

REINE EL BISSAR

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OBJECTIVE

Recent Clinical Psychology graduate specialized in Cognitive Behavioral Therapy (CBT), combining academic excellence with strong clinical training and supervised practice in hospital, NGO, and university settings. Skilled in psychological assessment, case formulation, and CBT-based therapeutic approaches. Committed to delivering ethical, patient-centered care and contributing to multidisciplinary teams that promote mental health, resilience, and emotional well-being.

WORK EXPERIENCE

Centre de Soins Psychologiques – Université Saint-Joseph (USJ) | Beirut, Lebanon

Clinical Intern | Feb 2025 – Oct 2025

- Supervised individual sessions using CBT-based approaches.
- Developed patient case formulations and therapeutic reports.
- Participated in weekly supervision and multidisciplinary meetings.

Oum el Nour – NGO (Prevention Department) | Beirut, Lebanon

Psychosocial Support & Awareness Facilitator | Dec 2024 – Jun 2025

- Conducted PSS sessions in schools on self-esteem, peer pressure, and emotional regulation.
- Designed interactive activities promoting mental health awareness.
- Contributed to psychological assessments and follow-up interventions.

LAU Medical Center – Dr. Wael Salameh | Beirut, Lebanon

Clinical Observer | Jul 2024 – Aug 2024

- Observed psychiatric evaluations and multidisciplinary discussions.
- Gained insight into psychopharmacology and behavioral outcomes.
- Enhanced understanding of biopsychosocial case conceptualization.

Bassma – NGO | Beirut, Lebanon

Clinical Intern | Feb 2024 – Jun 2024

- Supported Lebanese families through psychosocial assistance and clinical observation.
- Conducted PSS sessions and administered psychological assessments such as the Beck Depression Inventory and Beck Scale for Suicide Ideation.
- Assisted in identifying and documenting mental health and socioeconomic challenges.

Hôtel-Dieu de France – Psychiatric Department | Beirut, Lebanon

Clinical Intern | Oct 2023 – Dec 2023

- Completed 200 hours of psychiatric observation and case analysis.
- Applied DSM-5 diagnostic criteria in patient evaluations.
- Strengthened emotional resilience and clinical reasoning.

Dent de Lait Nursery | Beirut, Lebanon

Assistant Teacher | Jul 2023 – Aug 2023

- Assisted in classroom management and children's emotional development.
- Facilitated interactive activities to enhance creativity and social skills.

Tammana Wishes – NGO | Beirut, Lebanon

Volunteer | Oct 2022 – May 2023

- Supported children with critical illnesses through wish-granting initiatives.

- Developed empathy, communication, and teamwork skills.

EDUCATION

Saint Joseph University | Beirut, Lebanon

Master's in Clinical Psychology – Cognitive and Behavioral Therapy Approach | 2023–2025

Awarded Mention Excellent on thesis defense (grade: 18/20).

Saint Joseph University | Beirut, Lebanon

Bachelor's in Psychology – Clinical and Pathological Psychology | 2020–2023

Graduated with a GPA equivalent to 3.6/5.

Lycée Franco-Libanais Verdun | Beirut, Lebanon

French Baccalaureate – Sociology and Economy | 2017–2020

Obtained Mention Assez Bien.

SKILLS & ABILITIES

- Strong communication and active listening skills
- Knowledge of CBT-based therapeutic techniques
- Psychological assessment and case formulation
- Emotional regulation and empathy in challenging contexts
- Teamwork and multidisciplinary collaboration
- Time and priority management
- Creativity and problem-solving
- Ability to work under pressure
- Professionalism and ethical practice