



UAEU CLINICAL PSYCHOLOGY MAGAZINE

PSYCH WIRED

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WRITE FOR PSYCHWIRED

No writing experience is required! Email us at clinicalpsy@uaeu.ac.ae

Editors' Letter

We would like to welcome all readers and contributors to our first Clinical Psychology magazine. We are excited to share with you our first issue which explores the psychology behind several topics including dream analysis method, self-esteem, and subjective experiences of COVID-19.

We would like to thank all the writers for their outstanding contribution to our department's first issue of PsychWired. We are looking forward to receive more contributions for our next issues.

We hope all our readers are well and staying positive!

DR. FADWA AL MUGHAIRBI

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**MEET
THE TEAM**

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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



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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

Dr. Fadwa Al Mughairbi

- The neuroprotective effect of herbal extracts and their active compounds on in vitro and in vivo models
- The role of epigenetic on depression and anxiety and gene mutations in those disorders
- The effect of psychoeducation on PTSD, anxiety & depression

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. Tahir Saeed

- His interests are learning disability intellectual disability autism spectrum disorder dyslexia and neurodevelopment disorder and attention deficit disorder
- Training of mental health professionals within a relational approach
- Use of movies to teach psychology and mental health issues
- The intertwine of psychology, psychiatry and culture in understanding human behavior

FACULTY RESEARCH INTERESTS



FEATURES

THE INTERNSHIP OFFICE

Since the Masters 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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BETTER TOGETHER

Research is pinpointing the factors that make group therapy so successful in US and UK.

According to psychologists who practice it, group therapy appears to be gaining popularity for mainly two reasons: More clients are seeking it out as a more affordable alternative to one-on-one psychotherapy, and more research is demonstrating its effectiveness.

"Group therapy is more popular than it has been in the past because of the many studies that show its efficacy".

For many conditions, Group therapy works as well as individual therapy, Gary Burlingame, PhD, a professor of psychology at Brigham Young University in a interview to Ami Paturel published in an article for APA journal pointed out to the results of more than 50 clinical trials that have compared patients who were randomly assigned to individual or group treatment. All those studies "overwhelmingly support the equivalence of the two formats in producing the same degree of improvement for several disorders," Burlingame says.

In addition, he notes, group therapy exceeds APA Div. 12 (Society of Clinical Psychology) standards for efficacy for major depressive disorder, bipolar disorder, panic disorder, post-traumatic stress disorder, social phobia, obsessive-compulsive disorder, bulimia nervosa, binge-eating disorder, substance use disorder, schizophrenia, borderline personality disorder and general personality disorder.

But what makes groups work? Many research has been done over the past 2 decades pinpointing the benefits of this therapy.

This research has shown that the most effective groups have a common identity and a sense of shared purpose. Research is also shedding light on how, exactly, groups help people heal. One of the most important factors is the possibility to interact with peers. Numerous studies, including Yusop and others (2020), have found that peer interactions tap into many therapeutic factors.

For example, in cases of abuse or trauma, groups provide social support, and improve social networks, and can reduce stigma, isolation and feelings of alienation among members. In a meta-analysis of five studies, Callahan and others (2004), of Harvard Medical School found that sexual abuse survivors improved markedly after participating in group therapy. Group therapy improves social networks,

and reduces stigma, isolation and feelings of alienation among members. In a meta-analysis of five studies, Callahan and others (2004), of Harvard Medical School found that sexual abuse survivors improved markedly after participating in group therapy.

In fact, according to Irvin David Yalom, an MD Stanford University graduate, in the 2005 book "The Theory and Practice of Group Psychology," hearing from peers may be more helpful than receiving guidance from a therapist since peers can identify with one another. Those peer interactions appear to translate to real-world gains.

Members can be agents of change for each other, seeing others' progress can help group members realize they, too, can cope and feel better and they can do it in the safety of the group that might play as a simulator of real-life interactions.

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THE CLINICAL PSYCHOLOGY CLUB LAUNCH

The Psychology club is one of the graduate Clinical Psychology department's initiatives. The club aims to be inclusive to UAEU students and faculty from all departments. One the of aims of the psychology club is to organize support groups for students going through several challenges like handling their studies and marriage or work at the same time. Most importantly, since UAEU tends to have students from all around the world, one of the most important themes is to support students who left their families to come and study in the UAE.

The Psychology club also aims to get speakers from different specialties to the UAEU to give beneficial training and seminars to students. *STAY TUNED!*

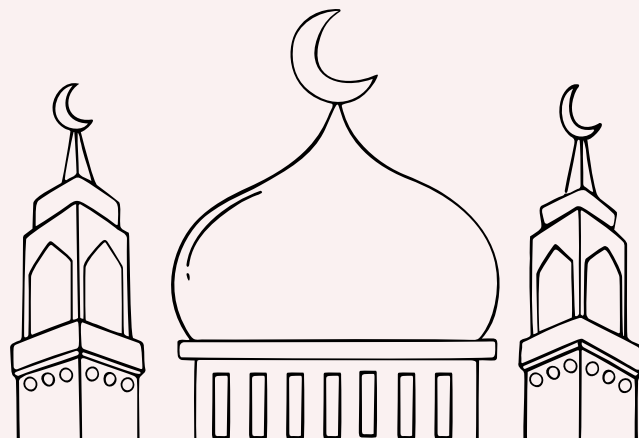




رمضان مبارك

IFTAR EVENT

The clinical psychology club organized an iftar event for faculty members and Clinical Psychology Master students





PSYCHOLOGY IN ACTION

NEURO AND BIO FEEDBACK SYSTEM - A LIVE DEMO SESSION

Al Muhairi Scientific and Technical Supplies, Dubai



CLINICAL JOURNEY WITH A SELF-HARMER

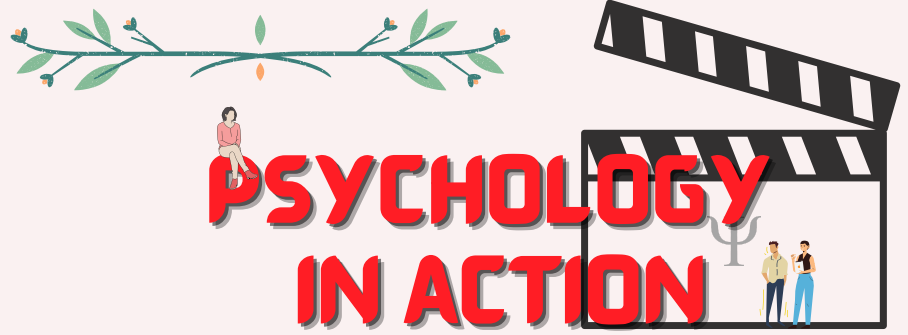
Presentation given by Dr. Adel Karrani



RELAXATION TECHNIQUES TRAINING

Presentation given
by Dr. Zahir Vally





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



PSYCHOLOGY RELATED BOOKS IN UAEU'S LIBRARY





Fruiting Fruit Starts From The Roots

By Wafa Faisal Al Breiki
Clinical Psychology Msc Student

Alarm bells rang, everyone watched the news with caution, the streets were empty, and the houses were noisy. Tangible life has been transformed into virtual reality, we love through screens, express ourselves through chats, and live a full life using the phone. The distances became longer, the bodies separated, and confidence decreased until we were afraid to put our hands on the table without thinking about who touched it before us. Fear has become the most dominant feeling, and caution is the most common behavior. Hopelessness began to tighten its grip on us, and as the days passed, dreams diminished, and we began to think that we would perpetuate in this state. We thought tomorrow will never be better than yesterday and today is another face of the past days. No need to remember the date as there are no differences between the days. But what if we look at this disaster from another side and turn the picture around? Let us see the light in the night, the candle in the murk. We were all running through life chasing bread and dreams. There is no time to laugh without reprimanding that time is being wasted. There is no time for the family and its warmth, there is no way to stop to smell the rose that we pass by every day. During Corona, we became like robots, repeating the same distances every day, far away from those we love, even if we were physically close and much away from ourselves. What if the covid is the forced stopping of the universe to remind us that we must stop running outside for a while and look inside.

I am Wafaa. I was 19 years old at the time, an ambitious young woman who excelled as I thought. There is no place for the word impossible in my dictionary. I used to think that this was my forte, but when Corona came, I discovered that all those years I had been running after everything, pleasing anyone, and building coherent relationships with everyone except myself. I began to feel my lack of existence. The physical studies stopped, so I did not know who I am without participating in the classes and without the teachers' compliments to me that I used to feed on. I am a person who prefers a realistic presence with friends, and at that time I was one of the few people of my generation who did not use the phone much. With Corona, most of my friendships have been lost. And judging by the fact that I was feeding my soul from the outside with the presence of friends and outside support, I began to feel as if my soul was starving, and I was the helpless mother who had no milk to breastfeed her child with. At the time, I felt

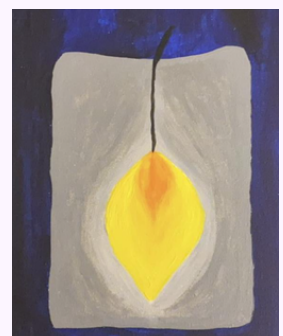
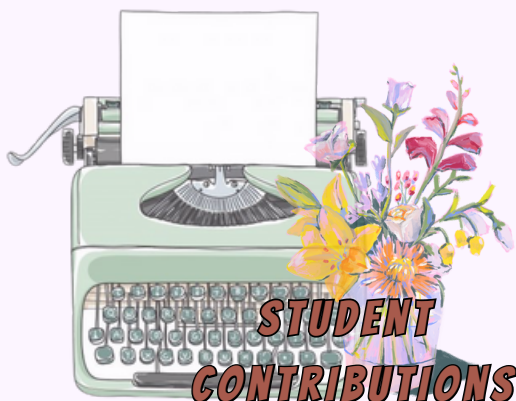
that there was something wrong with my life path and the way I fed myself and that all I had been doing these years was fleeing to the outside from facing the inside.

At that time, I decided with all my courage to take my hand and be a faithful friend, sister, and supporter to myself and I realized with time that the nourishment of the soul begins from the inside. Otherwise, it is all fleeting bubbles that do not sing of hunger. So, I started my journey inwards at a time when I could do nothing but sit with myself in the first place. I started reading about the topics of self-acceptance, and I remember that the first book I read in this regard was letting go by David Hawkins, and it was one of the most wonderful books that changed me, and I still return to it to this day. This book taught me how self-acceptance will not come unless we abandon the burdens of the past that we carry on our backs.

I started by setting a morning routine that makes me start my day with positive feelings, the routine consisted of meditation for 10 minutes, and I gradually increased the duration until it became 25 minutes, and then I journaled, and I used to empty all the feelings and thoughts that I feel at the moment without classification or judgment on these thoughts. It glides over the paper and then I walk outside concentrating on my breathing. From here, my day begins by writing the tasks that I must do, and I used to adopt the method for the tasks to be divided into three sections, tasks that benefit me professionally or academically, tasks that develop my skills, and tasks that improve my mood.

Things are difficult to implement at the beginning, and there was resistance and a great emotional outburst as if I was stepping back instead of moving forward, but I was reminding myself that change takes time and that the brain gets used to the unusual, he doesn't know what is useful for me, so just keep changing and with time the fruit will grow from the root. My spiritual flexibility increased with time and things seemed easier. I started to get to know myself as if I was a new person, listening to myself and her thoughts, sorting and differentiating between the inner voices, as if it was an entertaining game every day, I woke up ready for a new challenge in my journey with myself.

I came out of this experience laden with spiritual experiences, ready to face the outside and reconciled with the inside. This taught me a lesson that it is always good in everything that appears to us to be evil, and that stopping the outside may be a message to look inside. And the essence of a good life is depending on how we feel not what we have in our hands. and the success of a person is not measured by the number of certificates that he/she obtained, but rather by the pleasure of the path that he/she took to reach this success, and that the pleasure of the journey is sometimes more beautiful than the moment of arrival, and to shine you have to start from inside.



Painting by Fakhrah
AL Shamsi

Peeling Away The Layers: A Muslim Student's Experience With The Ullman Method Of Dream Appreciation

By Farah Albreiki
Clinical Psychology MSc Student

Roughly three months ago, I embarked upon the beginning of a beautiful ending. The Fall semester commenced, where I was due to take my final course, an elective requirement, as part of the Master's of Science in Clinical Psychology program at the United Arab Emirates University. The course I had registered in was called "Seminar in Mental Health", and as someone experiencing a mild 'Senior Slump', I had not given it much thought prior to registering, but I had presumed it would surely provide a mundane theoretical overview of mental health. I had no expectations for the course, as I was more excited by the thought of completing my requirements and transitioning to the 'real world' of practice. Little did I know that what I had signed up for was in fact nowhere near what I initially had in mind. Over the course of a few months, with a group of 16 students that met once a week, I was introduced to the Ullman group method of dream appreciation.

Far from being a traditional theoretical course, I sat through an unconventional, immersive, and experiential course. I had witnessed first-hand what it means to appreciate the power of dreams, unraveled through the power of the group dynamic, evolving and growing closer with each session. As the class came to an end, I appreciated the privilege to have been part of it.

These lines describe my experience with the Ullman Method of Dream Appreciation in the context of a group dreamwork in the "Seminar in Mental Health".

Personal Experience with the Ullman Method as a Dreamer I had prepared a written version of the dream to project on the screen. The dream I brought to class appeared to be of a social nature, and though the dream had an engaging plot with a twist, it did not feel quite sensitive or personal at first. I began by sharing the dream, reading it out loud to the group:

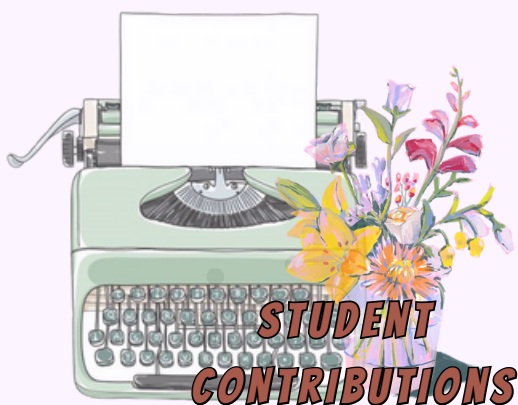
"I organized a huge gathering, where I invited so many people I knew, including people I haven't seen in a long time, like high school friends. I invited them to my dad's house in Abu Dhabi, as my dad is out of the country in the US and the house will be private and available to us. Everyone received the invitation and people are getting ready in salons and all excited to be there. Close to the

beginning of the gathering, I checked the house and ensured everything was ready. It turned out that the door was locked. I couldn't go inside the house, and people will start arriving soon. I became very nervous and try to think of a plan B, where am I going to host the guests? I start thinking to ask them to come to our old family house in Dubai, the house that I grew up in from around 2010 but I'm thinking that nobody's been there in a while, it's probably dusty and not clean nor ready to host guests. I'm worried about whether the guests will be able to accommodate the last-minute venue change from Abu Dhabi to Dubai. Every time I try to reach out to a friend to tell them about the change in the invite, I seem to be unable to reach them for some reason, and I'm feeling very embarrassed that they arrive in Abu Dhabi already after taking so much time to get ready, all to find out that the house is locked."

The diversity of projections offered was astounding, as some offered more positive projections I had not related to, such as that of hope and having a plan B always indicates that I am usually one to come with solutions perhaps. It brought a sense of healing to hear all these projections as I felt kinder towards myself, and felt a sense of self-compassion. Subsequently, the metaphors explored were equally fascinating, notably the one on having a double vector, or double-edged sword where I had the independence of using my father's house when he was away, but also that I had a sense of dependence on his house.

My ultimate favorite metaphor was that of acceptance of change, that some old friends trying to come in a new house may be that old friends don't belong in this new house and that's OK. More adaptive responses would be to accept the change and passing of time, and understand that to each phase of one's life friends can come in and out, and we don't necessarily have to resist the change and hang on to those old relationships, forcing them to stay alive when they are, expired. At times, when some of the projections or metaphors did not align with what I felt my reality was, I felt tempted to say something but understood that this stage was the group's and not mine, and I had to remain patient until we transition to the next stage.

Finally, the orchestration presented to me, truly like a gift from the group, was powerful. The dream is telling me that there is always a plan B, that in spite of changes or new challenges that come across my way, and that I am a person that likes to problem solve perhaps. All of us have to accommodate new members, and let some old ones go. There will always be some ambivalence and things in life beyond control. The dream may also be telling me that I am not paralyzed and have resources. The locked door is telling me I have fears to face, and that I have something to process, is a significant part of the orchestration that I will cherish.



Is Self Esteem Overrated?

By Reema Baniabbasi
Clinical Psychology MSc Student

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.





Word Search:

Psychology Terms

A E U O C M C L O G E C A L S
 P E R S O N A L I T Y U S L O
 A A M Y G D A L A N O R U E N
 C S I N O I T I N G O C A A N
 T A R E L N O I T A X I F R G
 L U D E U G L R C D R O B N S
 L U N C O N S C I O U S A I S
 N I U D H I L A A P T T R N S
 M E I U S U M A L A H T R G C
 A T T I T U D E A M I R U E R
 S S E R T S B R A I N V L T L
 R G P P R D G M E N A E N R S
 I R U E I I O N M E M O R Y H
 L A V E I R T E R R D O O O S
 E L B A I R A V M I G O O M D

Dopamine

Ego

Neuron

Memory

Retrieval

Variable

Attitude

Cognition

Learning

Personality

Fixation

Stress

Thalamus

Amygdala

Brain

Unconscious



Spot the Difference:





Spot the Difference:





Personality Test:

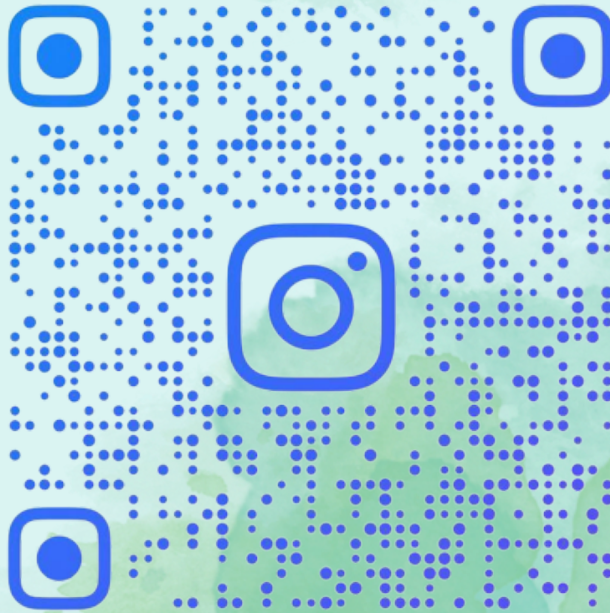


- If you've chosen person #1 it means that you're kind of a fatalist. You'd prefer to give up if you believe that the situation can't be changed in any way possible. You would accept the current events and circumstances as they are. You never start an argument and in general you behave peacefully because fights and quarrels only make you upset. You have a big, kind heart and you value honesty the most. Stop thinking that everything is predetermined and remember that it's you who creates your own destiny.
- If you went with option #2, you can be characterized as a person who often makes hasty decisions. So next time you have to make a decision, take your time and try to thoroughly analyze the overall situation first. You're a bit stubborn and you never feel sorry about what's left in the past. You take full responsibility for your decisions and depend only on yourself.
- So, you've chosen #3. You're a real fighter! And sometimes you act impulsively and you never give up. You have a great ability to fight 'till the very end when it comes to defending your position and things you believe in. Coming up with new strategies and approaches is just your thing, and that's why people like you usually make excellent business people and group leaders.
- If you picked person #4, it says a lot about your rebellious soul. You're a true non-conformist who is ready to sacrifice even their own interests in order to prove something to someone. You believe in your principles and you think your point of view and/or your decision is always the best one. Remember that the diversity of opinions often gives a better understanding of a situation, so next time you're about to start an argument, try to use all of your good sense and rationality.

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**Drop Your
Suggestions
Below!**



