

## OBJECTIVE

Dedicated and compassionate therapist committed to supporting individuals in achieving emotional well-being, personal growth and resilience. Specialized in cognitive-behavioral (CBT) and mindfulness-based solutions for mood and personality disorders. Seeking a permanent role within a private practice that values long-term client relationships

## CONTACT

- [hilorawan60@gmail.com](mailto:hilorawan60@gmail.com)
- +(20) 1105-278-117
- Cairo, Egypt

## EDUCATION

### Master's in Psychological Guidance

Amman Arab University, 2023

### High Diploma in Psychological Guidance

Amman Arab University, 2022

### Bachelor's in English Literature

Amman Al-Ahliyyah University, 2001

### TOEFL

University of Jordan, 2020

## SKILLS & QUALIFICATIONS

- CBT, DBT, ACT
- Problem – Solving and Analytical Thinking

# Rawan Munir Hilo

## THERAPIST/COUNSELOR

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## EXPERIENCE

### FREELANCE COUNSELOR-THERAPIST SELF-EMPLOYED

Jul 2022 - Present

- One-on-one private sessions
- CBT, DBT, ACT Therapy
- Group Therapy sessions, workshops & Events
- Deliver specialized therapy for anxiety, depression, trauma, grief, abuse.
- Build resilience, and develop healthier coping strategies.

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### PSYCHOLOGIST CARITAS, JORDAN

Mar 2024 - Feb 2025

- Conduct comprehensive psychological assessments and evaluations to identify client needs, mental health conditions.
- Therapeutic modalities: (CBT), (DBT), crisis intervention, trauma-informed care.
- Tailored Treatment plans that promote emotional resilience and personal growth.
- Group sessions, adolescents, adults, families with mental health challenges
- Humanistic or integrative approaches supporting clients and deliver sessions.
- Empathetic Communication & reduce anger and behavioral modification.

- Mood Disorders& OCD
- Case Management & Evaluation
- Trauma informed care  
(PTSD & C-PTSD)
- Resilience, Self care and reflective practice
- Cultural competence and humility
- Active listening, Empathy, emotional Intelligence & Stress management
- Treatment plans

### **PRIVATE TUTORING SELF-EMPLOYED**

May 2017–Mar 2020

- Providing academic support to students in various subjects.
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### **IN-FLIGHT SERVICES MANAGER DFASS, JORDAN**

Feb 2017 – May 2017

- Managed employee performance, and daily operations.
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### **OFFICE MANAGER IN VARIOUS INDUSTRIES**

2001-2015

### **CERTIFICATIONS & TRAINING**

- **CERTIFICATE OF TRAINING EXPERIENCE:  
AL-FUHEIS NATIONAL PSYCHIATRIC  
HOSPITAL**

Aug 2023 – Aug 2024, 300 hours

- **WORKSHOP ON SUICIDE PREVENTION:  
PSYCHOLOGIST PAUL KAWKABANI**

June 2024