view ourselves more positively than we actually are. This bias can impact our ability to improve ourselves.

The foundation that people's self-esteem relies on can at times be flimsy. Some research indicates that self-esteem arises as a result of doing well rather than being the cause of doing well. How well we are doing in different areas of our life can constantly shift in any given moment and impact our self-esteem. Other research reveals that people's confidence tends to be more impacted by how acquaintances view them than by how close people view them. Acquaintances do not know us well and we often mistaken what they actually think about us.

While there are people whose self-esteem is usually stable regardless of others' opinions or how well they are doing, what we often base our confidence on tends to mirror what the larger society values which can bias us from improving ourselves outside of these limited values. In emphasizing academic and professional success, physical appearance, and social approval, we may be neglecting other values or life skills.

What is a healthy alternative to self-esteem? Psychologist Dr. Kristin Neff suggests focusing on developing self-compassion instead. Unlike confidence, self-compassion does not rely on comparisons or on how "good" we feel about ourselves. Instead, it relies on acknowledging our strengths, struggles, and shortcomings through kindness as we are human after all. Seeing ourselves as part of a larger humanity in this way is less isolating than focusing on self-esteem.

Self-compassion does not mean denying responsibility. Doing so is the opposite of compassion. Unlike the paralyzing shame of realizing we erred, compassion helps us use our guilt constructively. It tells us: "We all make mistakes. The fact you feel guilty shows that you care. What can you learn from this experience to do better?" Self-compassion can thus improve our relationship with ourselves without needing to puff ourselves up.



Reema Baniabbasi is an Emirati US-trained counseling psychologist at The Psychiatry and Therapy Centre, a Psychology Advisor at a UAE-based mental health startup called Takalam, and a columnist at Sail Magazine. She is also a poet with a few English publications in literary journals based in US, UK, and Hong Kong. You may follow Reema on Instagram @reemabaniabbasi.



PSYCHOLOGICAL TRAUMA IS THE STIGMA WITHIN THE STIGMA. THE MISSING PIECE

The psychological trauma that the patient went through is rarely discussed in the consultations, especially since the idea of visiting a psychiatrist is still a great challenge for many who suffer from psychological problems, psychological disorders, or problems in personality and behavior. These problems could stem from many grounds. The most critical one is the patient's unwillingness to talk about things that are painful, frightening, and sometimes considered shameful.

Although the person who struggles from psychological trauma suffers in silence, those close to him experience difficulties dealing with him. In most cases, the patient chooses not to reveal emotions, prefers introversion, and pulls away from social relationships. This distancing results from negative thoughts, feelings, lack of self-confidence, and problems trusting others.

Complex PTSD can be considered One of the most challenging disorders to treat. This could be because the diagnosis is either incomplete or under diagnosis. These patients generally suffer from several complex mental problems, such as depression, anxiety, and personality disorders, e.g., borderline personality disorder and addiction.

Chronic traumas in childhood and adolescent period, like harassment, sexual assault, bullying, emotional neglect, and chronic domestic violence, are among those that patients feel uncomfortable talking about. However, they significantly affect the formation of children's personalities.

Children and adolescents, especially those with special needs, are the most vulnerable to educational failure. Not succeeding in education raise an excessive sense of rejection and lack of acceptance among their peers. This eventually leads to behavioral problems, especially in those with personality disorders, hyperactivity, or autism, and may be more susceptible to psychological trauma. Moreover, they are prone to severe depression and high

anxiety levels that might result in hallucinations. These psychological complications are due to the constant exposure to humiliation and bullying that are beyond their comprehension or knowing how to deal with or respond to.

These children, especially when reaching adolescence, their behaviors become violent physically or verbally at home and school. These behavioral issues reflect the delay in diagnosis. This delay might extend to the loss of confidence in consulting specialists, the lack of conviction of the parents in the necessity of treatment, or the absence of commitment to the treatment plan, which requires cooperation and continuous follow-up. In addition, the lack of sufficient awareness among parents or relatives on dealing with this behavior adds to the matter and complicates the situation.

Indeed, we can consider psychological trauma as the missing piece in diagnosing and treating many chronic mental disorders that do not respond to treatment or respond partially. Even though some of these cases have partially improved , some symptoms remain experienced by the person being treated for depression or anxiety. These symptoms may persist despite changing the medication or dose or adding other drugs. This can be attributed to the absence of diagnoses of post-traumatic stress disorder because of its stigma. Therefore, trauma during the intervention should be appropriately included when setting up the treatment plan.

Unfortunately, patients are usually reluctant to speak with their therapists about their traumas. This reluctance stems from the fact that these traumas of sexual, bullying, or domestic violence nature and come with a heavy load of shame and guilt.

Thus, finding the patient's trauma is "the missing piece" in assigning an accurate diagnosis and the proper treatments for psychological disorders.

Dr. Aram Hasan
Psychiatrist



PSYCHOLOGICAL SERVICES AT CZECH REHABILITATION HOSPITAL (CRH)

World Health Organization reports that in 2019, 1 in every 8 people, or 970 million people around the world were living with a mental disorder, with anxiety and depressive disorders the most common.

Mental health is the overall wellness of how one thinks, expresses his feelings, and display his behaviour. A mental illness, or mental health disorder, is defined as patterns or changes in thinking, feeling, or behaving that cause distress or disrupt a person's ability to function.

Patients who have experienced life-altering physical ailments like strokes and head trauma often lead to adjustment psychological disorders. During the recovery process of their physical illness, individuals may exhibit psychological symptoms such as mood swings, depression, anxiety, and lack of sleep. Incorporating psychological interventions into their treatment plans not only contribute to their overall psychological well-being, but it also complements the physical therapy they undergo.

The Psychology clinic at CRH, provides dedicated support and work diligently with both inpatient and outpatient populations of CRH.

CRH prides on adopting a multidisciplinary approach to maximize the therapeutic benefits to our patients. The highly skilled teams of Occupational Therapists, Physiotherapists, and Speech Therapists, with the dedicated Clinical Psychologist plays a pivotal role in patient care and ends with better clinical outcome.

CRH psychology services extend beyond adults after recognizing that children with mental disorders, along with their families, require guidance and support. Early recognition of poor mental health among children is the most important aspect of treatment which generally ignored by children's families because of inadequate knowledge. CRH assesses the psychological needs of children and their families.

Children face various mental challenges, and it is equally important to address their unique needs. One aspect that can benefit children at home is to engage them in stimulating and enjoyable activities. The simple activities like reading books together, playing educational games, or even pursuing creative hobbies not only promote cognitive development of the child but also serve as a source of emotional support.

Home care plays an important role in ensuring the child's well-being and progress. CRH provides family sessions on teaching the parents about the best ways to create a nurturing and supportive environment for a child with mental health issues. The family sessions are so crucial for the successful outcome of the treatment.

Indeed, home care for children with mental health issues is essential. It allows both the child and their family to actively participate in their recovery journey. The support and understanding from family members significantly contribute to the child's overall mental well-being. It creates an atmosphere where they feel loved, accepted, and understood, mitigating the impact of their psychological challenges.

In summary, CRH Psychology Clinic integrated approach, combining psychological intervention with various therapies, ensures that both adults and children receive the guidance and support they need to improve their overall well-being.

Reference:

1. Institute of Health Metrics and Evaluation. Global Health Data Exchange (GHDx), (<https://vizhub.healthdata.org/gbd-results/>, accessed 14 May 2022).

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HEART RATE VARIABILITY AND STRESS MANAGEMENT

Christian Mhawej, Priyanka Dang

Psychology Observership student, Openminds Psychiatry Counselling and Neuroscience centre, Dubai
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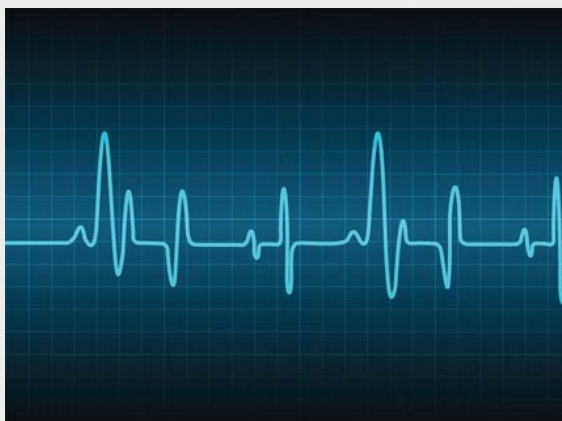
Did you know that the state of your mental health can be narrowed down to the way you breathe? We have uncovered in recent years that breathing in certain or specific ways is shown to stabilize what is known as Heart Rate Variability (HRV). This is an indicator that measures the fluctuations and intervals between each heartbeat, as well as its rhythm. Psychologists or psychiatrists are interested in measuring this specific aspect because humans have a vital involuntary function in their body responsible for regulating heart rate, respiration, digestion, and most importantly stress; these processes are known as the Autonomic Nervous System (ANS). This system consists of two aspects, the parasympathetic nervous system (PNS) and sympathetic nervous system (SNS). The SNS can be compared to the gas pedal in a car, it accelerates an individual's heart rate in preparation for the stress or excitement they are facing. It provides energy and a boost to ensure the chances of survival because the body cannot recognize whether the situation is life-threatening or not; it is simply responding to the biological changes of the body during that intense or stressful moment. The PNS is responsible for calming a person down and helping them relax; in this instance, it can be compared to the breaks in the vehicle.

Breathing techniques can be seen to stabilize heart rate variability and stabilize the autonomic nervous system. heart rate variability is measured using an ECG machine, which records data from the heart and then converts them to numbers that can be statistically analyzed. Using these numbers, it can be inferred whether the individual is healthy and has desired and balanced levels of their Autonomic Nervous System and their heart rate variability. For instance, if your heart rate variability is low, this can be an indication that the individual's autonomic nervous system is not functioning at its highest. This situation can be caused by high levels of chronic stress, anxiety, or other health problems. Monitoring heart rate variability has the potential to identify underlying issues not observed by general doctors, as well as narrow down new and innovative solutions to uncommon problems. Using all these functionalities together we can design stress management guides, interventions, and ways to increase mental well-being.

The most recommended and healthiest way of breathing is through the diaphragm or abdomen, which consist of 5 to 7 breaths every minute. The slow contraction of the diaphragm decreases stress levels, as well as the activity of the nervous system (Hamasaki, 2020). Many individuals might find themselves in stressful incidents and breath irregularly, they breathe shallow and hastily which causes hyperventilation which results in a significant amount of carbon dioxide exiting the body. Furthermore, when these situations arise, many hold their breathing which results in hypoventilation, which causes dysregulation in gas exchange. It is crucial to learn how to breathe from the nose to the abdomen in resting insistence, although when engaged in rigorous exercise, more oxygen is needed which results in breathing through the mouth as well. Implementing breathing techniques, while monitoring one's HRV and ANS is one step in the right direction to improve people's overall health including their physical and mental well-being.

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TREATING ADDICTION: A HOLISTIC APPROACH WITH URGENCY AND COMPASSION

"Addiction is not a choice, and it's not a moral failing. It's a chronic disease of the brain, and we need to treat it with the same urgency and compassion as any other illness" - Michael Botticelli, Director of the Office of National Drug Control Policy at the White House, serving under the ex-president Obama's administration. Mr. Botticelli himself is a long-term recovering substance user.

These words resonated deeply with me as I cared for Mr. X who had struggled with opioid addiction for several years. Mr. X's addiction began when his peers at college introduced him to pain killers. Before he knew it, he had spiraled into intravenous opioid use, and his life had taken a turn for the worse. As Mr. X came to my clinic, in my capacity as a psychiatrist at Erada Center for Treatment and Rehab, he had hit rock bottom. His relationship with his family had deteriorated and he had lost his job. He was also experiencing severe physical and psychological problems related to his drug use. Mr. X had experienced several relapses, and each time he fell off the wagon, he felt guilty and ashamed. Despite this, he was determined to re-engage in recovery, and I was immediately struck by his sincere desire to turn his life around.

We decided to enroll Mr. X in our inpatient treatment program. First, Mr. X underwent a medically-supervised detoxification process to rid his body of drugs. Then, he joined the rehabilitation program wherein he received daily individual and group therapy sessions to help him understand the reasons for his addiction and develop coping mechanisms to deal with cravings and triggers. As with most patients, we knew that Mr. X needed additional support after completing the inpatient program. We recommended that he enrolls in our intensive outpatient program to continue therapy and support as he gradually returned to his daily routine. We also encouraged Mr. X to enlist the support of his family, as we recognized their critical role in the recovery process. His family was hesitant at first, but they eventually became his biggest supporters, providing him with a sense of purpose and accountability. We also introduced Mr. X to Narcotics Anonymous. The latter provided him with a sense of community and support, which he had been lacking in his life. He attended regular meetings and found comfort in the stories and experiences of others who were going through similar struggles.

Ultimately, Mr. X's perseverance paid off as he achieved long-term sobriety. He rebuilt his social network and found a new job. He also became a sponsor at NA, using his experience to inspire and guide others.

Mr. X's case reminded me that addiction is a disease that requires a comprehensive and personalized treatment approach. It also highlighted the importance of

providing patients with ongoing support, even when they relapse and leave the inpatient program. Erada Center for Treatment and Rehab is a leading addiction treatment center in the United Arab Emirates and the Arab world. The center provides a range of services for individuals struggling with addiction, to help them achieve long-term recovery and improve their quality of life. The inpatient program includes detoxification, the process of removing drugs or alcohol from the body, and rehabilitation. The program provides 24-hour care in a supportive and structured environment and includes a range of evidence-based treatments, such as motivational interviewing, twelve-step classes, family therapy, as well as religious classes, and physical therapy. Additionally, the center offers an outpatient treatment program, which includes meetings with the treating psychiatrist for medication management, neuromodulation therapy, individual and group therapy, and access to support groups and other resources.

Samer El Hayek, MD



PSYCHOLOGY RELATED BOOKS IN UAEU'S LIBRARY

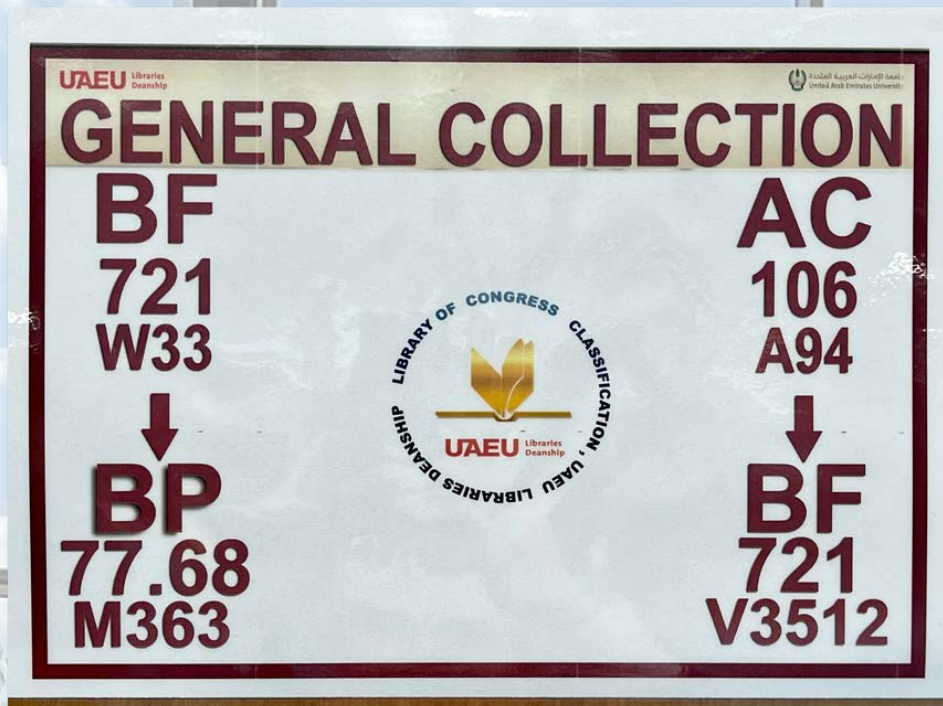


Did you know that UAEU's library has many books related to psychology?



PSYCHOLOGY IN ACTION





**PSYCHOLOGY
IN ACTION**



MIND, BRAIN & CREATIVITY


On March 2, 2023, the UAEU Department of Psychiatry and Behavioral Sciences (CMHS) and the Al Ain Psychiatric Club organized the Annual Academic Day, with a symposium on MIND, BRAIN AND CREATIVITY. Our faculty from the Department of Clinical Psychology, Prof. Maria Campo, was invited to give a lecture with the title, "The Dream Language of Metaphors in Clinical Skills Training: Application of the Ullman Method of Dream Appreciation to Clinical Psychology Students".

The presentation described the essentials of a new experiential pedagogical methodology employed over the past two years (online and face-to-face) in a mental health seminar in the Clinical Psychology Master's Program at CMHS (Division of Health Sciences), UAEU. Montague Ullman's method of dream appreciation was used to train students to develop reflective thinking skills and in the use of metaphors to understand dreams and their relationship to mental health.

The Ullman method consists of guiding the dreamer through a process of active involvement and appreciation of dream imagery in order to gain insight into unconscious dynamics and feelings; this strategy aims to develop interpretive skills, improve emotional intelligence, encourage self-reflection and practice creativity. The seminar provided an opportunity to develop advanced interviewing techniques and emotional processing of dream narratives and to consider the relationship between dreams to mental health and psychopathology, while facilitating in the group greater self-exploration and improved relational functioning.

During the 16-week seminar, topics such as empathy, creativity, active listening, reflective thinking, self- and cultural awareness, leadership, and the connection between conscious/unconscious and dreams/wakefulness were covered in depth.

At the end of the seminar, students submitted an individual essay reflecting on the experience. Overall, the students reported that this methodology had generated important insights and increased their personal awareness as professionals in the mental health field.

UAEU <small>United Arab Emirates University</small> <small>جامعة الإمارات العربية المتحدة</small> Department of Psychiatry and Behavioral Sciences & Al Ain Psychiatry Club Annual academic day Mind, Brain, and Creativity 2nd of March at 16:00-22:00p.m Location: Ayla Grand Hotel, Al Ain		Presenter	Topic	Time
		Prof Emmanuel Slp	Introduction: Creativity in mental health: From the art of the insane to therapy through art	16:00-16:30
		Dr Syed Javed	Association of creativity with divergent and convergent thinking	16:30-16:45
		Assistant Professor, Psychiatry and Behavioral Sciences Department, CMHS, UAEU		
		Students Group of Interest in Mental Health UAEU	Presentation: Published research about mental health and burnout in medical students in the UAE, Present PSC art therapy session	16:45-17:00
		Dr Laena Amiri	Beauty in the Eyes of Beholder	17:00-17:15
		Assistant Professor, Psychiatry and Behavioral Sciences Department, CMHS, UAEU		
			Q&A (Coffee Break 1) 17:15-17:30	
		Prof Stephanie Richard Desautels and Dr Nicolas Garel	Mind as a Potential Moderator of Anti-inflammatory Response of Estrogenic Substances in Bipolar Depression: rationale for an experimental paradigm.	17:30-18:00
		Adjunct Professor, Department of Psychiatry, McGill University, Psychiatry, Depression Research Program, Douglas Mental Health University Institute		
		Dr Nicolas Garel MD FRCP, Psychiatrist at CHUM, Clinician Investigator Program, McGill University; Edin T Gorenzky MD MS FRCP (Psychiatrist), Clinician Investigator Program, McGill University		
		Dr Abby Richard	Can we really 'read' art to see the changing brain? A review and empirical assessment of clinical case reports and published artworks for systematic evidence of quality or style changes linked to damage or neurodegenerative disease	18:00-18:30
		Professor adjoint de Clinique, Neuroscience Department, Centre Hospitalier de l'Université de Montréal (CHUM, Montréal, Québec)		
		Prof Maria Campo Radono	The dream language of metaphors in clinical skills training: Applying the Ullman Method of Dream Appreciation in clinical psychology students	18:30-18:55
		Professor, Clinical Psychology Department, CMHS, UAEU		
		2 invited artists	Patient Centric approach- Spravato with TMD patients	18:55-19:15
		Dr Maiken Hartmannouly		
		American Board-certified Psychiatrist in the USA, Consultant Psychiatrist Chief of Psychiatry Department, Novemed Centers, Jensen Company		
			Q&A (Coffee Break 2) 19:15-19:30	
		Ayisha Ayaz	Art Therapy	19:30-19:55
		Instructor, Department of Media & Creative Industries, College of Humanities & Social Sciences, UAEU		
		Dr Samer Makhoul	Art and psychiatry, and Artists' environment in a psychiatric clinic	19:55-20:20
		Adjunct Professor Psychiatry UAEU, Consultant Psychiatrist, REEM Hospital		
		Dr Shamil Wanggarane	When a psychologist writes about an artist	20:20-20:45
		Adjunct professor UAEU, Psychiatry, Clinical Psychologist		
		Dr Dina Aly El-Gabry	Images of psychiatry in Arabic Cinema	20:45-21:10
		Adjunct Professor, Psychiatry, Consultant Psychiatrist, Al Ain Hospital		
		Prof Slp & Dr Karim	Reading Club during Covid: introduction to Bibliotherapy	21:10-21:25
		Associate Professor, Psychiatry and Behavioral Sciences Department, CMHS, UAEU		
			Closing remarks 21:25-21:35	





In the picture, students and alumni from the Master Program in Clinical Psychology and Prof. Maria Campo, during the Annual Academic Day: MIND, BRAIN AND CREATIVITY.



PSYCHOLOGY IN ACTION



MEETING WITH RUSSIAN AND GULF REGION DELEGATES FOR WORLD YOUTH FESTIVAL, RUSSIA 2024: STRENGTHENING COLLABORATION, RESEARCH INTERESTS, AND STUDENT PARTICIPATION

The Department of Clinical Psychology at CMHS organized a significant meeting on 21 November 2023. The purpose of the meeting was to bring together delegates from Russia and the Gulf Region in preparation for the highly anticipated World Youth Festival, Russia 2024. The event served as a platform for informative briefings and introductions to the National Preparatory Committee (NPC), which includes representatives from the United Arab Emirates (UAE), Qatar, and Kuwait.

The meeting started with Ms Wafaa Breiki, Master of Clinical Psychology who briefed the delegates with the presentation about the UAE culture, traditions and norms, followed by Abdulla Abdullah Alnairabie, from Business College to spoke about UAE University, mission , vision and its core values. Ms. Aya Danilyan, a distinguished delegate from Russia, took the opportunity to provide a comprehensive overview of the World Youth Festival 2023 to the NPC. Her presentation shed light on the various processes involved in the festival and offered valuable insights for the committee members.

The United Arab Emirates was proudly represented by Dr. Zahir Valley from CMHS, who acted as the first NPC member. Joining him were Dr. Urwa Tariq from CBE, Mr. Saleh Al Jahoushi from the Abu Dhabi Department of Education and Knowledge (MOE), and Mr. Mohammad Hreimou from the Emirates Entrepreneurship Association. These esteemed individuals showcased their commitment to fostering youth development and education in the UAE. From the Gulf Region, Dr. Fnyees Al-Ajmi, the Secretary of the Trade Union of Workers of the General Directorate of Applied Education and Training, represented Kuwait. Additionally, Mr. Jasim Al-Shibli, the Executive Director of the Youth Forum, proudly represented Qatar.

During the meeting, participants engaged in fruitful discussions on future collaboration opportunities, shared research interests, and explored avenues for student participation in the upcoming World Youth Festival in Russia. The exchange of ideas and experiences between the delegates promises to strengthen ties between nations and enhance youth development initiatives. We extend our best wishes to all applicants who are eagerly looking forward to participating in the World Youth Festival, Russia 2024.

WORLD YOUTH FESTIVAL 2024



PSYCHOLOGY IN ACTION







PSYCHOLOGY IN ACTION



MENTAL HEALTH DAY - 10 OCTOBER 2023

On October 11, 2023, the Clinical Psychology Department actively engaged in the "Mental Health as a Universal Human Right" event. This event encompassed an exhibition and a series of informative workshops, with the prominent involvement of a panel of mental health care experts.



PSYCHOLOGY IN ACTION



PARTICIPATION IN NAJAH EXHIBITION



On October 30, 2023, the Clinical Psychology Department, in conjunction with the Admission and Registration Department, joined the Najah Exhibition in Abu Dhabi with the goal of drawing in potential students.

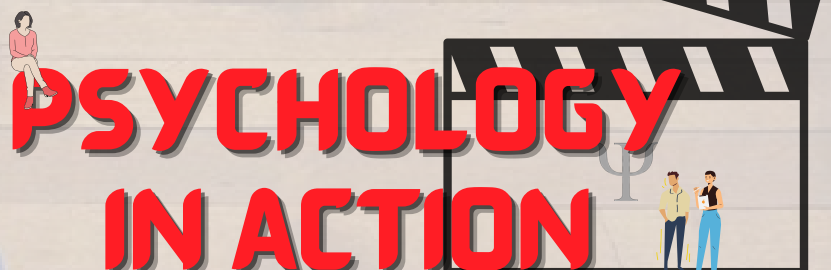


PSYCHOLOGY IN ACTION



PARTICIPATION IN GCC EXHIBITION

On October 25, 2023, the Clinical Psychology Department actively took part in the GCC Exhibition for Education and Training, during its second edition. The aim was to connect with potential students and offer insights into our department's training and educational opportunities.



CLINICAL PSYCHOLOGY STUDENTS' MASTER DISSERTATION THESIS DEFENSE



"Exploring the relationship and impact of Islamic religious coping on the meaning made, following the loss of a loved one"

Yara Ihab Am Ali



"Chaotically-Disengaged Family Functioning and Depressive Symptoms in Muslim University Students: The Mediating Effect of Psychological Flexibility and Self-Compassion"

Sabina Varga



CLINICAL PSYCHOLOGY STUDENTS' MASTER DISSERTATION THESIS DEFENSE



“Examining the relationship between help-seeking behaviours, mental health perceptions, and preferred modality of therapy services among university students in Arab countries”

Roxanne Wolmarans

“The Association Between Attachment and Binge Eating Behaviours: Examination of The Mediation Role of Emotional Dysregulation in the Arab Region”

Diala Kassab

“Risk Factors for Eating Disorders Among UAE University Students: The Role of Family Dysfunction and Attachment Styles”

Aya Jaber Dandachi





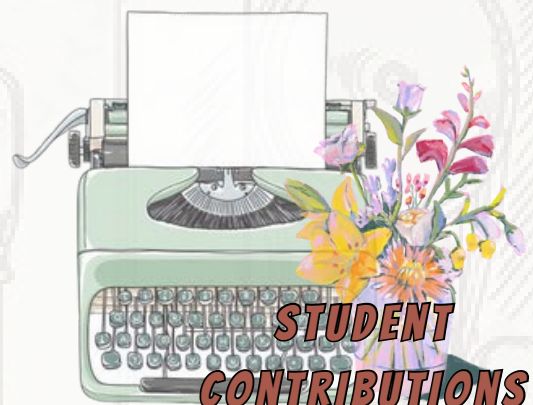
HIGH ACHIEVERS



Sabina Varga (Master Clinical Psychology Student), was shortlisted to the final round of the Fourth Forum for Women in Research: "QUWA: Sustaining Women's in Research & Innovation" with her research proposal titled "Chaotically Disengaged Family Functioning & Depressive Symptoms in Muslim University Students: The Mediating Effect of Psychological Flexibility and Self-Compassion".



Aisha Rashid Abdalla Nasir Alowais, (Master Clinical Psychology Student), was selected as peer reviewer of the scientific periodical "The Graduate Student Journal of Psychology (GSJP)"



THE RISE OF POP PSYCHOLOGY

In the years of the lockdown, we experienced a slow-downed version of life many found as a change in pace that fostered a heightened consciousness about mental health, self-care, and self-love. Admittedly, these things were already beginning to surface to awareness, but what solidified its popularity were people and companies capitalizing on it by producing more content or products that fit the theme of this newfound wave of identity. Everyone is healing: your mom, grandma, sister, and inevitably, you. Anyone who could afford a tub of petroleum jelly, or any expensive rendition of it, was healing as long as it was marketed under "self-care". This effect is summarized in the newly coined term "Pop Psychology" which refers to simplified and easily accessible psychological information and advice designed for a broad audience through media, self-help materials, and online content, often focusing on topics like self-improvement and healing.

Other than skincare and equivalent products, the language of psychology became normal lingo. People are depressed when they're feeling sad and traumatized when they're shocked. The desensitization of these words is largely uncriticized and veiled by the comfort of ignorance from the impact it harbors. We can observe this further in the trend of using abuse terminology to explain non-abusive situations. Terms such as narcissist, gaslighting, and manipulation become weapons people can use to chastise anyone that hurts them. This blurring of lines, the ease with which specific language broadens, offers no safety or validation to those who face actual abuse. Sarah Schulman eloquently encapsulated this effect in her book 'Conflict is Not Abuse,' where she advocated for mutual accountability within a culture prone to underreacting to abuse and overreacting to conflict. This is not a call to point fingers at people and call them liars, but a plea to understand the need to segregate these words of everyday language as well as face the complexity of abuse.

It is important to now ponder on the driving forces of these shifts. Not everything becomes a trend, not everything becomes normalized and endorsed by the masses. Like many things, this also works by supplying demand to a need. What need does pop psychology fulfill for the average person? Perhaps validation. It feels validating to know your pain is reassured; pop psychology offers the comfort of being allowed to feel in a life so fast, so busy, and lackluster. Many sense the need to enlarge a feeling for anyone to give them the time of day. Saying "I feel depressed" elicits more sympathy than saying "I had a bad day." Deprived of closeness and intimacy, we become easy pawns for the cycle of overuse. Pop psychology is a dysfunctional solution to the increasing isolation of this world. It impersonates change and awareness by stealing the language of psychology and sensationalizing it for society to pick at. Its proximity to real psychology offers people credibility they can lean on to create a sense of validation for their experiences and feelings.

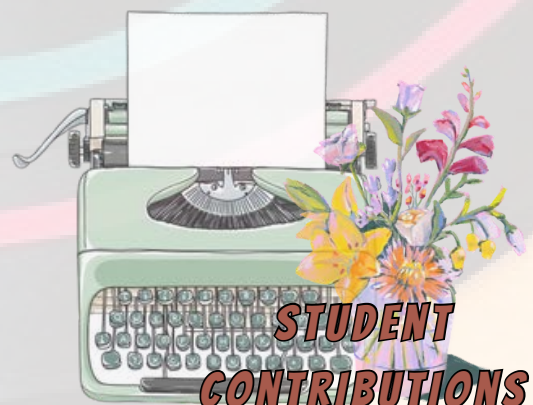
In this diluted pursuit of ultimate healing and inner peace, the meaning of mental health fades to being a good product at best and a weapon at worst. We cannot control how information transforms while it's in the hands of the masses, but we can observe this shift and allow it to teach us something new. Consciously or not, we all contribute in fraction to the system that allows this to continue. Identifying change, we can make in ourselves will ultimately reflect back on our community.

Sheikha Hraiz
Clinical Psychology MSc Student

Pop psychology is not psychology.

Seerut K. Chawla | @seerutkchawla

- Everyone you dislike is not a narcissist.
- Every unpleasant experience is not trauma.
- Having needs does not make you codependent.
- Disagreement is not gaslighting.
- Conflict is not abuse.
- Taking offence is not being triggered.
- Everything does not need to be normalised.
- Speaking like an HR memo is not self-awareness.



MEN'S MENTAL HEALTH IS NOT TALKED ABOUT ENOUGH...

Men are less likely than women to talk about or get assistance for their mental health issues, which is partly due to societal expectations and established gender roles. This societal pressure to be masculine and not express themselves may harm males just like gender stereotypes in society can harm females.

Men are frequently expected to provide for their families and to be powerful, dominating, and in charge. These characteristics may not be harmful, but they may make it more difficult for males to ask for assistance and to be vulnerable.

There is no specific type of "male depression," however some symptoms are more common in males than in women. These include anger, risk-taking, higher lack of control, impatience, and sudden aggression. In fact, men may be more inclined to turn to unhealthy behaviors than talk about their sadness. They may also engage in avoidance behavior, such as giving all of their attention to their work.

There are different ways to understand your mental health and to develop ways to cope with these feelings. You may not notice the signs of covering up your feelings, these signs can be:

- Feeling a lot of ups and downs in your mood
- Wanting to stay home or not go out like you used to
- Noticing changes in your routine like eating or sleeping more or less
- Feeling like you're constantly tired
- Neglecting yourself and your appearance
- Not thinking before making decisions
- Feeling like you are getting angry very quick and feeling irritated by small things

Ways to cope:

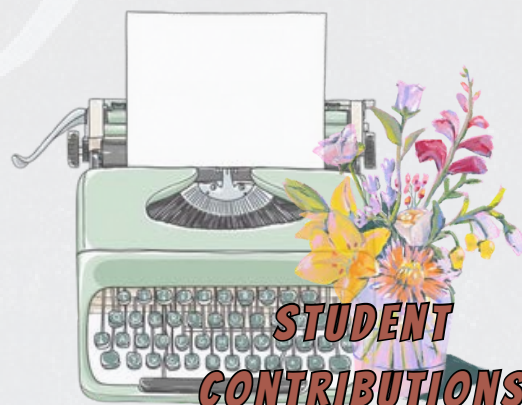
- Try to get more active, for example taking 10-20 min walks has been proven to improve emotional wellbeing
- Make time to see close friends you enjoy spending time with
- Try to acknowledge your feelings instead of trying to push them away and pretend they are not there
- Writing down how you feel can be a starting point

If you are concerned that a friend or family member is going through something you can also help them by:

- Asking them and letting them know you are there to listen without judging them and do not share information that they have trusted you with
- Texting them or calling them may make it easier for them to reach out to you
- Reassure them that it is okay to see a health care professional

- Most of the time you don't need to solve their problem, you just need to let them get things off their chest. Talking often helps organise their thoughts and feel lighter.
- You should remember that by asking them you are already making things easier, but you should not take their problem onto yourself. Only do what you are able to handle. Your mental health is important too.

By Diala Kassab
Clinical Psychology MSc Student



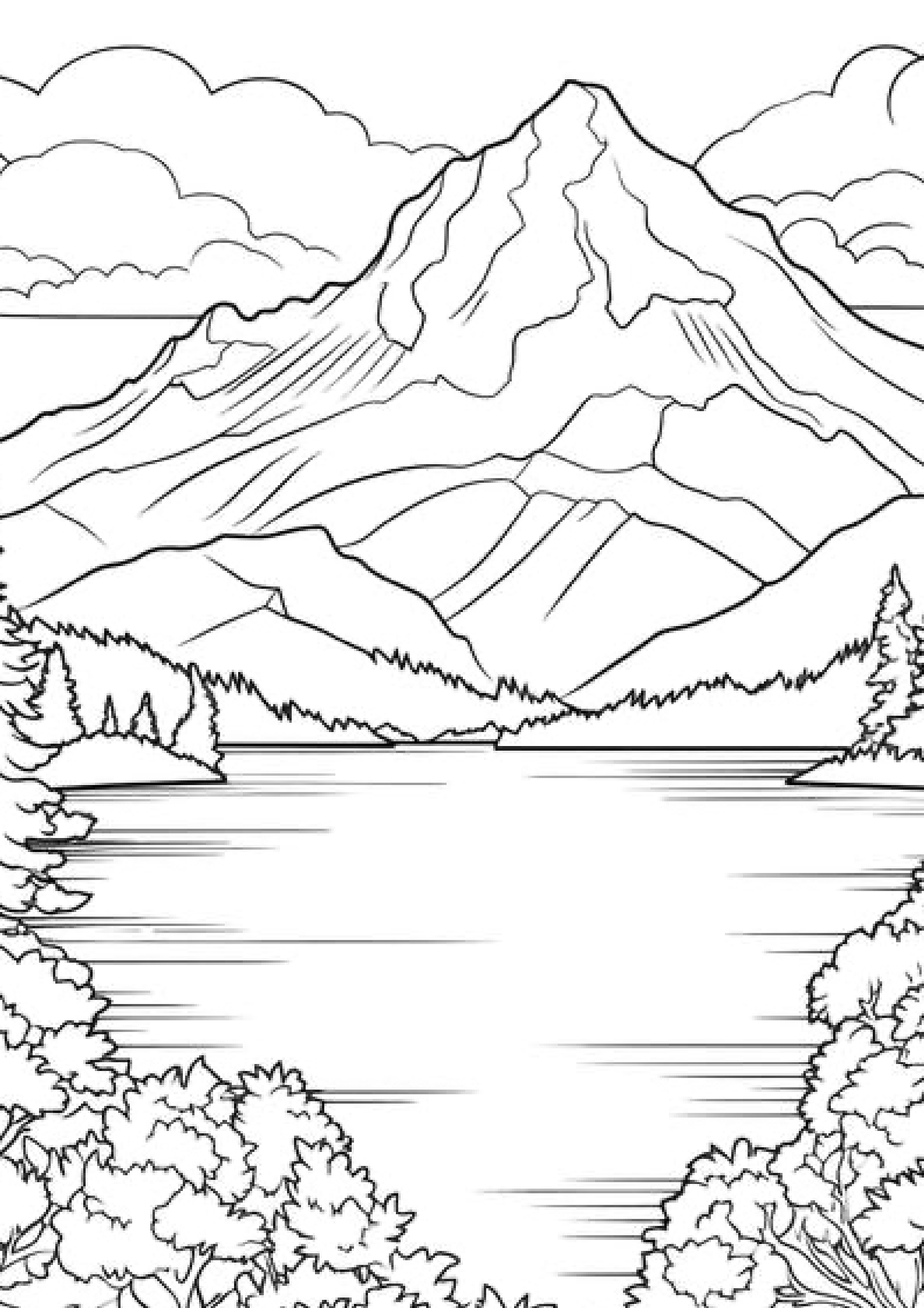
TAKE A BREAK

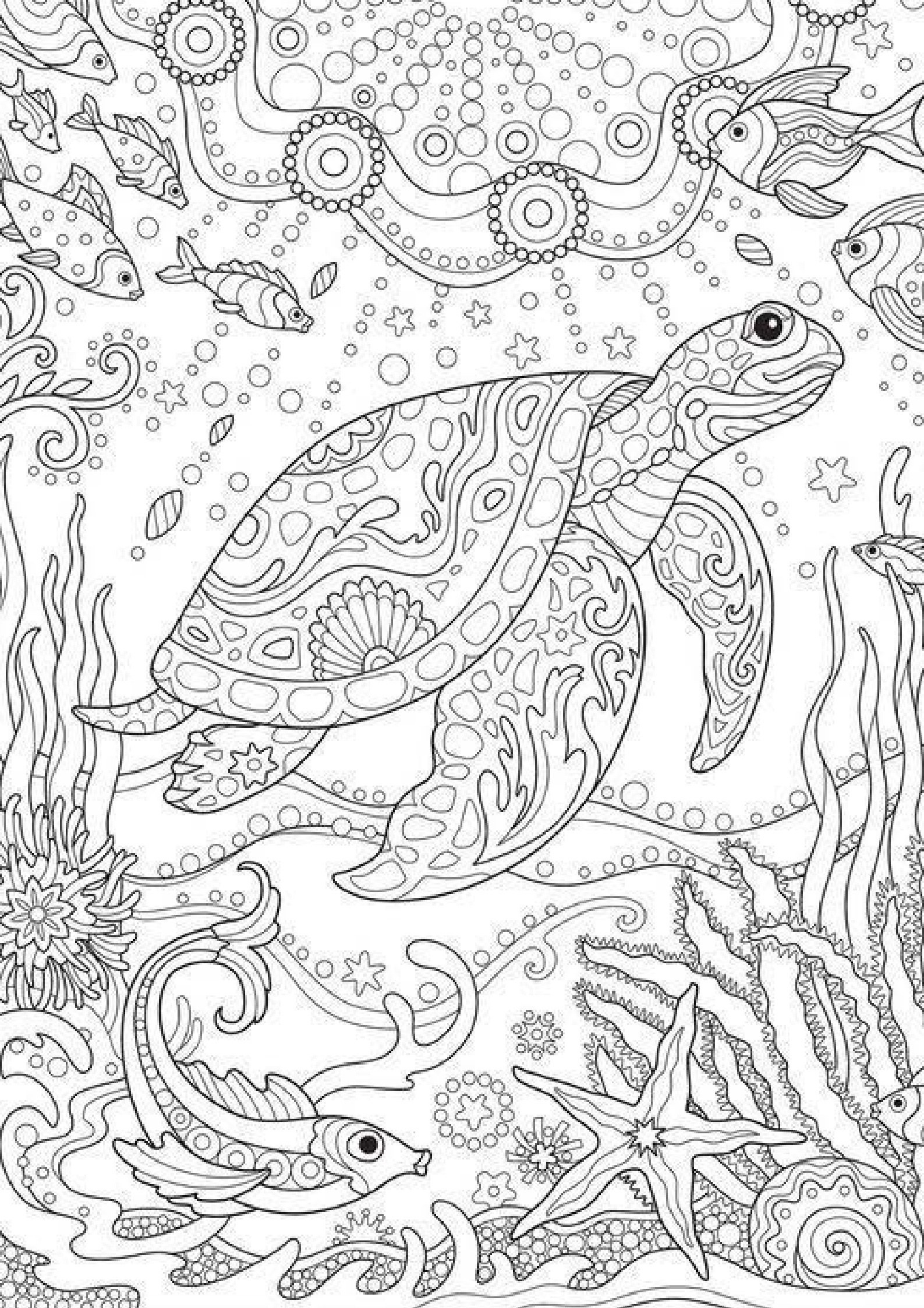


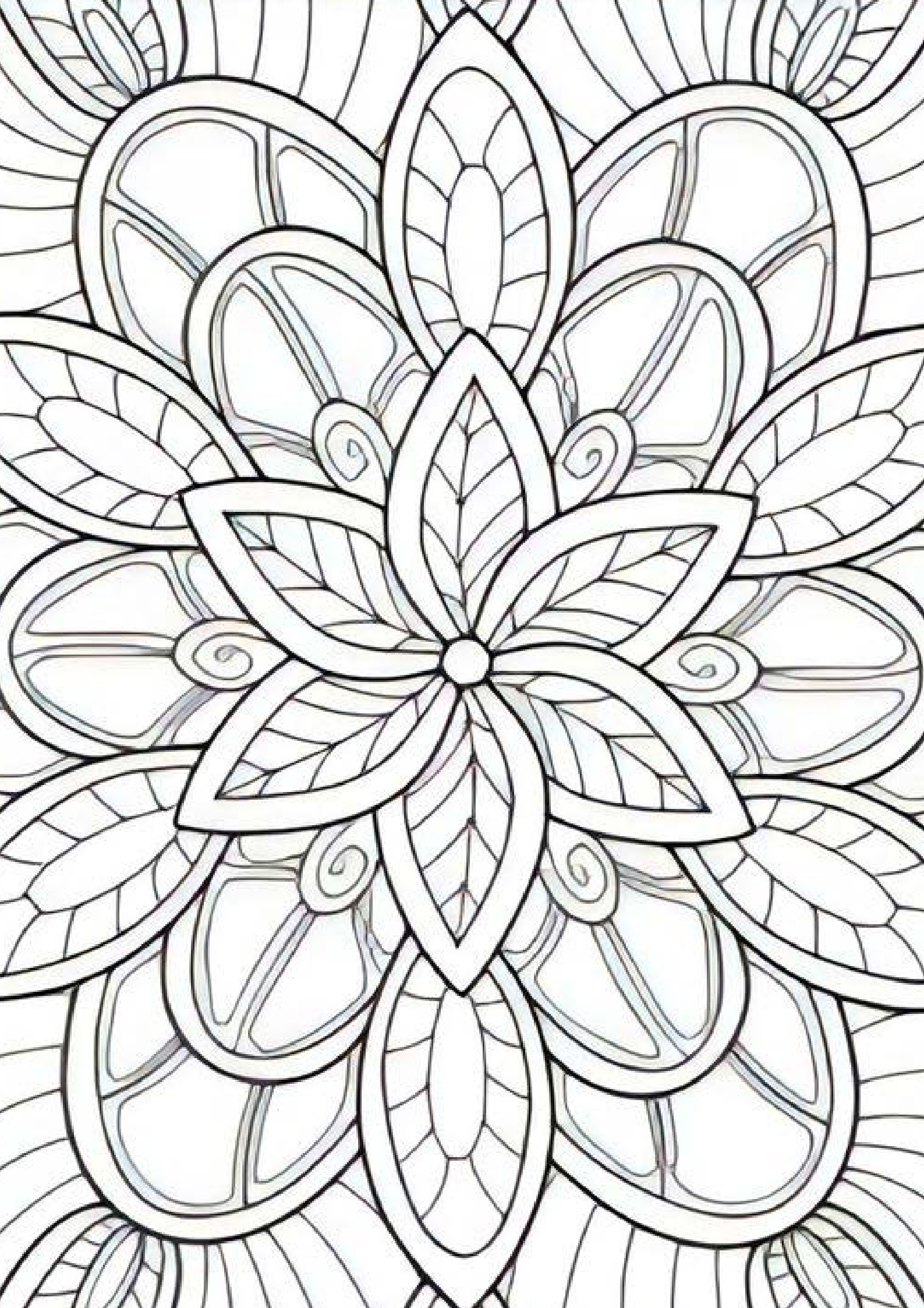
Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

*Print these sheets
and have some "ME"
time!!*









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