

## Khawla abdualkareem alsaida

[Jordan] • [Amman, ++962] • [798909072] • [[Khawla.alsaida@gmail.com](mailto:Khawla.alsaida@gmail.com)]



### General Information

Date birth: 18-10-1976	place of birth: Jordan-Salt.
Nationality: Jordanian	Marital Status: Married
Current place of residence: Jordan	Mobile: 00962-79-8909072

[Psychological counseling specialist, licensed by the Jordanian Ministry of Health, PhD in psychological counseling and a master degree in clinical psychology, a lecturer in universities for more than 15 years.

Good experience in psychometric skills, intelligence and personality tests, and diagnosing talent and creativity cases, Providing awareness lectures and workshops for parents, students and teachers in the fields of psychological and educational upbringing.

Teaching courses in psychology and psychological counseling. Conducting and publishing scientific research, Training on psychological tests, statistical analysis, and social skills (communication skills, self-assertion, anger control). Experience in organizing conferences, activities and events]

### **Education**

[PhD in psychological counseling]

[**Amman Arab University**], [Amman, Jordan]

[Master degree in clinical psychology]

[**University of Jordan**], [Amman, Jordan]

## **Experience**

[29-9-2024] – [now]  
[Lecture in Psychology] • [Lecture] • [University of Jordan]

[30-10-2023] – [now]

[Board Member of the JPA] • [Vice President] • [Jordanian Psychological Association]

[1-2-2018] – [28-9-2024]  
[Testing and Evaluation Unit] • [Head] • [JCEE]

[2004] – [2017]  
[Assistant Professor] • [lecture] • [Nizwa University, University of Jordan]

## **Membership and Committees:**

Certificate of Practicing the Profession of a Psychological Counseling Specialist from the Ministry of Health, 2013.

Member of the Jordanian Psychological Association.

Member of the Practicing Profession Exam Committee at the Jordanian Ministry of Health.

Member of the Graduate Studies Committees, Academic Guidance, Conference Organization, and many scientific committees in universities.

## **Training Courses**

- (TOT) 2019 / Niles Academy.

- Coaching course, 2018

- Passing levels 1 to 3 of the EMDR Psychotherapy Course 2018-2019. Held by the European Association.

- Communication Skills, Consultation Center - University of Jordan, 14/3/-25/3/2010.

## **Providing training courses**

Offered many courses to students and others, such as: **Psychological tests** (intelligence and personality tests such as MMPI personality test), Stanford-Binet V test, And Stanford Binet III, Wechsler intelligence test (in its three

forms), Wechsler for adults, Wechsler for children, and Wechsler for pre-school children, Raven tests. Training psychologists on the use of psychological tests within a workshop held by the World Health Organization and the Jordan Psychological Association 2012., and **Social skills** like; Anger Management, self-assertiveness, **Modify behavior**, Muscular, respiratory and imaginative **relaxation** courses.

### Activates

- Participation in the Second Educational Guidance Conference under the title "School Violence", with a working paper entitled "Violence from a Psychological Perspective", That Al-Nataqain School (Amman Fourth Education Directorate), 16/3/2010.
- Participation in the Arab Conference for Special Education, Disability and Rehabilitation under the slogan (Ambition and Challenges), Association for the Care of Physically Handicapped Children, Amman, 9/3-10/3/2010.
- Participation in scientific days from the second to the ninth, which are held every year in the Department of Psychology at the University of Jordan.
- Participation in the preparation and attendance of a workshop on dialogue skills held by Dr. Najwa Aref at the University of Jordan entitled "Hawarni".
- Coordinator between the College of Social Sciences and the International Relations Office at the University Presidency regarding updating the university's website.
- Participation in the conference of the Jordanian Psychological Association, which was held at the Faculty of Educational Sciences / University of Jordan in the month of October-2002, with a working paper on the emotional state of children who are mistreated, their self-esteem and their academic achievement.
- Preparing a guide for tests, a guide for devices, a guide for movies in the psychology laboratory, and a guide for experiments to help professors and students and facilitate their access to them.
- Responsible for the Cultural Committee in the Department of Psychology: This includes coordinating holding workshops and courses and hosting personalities from outside the university and conferences. Coordination was also made with entities supporting the development of the psychology laboratory.

### Research and books:

- Al-Sa'eeda, Khawla, Badran, Suad and Al-Shami, Majd (2018). Marital satisfaction and its relationship to the method of choosing a partner and some variables among a sample of married couples in the city of Amman, Al-Quds

Open University Journal for Educational and Psychological Research and Studies, 21 (7), 91-101.

- Al-Saeeda, Khawla and Al-Khatib, Muhammad (2017) Lifestyles and their relationship to mental health among university students, Al-Quds Open University Journal for Educational and Psychological Research and Studies, 19 (6), 64-74.

- Al-Saeeda, Khawla (2010). Cognitive and Emotional Characteristics of a Sample of Abused and Non-Violent Wives, The Jordanian Journal of Social Sciences, 3 (3), 276-292.

- "Psychological analysis of Jordanian proverbs" a joint research submitted to participate in the Literature Dialogue Conference held by the University of Jordan (7/2010).

Irrational thoughts among psychiatric patients, joint research presented to the Medical Services Conference.

Alhabees, F., Alsaida, K & Alhabees, K. (2018). Level of mental health among university students: a comparative study between public and private university, Journal of education and practice, 9(10), 39-44.

- Al-qaisi, R, Alsaida, K, Al-ahmed, M, Al hneiti, F. & Abu romman, R. (2015). Correlation between Psychological Factors and the Patient's Adaption to Removable Dentures. Pakistan Oral & Dental Journal. 35, (1), 167-172.

- Alsmadi,R, Alsaida, K.& Aboud,D. (2017) Graduate students perceptions of scientific research ethics in University of Nizwa, International Journal of Current Advanced research, 6(4), 2341-2349.

- Alsmadi,R, Alsaida, K.& Aboud,D. (2018) Content Analysis of Educational Master Theses Conducted in University of Nizwa Between the Years of 2009-2016. The Social Science, 13 (7), 1265-1272.

Translation of the brochure "Healthy Food and Depression", prepared by the British Foundation for Mental Health and is under publication:

Healthy eating and depression: How diet may help protect your mental health.

- Writing a book "The Fundamentals of Experimental Psychology" under writing.

### Other information:

Computer... Print: Very good, Internet: Very good, Excel: Good

- Language: Arabic...Excellent English...Very Good

- Using the SPSS statistical program: very good. And the ability to use different databases such as (EBSCO) and (SAG).

**Introducers:**

Available upon request.