



Dr. Shefa Shawabkeh

PSYCHOLOGIST

Target: Psychological, emotional and intellectual development and gaining scientific knowledge that develops the career side

Value: Innovation - Transparency - Responsibility - Excellence - Integrity - Teamwork

Contact

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Address madaba

Education

PHD 2020

in psychological and educational counseling from the University of Jordan

MA 2016

in psychological and educational counseling from the University of Jordan

Bachelor's degree

Counseling and Mental Health from the University of Jordan ²⁰⁰⁷

Research

2020

The effectiveness of a counseling program based on mindfulness to increase psychological well-being, anger management skills, and self-efficacy among battered women in Jordan." PhD Thesis / University of Jordan

2020

Anger management skills and their relationship to self-efficacy among a sample of battered women in Madaba /Journal of the Jordanian Educational

2022

Psychological capital and its relationship to social responsibility among university youth / currently.

2016

Lifestyles and their Relationship to the Level of Social Anxiety for Students with Hearing Disabilities in Jordan" Master's Thesis / University of Jordan

Books and Publications:

Steps Towards Psychological Wellness Book, 1st-2022 - Dar Amjad .

Be mindful - deals with the concept of mindfulness.

Language:

English

arabic

Experience

2013-2022

Psychologist- German Jordanian university

Job position

I am currently working at the German Jordanian University - Deanship of Student Affairs / counseling and empowerment services the most important topics that were discussed, mental health topics, the importance of drug therapy, anxiety and achievement, create your future, self-regulation skills, anxiety management, time management, life skills, mindfulness skills, in addition to individual and group counseling sessions and daily counseling.

2010-2013

Administrative - German Jordanian university

Job position

I was carrying out all the administrative work related to the department , as it provided me with good experience in dealing with documents and events

2008-2010

counsellor - Madaba model school

Job position

It includes counseling, psychological and empowerment services related to students in the school

Training courses

i have received many training courses, the most important of which is the Diploma in career Counselling, Clinical Psychology Diploma, Diagnosing Disorder by Drawing, Child Mental Health, skill of Success, ICDL , CCNA1

Memberships:

- Member of the Jordanian Psychological Association - University of Jordan.

Cases I worked with:

depression , PTSD , Asperger's disorder, ocd , emotional problems. Self-assertion problems and personality weaknesses, stress and anxiety.

Other skills :

Ambition , Respect the time , accuracy, self confidence.
Easy to understand and accept any new,
Ability to lead any work group.
Good knowledge of computer applications.
Passion for work , creativity, Innovation , artistic sense.