Krikor Chanakian

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Motivated individual currently enrolled in Master's in Clinical Psychology candidate with a strong academic background and a passion for serving a humanitarian cause. Seeking to apply expertise in counseling/mental health/humanitarian development to empower people and foster a supportive environment for a better healthier life. Eager to contribute theoretical knowledge and practical skills to an organization's mission while integrating evidence-based practices for effective mental health related/psychological interventions.

EDUCATION

Haigazian University **Lebanon, Beirut**

Master of Arts in Clinical Psychology **2023 - Expected date: 2026**

Beirut Arab University **Lebanon, Beirut**

Bachelor of Arts in Psychology **September 2019 - June 2022**

WORK EXPERIENCE

Embrace **Lebanon, Beirut**

Suicide Hotline Operator Volunteer **June 2024 - Present**

- Provided emotional support and crisis intervention to callers experiencing distress
- Applied active listening, de-escalation techniques, and risk assessment to ensure caller safety and provide appropriate support.
- Maintained strict confidentiality and ethical standards in crisis intervention.
- Assisted callers in identifying coping strategies and connected them with mental health resources when necessary.
- Documented calls and followed established suicide prevention protocols to ensure effective intervention

Suicide Hotline Chief Operator Volunteer

- Shift oversight and coordination
- Provided emotional support and Guidance to enhance operator's skills.
- Ensured protocol compliance and crisis management
- Reporting to Supervisor

Lebanon, Beirut

Dar Al Ajaza Al Islamiyah (DAIH) **August 2024 - April 2025**

Trainee

- Worked with outpatient and inpatient populations under direct supervision, gaining hands-on clinical experience.
- Assisted in psychological assessments, therapy sessions, and case formulation for patients with various mental health conditions

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- Participated in didactic training sessions to enhance clinical knowledge and therapeutic techniques.
- Engaged in individual and group therapy while receiving structured guidance from licensed professionals.
- Developed treatment plans and contributed to case discussions and multidisciplinary team meetings.

Lebanon, Beirut

Karagozian Medical Center **Fab 2023 – August 2023**

Volunteer

- Provided support and guidance to individuals experiencing mental health challenges, from all cultural backgrounds. Under the supervision of licensed mental health professionals.
- I contributed to the holistic care and well-being of patients by offering empathetic listening, psychoeducation, counseling and coping strategies tailored to their unique needs

Lebanon, Sidon

Fakih Hospital **January 2022 – June 2022**

Clinical Trainee

• Conducted comprehensive psychological assessments for patients, utilizing standardized assessment tools and clinical interviews to evaluate mental health status and formulate treatment plans.

• Provided therapeutic interventions, such as cognitive-behavioral therapy (CBT) or psychoeducation, to individuals and groups, addressing a wide range of mental health concerns under the guidance and supervision of Dr. Abbas.

• Collaborated with interdisciplinary teams to ensure holistic patient care, participating in case conferences and treatment planning meetings to integrate psychological perspectives into patients' overall treatment plans.

CSM School **Lebanon, Beirut**

Counselor **Sep 2020 - May 2021**

• Provided individual and group counseling to students, addressing a wide range of academic, social, and emotional issues to support their overall well-being and academic success.

• Collaborated with teachers, parents, and school administrators to develop and implement intervention strategies and support plans for students, fostering a positive and inclusive school environment.

• Conducted assessments and evaluations to identify students' strengths and areas for growth, utilizing various assessment tools and techniques to inform counseling goals and interventions.

PROFESSIONAL AFFILATIONS

- Member, Lebanese Psychological Association (LPA)
- Member, American Psychological Association. (APA)

CERTIFICATION & SKILLS

Core Skills

- Psychological Assessment & Therapy Techniques
- Suicide Crisis Intervention & Suicide Prevention
- Suicide risk assessment
- Treatment Planning & Case Formulation
- Clinical Supervision & Ethical Standards
- Different intervention approaches: IPT, CBT, Schema Therapy.
- Psychopathology & Mental Health Disorders

Languages

- Armenian: Fluent
- Arabic: Fluent
- English: Fluent (GRE and TOEFL Certified)
- French: Beginner

Workshops

- Grief Workshop, SANAD, 2024
- Case Management, Kayani Project, 2022
- Mindfulness, Rice University (Coursera), 2022.

Soft Skills

- Active Listening and Empathy
- Strong Communication and Rapport-Building
- Problem-Solving and Critical Thinking
- Adaptability and Emotional Resilience
- Teamwork and Multi-disciplinary collaboration
- Confidentiality and Ethical Integrity

Admin

- Microsoft office suite