

Dr. Ansam Sameeh Al-Salous

Licensed Counseling Psychologist | CBT Therapist | Assistant Professor & Researcher

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[Dr.ansam salous](#) | [LinkedIn](#)

Clinical psychologist and CBT practitioner with more than 15 years of experience in psychotherapy and mental health counseling specialist. . Provides support to individuals, families, and adolescents in clinical, educational, and remote settings. Treats a range of psychological conditions, including anxiety, depression, OCD, trauma, panic symptoms, and family-related issues. Holds a PhD in Counseling Psychology and is currently completing graduate studies in Clinical Psychology. Background includes university-level teaching, academic research, and mental health training programs in the Gulf region.

Education

Amman Al-Ahliyya University | Jordan 2026
Currently pursuing an M.A. in Clinical Psychology

Cairo University – Faculty of Graduate Studies in Education | Egypt Sep 2015 - Mar 2021
Ph.D. in Counseling Psychology

- **Dissertation:** A Counseling Program for Developing Compassionate Communication Among Mothers and Its Impact on Enhancing Self-Esteem and Independence Among Their Teenage Children.
- With Distinction

Hashemite University | Jordan 2012
Master's Degree in Family Counseling

- **Thesis:** Anxiety and Depression Levels Among Cancer Patients

Al-Balqa Applied University | Jordan 2007
Bachelor's Degree in Child Education

Islamic Community College | Jordan 2005
Diploma in Child Education

- Ranked #2 in National Diploma Exam

Work Experience

Clinical Psychologist & CBT Practitioner
Leader Academy for Consultation & Training | Amman, Jordan Jan 2017 – Present

- **Psychotherapy Services:** Provide in-person and online psychotherapy using CBT for individuals, couples, and families. Address anxiety, OCD, depression, trauma, marital distress, and parenting challenges.
- **Child & Adolescent Interventions:** Offer targeted therapeutic support for children and teenagers with behavioral and emotional difficulties, including school refusal, aggression, and separation anxiety.
- **Psychoeducational Training:** Facilitate workshops for parents, teachers, and counselors on topics like emotional regulation, adolescent psychology, and family communication.
- **Program Development:** Design and implement culturally sensitive intervention programs tailored to the needs of Arab families.
- **Interdisciplinary Collaboration:** Coordinate with educators and mental health professionals to ensure comprehensive care and referral of complex cases.

Online Psychological Counselor

Moshed App - Remote | Kuwait

Mar 2021 – Present

- **Psychotherapy Delivery:** Conduct individual CBT-based therapy sessions for adults, couples, and adolescents with anxiety, depression, OCD, panic attacks, and family-related stress.
- **Culturally Responsive Care:** Tailor interventions to the social and cultural dynamics of Gulf clients, ensuring relevance and rapport in treatment.
- **Therapeutic Tools & Techniques:** Apply cognitive restructuring, behavioral activation, emotional regulation, and psychoeducation as part of structured treatment plans.
- **Clinical Ethics & Documentation:** Maintain detailed clinical records and ensure confidentiality, ethical compliance, and professional follow-up when needed.

Online Psychological Counselor

Istinara Platform - Remote | UAE

Feb 2022 – Present

- **Psychological Therapy Services:** Provide structured CBT-based psychotherapy to individuals, adolescents, and families across the Gulf, addressing clinical issues such as anxiety, depression, obsessive-compulsive disorder (OCD), panic attacks, and parenting difficulties.
- **Child & Adolescent Focus:** Support youth in managing emotional dysregulation, school-related stress, and behavior challenges through evidence-based methods and family engagement.
- **Remote Intervention & Follow-Up:** Deliver weekly virtual sessions, adapt treatment plans as needed, and maintain continuity of care in a secure digital environment.
- **Cultural Adaptation & Rapport Building:** Tailor communication and therapeutic techniques to match the social and cultural norms of Gulf-based clients, building trust and engagement.
- **Confidentiality & Clinical Records:** Ensure ethical standards through accurate documentation, confidentiality protection, and appropriate referral for high-risk cases.

University Lecturer & Student Counselor

University of Dammam | Dammam, Saudi Arabia

Sep 2014 – Aug 2017

(Imam Abdulrahman Bin Faisal University)

- **Academic Instruction:** Taught undergraduate courses in counseling psychology and child development, integrating clinical case examples and therapeutic concepts.
- **Individual Psychological Counseling:** Provided one-on-one therapy sessions to students facing academic anxiety, depression, family conflict, low motivation, adjustment issues, and emotional dysregulation.
- **Student Wellness Support:** Designed psychological interventions to help students improve concentration, self-esteem, and interpersonal communication—particularly in cases involving family stressors and academic burnout.
- **Mental Health Outreach:** Contributed to campus-wide campaigns promoting mental health awareness, emotional resilience, and help-seeking behavior among students.

Community Program Facilitator

World Vision Organization | Amman, Jordan

Feb 2014 – Apr 2014

- **Community Workshops:** Led educational sessions on psychosocial topics including parenting, self-esteem, and family support.
- **Youth Programs:** Facilitated interactive, resilience-building activities for adolescents in underserved areas.
- **Stakeholder Coordination:** Worked with NGO teams to align programming with local needs.

Educational & Family Counselor

- **Family Counseling:** Supported families in improving communication, parenting skills, and child behavioral outcomes.
- **Workshops:** Delivered seminars for educators and mental health workers on school-based mental health.

Qualifications & Professional Development

- **Licensed Counseling Psychologist** - Ministry of Health, Palestine
- **CBT Diploma (150 hours)** - Egyptian Institute for Cognitive Therapies (Covered treatment protocols for anxiety, depression, OCD, PTSD, panic disorder, somatic disorders, trauma recovery, and more).
- **Clinical Supervision** - 120+ hours, Arab Institute for Mental Health
- **Workshop: Compassionate Communication** - Dr. Ahmed Al-Dabie, 2020
- **Facilitating Mental Health Services** - 2016
- **Youth & Child-Focused Courses** - Dealing with Adolescents (UNESCO 2013), Creativity in Education (2012), Parenting Workshops (2007–2014)
- **Leadership & Academic Skills Courses** - Administrative Leadership (2008), Study Skills (2008), “Yes, I Can” (2009)
- **Special Education Trainers Course** - International Training Institute, 2007
- **CoRT Thinking Program (Levels 1 & 4)** - Edward de Bono Global, 2007
- **English Language Development** - E-TECHING
- **Field Training:**
 - Al-Sanad Center (Special Needs)
 - Islamic Center Schools
 - Al-Shmisani Al-Gharbi School

Conferences & Community Engagement

- **Conferences & Forums:**
 - Smou Values Conference – 2023
 - Mental Health Forum – Amman Private University – 2023
 - Sultan Qaboos University: Counseling in the Contemporary World – 2022
 - Syrian Family Mental Health Conference – 2022
 - Jordanian Psychiatric Society – 2022
 - Riyadh Mental Health Conference – 2015
 - Al-Arqam & Independent Schools Forums – 2011
 - Child Abuse Conference – 2007
 - Jump to Quality – 2007
 - (Full list available upon request)
- **Public Lectures & Media:**
 - Parenting, Adolescents, and Family Well-being
 - Classroom Management and Emotional Intelligence
 - Leadership, University Adaptation, and Critical Thinking
 - Featured Guest on:
 - Bayt Hawa – Hayat FM (2 episodes)
 - Disability & Society – Hashemite Radio
 - Your Home, Ameer – Yarmouk TV (2 appearances)
- **Community Initiatives:**
 - Toward a Reassured Family
 - Student Counselor Initiative
 - Summer Club Supervision – Quran Preservation Society

Research & Publications

1. **Al-Salou, A. S. (2021).** A Counseling Program for Developing Compassionate Communication Among Mothers and Its Impact on Enhancing Self-Esteem and Independence Among Their Teenage Children. Doctoral dissertation, Faculty of Graduate Studies in Education, Cairo University.
2. **Al-Salou, A. S. (2012).** Anxiety and Depression Levels Among Cancer Patients. Master's thesis, Faculty of Educational Sciences, Hashemite University.
3. **Al-Salou, A. S. (In Review).** Psychometric Properties of the Compassionate Communication Scale for Mothers. Manuscript submitted for publication.
4. **Al-Salou, A. S. (In Review).** The Relationship Between Compassionate Maternal Communication and Adolescents' Independence and Self-Esteem. Manuscript under peer review.
5. **Al-Salou, A. S. (In Progress).** My Journey from Pain to Hope: Psychological Reflections. Unpublished manuscript (narrative clinical reflections).

Trainer and Public Speaker

- **CBT Fundamentals Course**
- **Adolescent Communication Course – 2022**
- **Dealing with Children –** King Hussein Cancer Center – 2012
- **Creativity Development Course –** Quran Preservation Society – 2012
- **Developmental Characteristics of Adolescents –** Al-Arqam Schools, Amman International – 2010
- **Family Dialogue Sessions –** Quba Center – Al-Musharifah & Amer – 2009
- **How to Deal with My Daughter –** Quba Center & Al-Ishraq – 2009
- **Positive Parenting Workshops –** Al-Musharifah, Abad Al-Rahman, Al-Rayhan, Amer Centers, Amman International Schools
- **How to Teach My Children –** Amman International Schools & Roots Center – 2007
- **Study Skills Course –** Shura Center – Jordan – 2007
- **Community Lectures –** Parenting, dealing with adolescents, communication, marital happiness
- **Educational Lectures –** Classroom management, teaching skills, stress management
- **Family Consultations –** Covering educational, marital, and parenting topics

Core Skills

Therapeutic Approaches & Clinical Techniques

- Cognitive Behavioral Therapy (CBT)
- Trauma-Informed Care & PTSD Interventions
- Psychoeducation & Emotional Regulation
- Behavioral Activation & Modification
- Family Systems Approach
- Couples Therapy & Marital Counseling
- Student Counseling & Academic Adjustment Support

Child & Adolescent Mental Health

- Treatment of Childhood Anxiety, OCD, and Mood Disorders
- Parenting Skills Coaching & Family Dynamics
- Communication Enhancement in Family Settings
- Managing Behavioral Problems (aggression, school refusal, isolation)
- Support for Children with Special Needs

Assessment & Case Management

- Clinical Assessment & Diagnosis

- Treatment Planning & Goal Setting
- Ethical Documentation & Confidential Reporting
- Progress Monitoring & Follow-Up Strategies

Communication & Training

- Workshop Development & Delivery
- Teacher & Parent Training Programs
- Mental Health Awareness Campaigns
- Compassionate Communication Techniques

Digital Therapy & Remote Services

- Telepsychology & Virtual Counseling
- Online Session Management (via secure platforms)
- Cultural Adaptation for Gulf-Based Clients
- Technology-Enhanced Mental Health Support

Languages

Arabic (Native), English (Fluent).