

# Araz Adil Salih

Address: Masik, Duhok

Gender: Male

Birth date: 26 March 1992

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## Profile

"Experienced psychotherapist with a dedication to supporting individuals and communities through mental health challenges. Proven ability to provide psychotherapy, training, and supervision in diverse settings. Skilled in working with many clients, including children, adolescents, adults, and trauma survivors. Adept at providing critical guidance to organizations and teams in designing and implementing MHPSS interventions within the context of humanitarian and development projects. Skilled in implementing protection programs in general. Committed to professional development and staying updated on evidence-based practices."

## EDUCATION

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### **Master's in Psychotherapy and Psychotraumatology (2021),**

Duhok University Institution of Psychotherapy and Psychotraumatology, in collaboration with Tübingen University of Germany.

### **Bachelor's in Education and Psychology (2014)**

University of Duhok Department of Education and Psychology.

## WORK EXPERIENCE

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### **Assistant Lecturer at the university**

#### **Cihan University - Duhok (January 2024 - Present)**

- Teaches courses on special education, methodology and book analysis, cognitive psychology, and experimental psychology.
- Workshops and seminars.
- Management task and responsible of activity.

### **Psychotherapist Trainer and MHPSS specialties**

#### **Career Development Center at Duhok University (January & February 2024)**

- Provided training on Narrative exposure therapy (NET) and Trauma-focused cognitive behavioral therapy (TF-CBT), Under the university of Duhok and **Career Development Center(CDC)**. from Jan and February 2024.
- Conducted group and individual supervision for trainees.
- Provided a 10-day training on Basic Mental Health for **Farida Global** from Jan to Jun 2024.
- Provided a 6-day training on CBT for Psychology students from Jan to Jun 2024, with **ATS** academy.

- Provided a 10- day on Psycho Oncology for **The lotus flower** in August 2024
- Managing **Round table** about Suicide Prevention Strategy for **DAK** organization one day in September 2024.

### **Mental Health Technical Supervisor**

#### **SEED Foundation (May 2021 to October 2023)**

- Provided individual and group supervision to psychologists.
- Delivered capacity-building training to staff members.
- Offered individual and group therapy sessions.
- Provided mental health services in emergencies.
- Developed and delivered MH training programs for various stakeholders.
- Conducted observation and mentoring sessions for MHPSS services.
- Managed MHPSS data collection, documentation, and reporting.
- Coordinated, conducted outreach, and built networks for MHPSS services.
- Provided specialized psychotherapy for high-risk cases, including suicide and survivors of ISIS and child soldiery.

### **Psychologist**

#### **SEED Foundation (October 2017 - May 2021)**

- Provided individual and group therapy sessions for a wide range of clients.
- Conducted psychoeducational workshops and provided support groups.
- Worked extensively with Children Affiliated with Armed Groups and survivors of the Islamic State Group.

### **Case worker/ Mental Health Specialist**

#### **Save the Children (May 2017 - October 2017)**

- Provided protection case management in Sinjar district, Ninawa governorate.
- Acted as a focal point for psychological cases, referrals, and case management.
- Provided psychological first aid.
- Delivered psycho-social and child protection sessions.
- Conducted training sessions for staff on common mental disorders.

### **Case manager**

#### **Triangle Generation Humanitarian (January - April 2017)**

- Provided case management services for IDPs in Basheqa and Nergizlia camps.
- Delivered PFA (Protection from Abuse) awareness sessions in Basheqa and Nergizlia camps.
- Conducted child protection education assessments in Rabea.
- Performed INEE (Inter-agency Network for Education in Emergencies) assessments in Bardarash camp.

### **Psychologist**

#### **UN PONTE PER (UPP) - Sharia Camp (April 2016 - December 2016)**

- Provided individual and group therapy sessions.
- Conducted structured PSS (Psychosocial Support) activities like the Resilience Groups package.

- Delivered psychological sessions for IDPs, particularly ISIS survivors.
- Coordinated and documented MHPSS data.

### **Psychosocial Support**

#### **French Red Cross (FRC) - Khanke Camp (September 2014 - December 2015)**

- Provided psychological first aid (PFA) for newly arrived IDPs.
- Assessed and triaged mental health cases in Khanke camp.
- Supported the protection team with mental health cases.
- Trained WASH committee volunteers on WASH (Water, Sanitation, and Hygiene) practices.
- Collaborated with camp management (BRHA) to provide tents, ID cards, and emergency response for IDPs and refugees.
- Facilitated the distribution of Non-Food Items (NFI) in Khanke camp.
- Coordinated with other NGOs working in the camp.
- Attended livelihood assessments in Rabea.

### **Practice psychotherapist**

#### **Azadi General Hospital (February - March 2014)**

- Assisted in diagnosing mental disorders in collaboration with a psychiatrist.
- Participated in professional lectures on mental disorders delivered by a psychiatrist.

#### **IRAQI RED CRESCENT (Volunteer) (2013)**

- **Provision of distribution of basic needs for refugees.**

### **Social Worker**

#### **Haval Center (Volunteer) (2011 - 2013)**

- Delivered awareness sessions for teenagers about addiction problems and conduct behaviors.
- Encouraged and motivated children who left school to return.
- Mediated conflicts between teenagers and their parents.
- Monitored teenagers' legal issues and provided them with awareness.

## **TRAININGS DELIVERED**

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- Provided Suicide Prevention Training for organizational staff (2022)
- Delivered training on Mental Health for governmental department employees (2021-2022)
- Provided training on Child Development and MHPSS skills at SEED Academy (2021)
- Conducted Training of Trainers for crisis mental health intervention support for teachers (2015)

## **SKILLS SUMMARY**

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- Psychotherapy: sessions, supervisions, training, therapeutic techniques.
- Mental Health and Psychosocial Support (MHPSS)
- Protection from Sexual Exploitation and Abuse (PSEA)
- Trauma-informed care and child protection practices
- Teaching and training
- Communication, presentation, and negotiation
- Teamwork and leadership
- Multicultural competence

- Working with children and adolescents

## LANGUAGES

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- Kurdish (Native)
- Arabic (Fluent)
- English (Upper-Intermediate)

## COMPUTER SKILLS

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- Microsoft Office Suite (Excel, Word, PowerPoint)

## CERTIFICATES AND TRAININGS RECEIVED

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- Pedagogical Training for Teacher Professional Development (2023)
- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) (2023)
- Caring for Child Survivor training (2023)
- Protection from Sexual Exploitation and Abuse (2022)
- EMDR (Eye Movement Desensitization and Reprocessing) Parts I, II, & III (2019-2021)
- Safeguarding Essentials - SEED Foundation, Duhok, 2022.
- Child Protection (Neglect) - SEED Foundation, Duhok, 2021.
- Child Protection (Unaccompanied and Separated Children in Emergency) - SEED Foundation, Duhok, 2021.
- Child Labor Training - SEED Foundation, Duhok, 2021.
- Children Associated with Armed Forces and Groups (CAAFAG) - SEED Foundation, Duhok, 2021
- Various Humanitarian Response Trainings (2021)
- Dialectic Behavioral Therapy (DBT) - online, Duhok, 2020.
- Online Training on Suicide Prevention and Intervention, IOM, 2020.
- TSR-Phase 2 (Trauma Stabilization and Recovery) SEED Foundation, Duhok, 2019
- Mental Health and Psychosocial Support (MHPSS) Parts I, II, III and IIII (2018-2019)
- Art Therapy Training, EMMA, Duhok (2018)
- Communication and Time Management Training (2017)
- Rapid Protection Assessment Training (2017)
- Additional Trainings in Case Management, GBV, Self-Care, and Suicide Prevention (SEED Foundation)
- MHPSS Training of Trainers for Child Protection Actors (2017)
- Evidence-Based Low Intensity Psychological Intervention (BLIPPI) Training, UPP, 2016.
- Child Protection Training, UPP, (2016)
- Case Management Training, UPP, (2016)
- Resilience Groups Training, UPP, 2016.
- Crisis Intervention Training for Teachers (2015)
- First Aid Training FRC and Iraqi red crescent (2015)
- psychological first aid (PFA) ACF and DOH (2014)