

Patricia Vivian

Montreal, Canada

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Education

Holy Spirit University of Kaslik, Lebanon – Ph.D. 1995 – 1999
Psychology

Holy Spirit University of Kaslik, Lebanon – D.E.A. 1993 – 1995
Clinical Psychology

Concordia University, Montreal, Canada – B.A. Specialization Psychology 1989 – 1993

Experience

Clinical Psychologist – Private Practice, Antelias, Beirut, Lebanon
10/2012 – 07/2020

- Provided individual and family therapy to adolescents and adults, as well as couples therapy and interpersonal relationship counselling.
- Provided patients with evaluations including history and mental examinations.
- Provided a full range of psychological assessment services, particularly for complex or unusually difficult patients.
- Improved the quality and effectiveness of mental and human performance development.
- Adopted an integrative cognitive behavioral therapy approach, bringing together different aspects of various proven therapy approaches within the customized therapy treatment plan of each person.
- Worked with anyone with various forms of anxiety, such as panic attacks, obsessive compulsive disorder, phobias, traumas, and post traumatic stress disorder. In addition to various mood disorders (depression, bipolar disorder, and others). As well as eating disorders, dependencies, addictions, interpersonal relationship and couple issues.

Consulting Clinical Psychologist – Bellevue Medical Center, Mansourieh, Lebanon
09/2009 – 03/2012

- Collaborated with psychiatrists and psychologists in the Departments of Psychiatry and Psychotherapy and Counselling to help treat patients.
- Consulted with medical center staff on a wide variety of patient care issues.
- Performed evaluations for wide array of patients representing diverse diagnostic entities.
- Provided adjunctive rehabilitation-oriented interventions for the treatment of mental health related disorders.
- Provided comprehensive, evidence-based psychotherapeutic interventions, including individual, family, and group psychotherapy as a consultant psychologist in the outpatient clinics.

Clinical Psychologist – Private Practice, Antelias, Beirut, Lebanon
11/1999 – 05/2009

- Provided information to patients on psychological factors in various fields to help with goal-setting and establishing a performance plan.
- Selected, administered, and interpreted a wide variety of psychological instruments in relation to providing fitness-for-duty assessments.
- Provided a full range of psycho-diagnostic and psychological evaluations, based on best practices and training.

Columnist – TimeOut Beirut, *Beirut, Lebanon*

07/2008 – 11/2011

Author of "Ask the Doc" advice column in TimeOut Beirut magazine. Provided responses to questions about mental health related issues, relationships, family problems, addictions, and other complex personal matters.

Lecturer – American University of Technology, *Fidar, Lebanon*

01/2016 – 05/2017

Lecturer, Department of English, Faculty of Arts and Humanities, ENG 203 "English Communication I", ENG 204 "English Communication II", ENG 225 "Modern English Grammar".

Lecturer – Notre Dame University, *Louaize, Lebanon*

09/2006 – 05/2008

Lecturer, Department of Social and Behavioral Sciences, Faculty of Humanities, PSL 101 "Principles of Psychology".

Internship – Psychiatric Hospital of the Cross, *Jall Eddib, Lebanon*

10/1994 – 09/1996

Conducted clinical interviews, assessment, diagnosis, created treatment plans, worked on case studies, and administered psychometric testing (Rorschach inkblot test, TAT, MMPI II, 16 PF, BDI, WAIS, WISC, GZTS, CFIT). Supervised and implemented the Art Therapy program. Contributed to the Art Therapy magazine.

Publications

"Tourette's Disorder", People's Medical Digest, Albany, NY, May, 1995

"Art Therapy", Living with Schizophrenia Bulletin, Eli Lilly & Co., 1997

"Eating Disorder in Boys and Men", ASSABIL, Psychiatric Hospital of the Cross Scientific and Social publication, Nov. 2009

"Schizophrenia and Psychosis Risk Syndrome", ASSABIL, July, 2016

Certificates

1996 - 2016 Obtained Certificates of Attendance and Participation in numerous psychological and psychiatric congresses (American Psychological Association annual meetings, American Psychiatric Association annual meeting, World Psychiatric Association regional meetings, and others) as an international corresponding member.

2001 Obtained a Certificate of Attendance of the 154th Meeting of the American Psychiatric Association, New Orleans, LA, earning 66 hours of Category 1 CME credit.

Volunteer And Social Work

2012 - 2016 Volunteer consultant with J.A.D. (Jeunesse Anti Drogue), Lebanese non governmental association for social welfare. Raised awareness and support to those struggling with substance abuse in the Middle East region. Provided individual and group psychotherapy to address psychological withdrawal symptoms in the drug and alcohol withdrawal management program.

2001 - 2008 Deputy Warden for the Embassy of Canada to Beirut, Lebanon. Assisted in communicating with and disseminating information to Canadian citizens on the ground when a crisis occurs. Successfully responsible for the safe evacuation abroad of Canadians in Lebanon during the 2006 crisis.

1999 - Present Founding member of the British Ladies in Lebanon, a non profit charitable organization. Organized numerous fund raising events for various charities in Lebanon.

Summary

Over 20 years experience in clinical psychology. Extensive knowledge of methods, principles, and procedures for assessment, diagnosis, treatment, psychotherapy, and counselling for mental health related issues. Ability to maintain emotional stability to cope with human suffering, emergencies, and other stresses. Ability to provide professional advice and consultation in areas related to professional psychology and behavioral health. Knowledge of and ability to apply a wide range of professional psychological treatments or assessment methods to a variety of patient populations. Ability to establish and maintain effective working relationships with other professional staff members and the general public. Fluent in English, French, Arabic, and Spanish.

Objective

Experienced clinical psychologist seeking to obtain a position in which I can contribute my clinical and human relations experience in a dynamic work environment.