

# DAREEN ALAMARGY

PSYCHOTHERAPIST

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**Alsheikh Zayed**

**Giza**

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Dareen Alamargy is an experienced psychotherapist in CBT and DBT, PhD researcher in clinical psychology, and holder of a master's degree in psychology with excellent grade, she is passionate about continuous learning with the latest advancements in psychotherapy, she is member of Egyptian Association of Cognitive Behavior Psychotherapy and Egyptian Psychological Association.



## **WORK EXPERIENCE**

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**\* Remote Psychologist, CBT therapist, DBT therapist**

**Private Work (August 2017 — Present)**

**\* Remote Psychologist**

**Workplace Options (January 2020 – present)**

## **EDUCATION**

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**Azhar University, 2023**

PhD researcher.

**Azhar University, 2021**

\*Master of Psychology, with excellent grade.

**Al-Azhar University, 2010**

\* Bachelor of Arts, Department of Psychology, with a good grade.

## **CLINICAL AND THERAPEUTIC SKILLS**

- CLINICAL ASSESSMENT AND DIAGNOSIS: CONDUCTED CLINICAL INTERVIEWS TO ASSESS PATIENT NEEDS AND DETERMINE APPROPRIATE DIAGNOSES.
- TREATMENT PLANNING: DESIGNED, APPLIED, AND MONITORED TREATMENT PLANS FOR INDIVIDUAL CASES.
- REPORTING AND DOCUMENTATION WROTE AND MAINTAINED DETAILS CLINICAL, PROGRESS AND FINAL REPORTS FOR CASES.
- SPECIALIZED THERAPY: PROVIDED EXPERT THERAPY IN COGNITIVE BEHAVIORAL THERAPY AND DIALECTICAL BEHAVIOR THERAPY.

## **PROFESSIONAL SKILLS**

- INTERPERSONAL COMMUNICATION: UTILIZED EFFECTIVE COMMUNICATION SKILLS WITH THE CLIENTS>
- TEAM COLLABORATION
- PUBLIC SPEAKING AND LECTURING
- SPEAKING ENGLISH( ELEMENTARY)

## CERTIFICATION AND TRAINING

- Supporting a Codependent Client- **Workplaceoption** — March2023
- Couples Therapy Using CBT Techniques - **Workplace option** — Feb,2023
- Cognitive Behavioral Therapy for Anxiety -**Arab Institute of Mental Health Grants** — Dec,2022
- Supporting Co-occurring Disorders Through Brief Counselling - **Workplaceoptions** — Sep,2022
- ADHD Across the Lifetime Using Strength-Based Approach - **Workplaceoptions** — Aug,2022
- Supporting Clients Dealing with Survivor's Guilt - **Workplaceoptions** — June2022
- Compassionate-Focused Therapy in Short Term Counselling - **Workplaceoptions** — April,2022
- Somatic Mindfulness-Based Therapy in Single Session Therapy- **Workplaceoptions** — March2022
- Cognitive Behavioral Therapy Psychological Research Center/ Faculty of Arts Addiction and the Short- Term Model - **Workplaceoption** — Oct,2021
- Training in Preventive, Counseling & Therapeutic Interventions for Sexual Disorders - **Arab Institute of Mental Health Grants** May,2021 — July,2021
- Supporting Caregivers of those Struggling with Addiction in The Short-Term model- **Workplace Options** — July,2021
- Containing A Traumatized Nervous System in Short Term Therapy - **Workplace Options** — June 2021
- Attendance & Participation in Clinical Supervision & Case Study Session in Psychotherapy - **Arab Institute of Mental Health Grants** Nov2020 — Mar2021