

PERSONAL INFORMATION Helga Omar Alaeddine



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helga.alaeddine@gmail.com

Nationality Lebanese

Date of birth 30 June 1980

Gender Female

WORK EXPERIENCE

(From September 2023 – to present)

Assistant Dean

Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

(From August 2024 – to present)

Associate Professor

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

P.O.Box 11 - 50 - 20 Riad El Solh 11072809 - Beirut, Lebanon. www.bau.edu.lb

Teaching / Educational

(From February 2017 – to August 2024)

Assistant Professor

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

P.O.Box 11 - 50 - 20 Riad El Solh 11072809 - Beirut, Lebanon. www.bau.edu.lb

Teaching / Educational

(From September 2016 – to January 2017)

Lecturer

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

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Teaching / Educational

(From February 2011 – to June 2015)

Teaching Assistant

Department of Psychology, Faculty of Human Sciences – Beirut Arab University. Beirut – Lebanon.

Beirut Arab University – Tarik El Jadida.

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Teaching / Educational

(From September 2009 – to June 2015)

School Psychologist

Houssam Eddine Hariri High School (HHHS).

Houssam Eddine Hariri High School. Tel: 009617739898 – 00961 7 755990

Fax: 009617739797 - P.O.Box: 67- Saïda, Lebanon. www.mak-hhhs.edu.lb

Counseling and Psychological services

Educational and Psychological

EDUCATION AND TRAINING

(2013 – 2016)

PhD in Psychology

Faculty of Human Sciences, Department of Psychology, Beirut Arab University.

Beirut – Lebanon.

Thesis title: “Hardiness and its relation with Distress Tolerance and the Basic Personality Dimensions in a sample of Lebanese Adolescents”.

(2011 – 2012)

Specialized Diploma In Woman Studies

Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon

Thesis title: “Plastic Surgery and its relation with some psychological variables among women”.

(2004 – 2008)

Masters in Psychology

Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon

Thesis title: “Psychosomatic Disorders among a Sample of Lebanese University Students”.

(2002 – 2003)

Diploma in General Psychology

Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon.

(1998 – 2002)

Bachelor Degree in Psychology

Faculty of Human Sciences, Department of Psychology, Beirut Arab University. Beirut – Lebanon

PERSONAL SKILLS

Mother tongue

Arabic

Other language(s)

UNDERSTANDING

SPEAKING

WRITING

Listening

Reading

Spoken interactionSpoken production

French

Proficient user

Proficient user

Proficient user

Proficient user

Proficient user

English

Proficient user

Proficient user

Proficient user

Proficient user

Proficient user

COMMUNICATION AND SOCIAL SKILLS

Listening – Verbal expression – Summarizing and paraphrasing – Empathy – Respect – Building rapport – Acknowledgment –Self-awareness.

ORGANISATIONAL SKILLS

Time management – Organization – Collaboration – Communication – Planning – Teamwork.

Mental organizational skills: Analysing – Attention to details – Critical thinking – Documenting.

JOB-RELATED SKILLS

Counseling skills – Problem solving – Conflict resolution – Decision-making – Academic Research – Communication & Listening – Technical & soft skills.

BOOKS

- Baher Ismail Farahat and Alaeddine, Helga Omar. Urban Acupuncture for Place Attachment and Social Resilience in Heritage Contexts. SPRINGER Nature. July 2026, ISBN 978-981-95-8969-2
- Baher Ismail Farahat and Alaeddine, Helga Omar. Innovative Approaches for Shading Design to Improve Psychological Comfort in Synaptic spaces. SPRINGER Nature. September 2025, ISBN 9780-981-95-0751-1
- Baher Ismail Farahat and Alaeddine, Helga Omar. "Expanding Child-friendly Spaces for the Community' Well-Being – A Humanitarian Architecture Model". Lambert Academic Publishing, Germany (LAP). March 2024, ISBN10 978-620-6-76746-6

- هلكا عمر علاء الدين. (٢٠٢٥). تحمّل الضيق وعلاقته بالأمن النفسي لدى عينة من المواطنين اللبنانيين. مجلة جامعة القدس المفتوحة للبحوث الإنسانية والاجتماعية، ٧ (٦٧).
- علاء الدين، هلكا عمر. (٢٠٢٣). علم النفس وحقوق الإنسان: مقارنة تكاملية. مجلة جيل حقوق الإنسان، (٤٤)، ٨٧-١٠٧.
- هلكا عمر علاء الدين. (٢٠٢٢). الأمل وعلاقته بتقدير الذات لدى عينة من الطلاب الجامعيين اللبنانيين. مجلة جامعة أم القرى للعلوم التربوية والنفسية، ١٤ (١).
- علاء الدين، هلكا عمر والرفاعي، ليال عبد السلام. (٢٠٢٠). اضطراب كرب ما بعد الصدمة وعلاقته ببعض المتغيرات: انفجار مرفأ بيروت ٤ آب ٢٠٢٠: دراسة ميدانية لدى عينة من سكان مناطق بيروت المتضررة. مجلة جيل العلوم الانسانية والاجتماعية، (٦٨)، ٩-٣٢.

SCIENTIFIC RESEARCH

- Farhat, B. I., & Alaeddine, H. O. (2023). Improving assessment criteria of universal design: Towards an equitable approach. MSA Engineering Journal, 2(3), 132-167.
- Farhat, B. I., & Alaeddine, H. O. (2023). Redefining contemporary housing spaces through architectural transformation. MSA Engineering Journal, 2(1), 6-37.
- El-Nayal, M., & Alaeddine, H. (2020). MENTAL HEALTH AMONG UNIVERSITY STUDENTS. BAU Journal- Society, Culture and Human Behavior, 1(2), 10.
- Post-Traumatic Stress Disorder and its relation with some variables. Beirut Port Blast August 4th 2020: A field study among a sample of the residents of the affected areas of Beirut. JiL Journal of Human & Social Sciences. Volume 68, October 2020.
- Development of Hardiness Questionnaire – A Psychometric Study on High School Students in Lebanon. BAU Journal: Health & Well-Being. Issue no.1, Volume 1, 2018.
- Farahat, B. I., & Alaeddine, H. O. (2020). Towards Improving the Quality of Workspaces for a Better Human Performance in Lebanon. In Proceeding of the International Conference on Architecture and Civil Engineering (Vol 1, No. 1, pp. 84-102).
- "The level of marital adjustment among a sample from the Lebanese society". Middle East conference on contemporary scientific studies – IV. Institute of Economic and Social Researches. November 1-3, 2020.
- "Quality of life and Well-being among Palestinians and Syrians refugees in Lebanon". The first International conference on Urban Health & Well-being, 23-25 October 2018. Faculty of Architecture - Beirut Arab University, Lebanon.

PROJECTS AND PANELS

- "Beyond the battlefield: Psychological healing in former child soldiers". Online Panel organized by the Human Rights at Beirut Arab University in collaboration with UNETCHAC entitled "The role of Mediation in Post-Conflict Reintegration". (November 25, 2025).

- “Surviving Burnout in Healthcare Professions”. Panel Discussion organized by the Faculty of Dentistry in collaboration with the Psychology Department – Faculty of Human Sciences – BAU (November 7, 2025).
- “Psychology of Woman in Architecture”, Lecture Presented in collaboration with the Faculty of Architecture - Design and Built Environment under the project entitled “Empowering Women, Feminism Future Hub” – BAU (November 5 & 26, 2025).
- “تأثيرات الحرب على الصحة النفسية للصحفيين” – الدورة الأمنية التدريبية للصحفيين بمشاركة الجيش اللبناني – تنظيم إدارات العلاقات العامة في جامعة بيروت العربية (٣-١ تموز ٢٠٢٤).
- “Psychology of Woman in Architecture”, Lecture in Correctional Psychology Presented in collaboration with the Faculty of Architecture - Design and Built Environment under the project entitled “Architecture and Behavioural Correction, Juvenile Rehabilitation Complex in Jdita – Bekaa” – BAU (February 7, 2024).
- “Dealing with The Past Memories of Enforced Disappeared Persons”. Organized by OHCHR and Human Rights Center at Beirut Arab University. (May 17, 2021)
- “الأمن النفسي لدى عينة من أهالي اللبنانيين المفقودين والمخفيين قسراً”. إشراف بحث مقدم من الطالبة دلال كبي ضمن مشروع التعامل مع الذكريات الماضية للمفقودين والمخفيين قسراً. مركز حقوق الإنسان في جامعة بيروت العربية بالاشتراك مع مكتب مفوضية الأمم المتحدة السامية لحقوق الإنسان. (٢٠٢١).
- “Relationship between Mental Health and Psychosocial Support (MHPSS) and Peacebuilding – International Best Practices”. Roundtable organized by The German Corporation for International Cooperation (GIZ) and act for the Disappeared (ACT). (July 1, 2021)
- The virtual roundtable on Enforced Disappearance in Lebanon and Activating the Work of the National Commission for the Missing and Forcibly Disappeared in Lebanon. Organized by the Regional Office of the High Commissioner for Human Rights for the Middle East and North Africa. (May 31, 2021).
- Colloque Annuel Du CPRM 2025. La Psychanalyse et L'Architecture: Traversée envers l'immatérialité - Modèles de déplacement et de migration. (November 8, 2025)
- “Le Liban A travers sès Archives”. Organisé par L'Institut Français du Liban. (Octobre 23, 2025).
- The 7th conference entitled “Healthy Minds, Healthy Aging! Organized by the Hospital of Dar Al Aajza Al Islamiya. (October 8, 2025)
- The 20th conference of LPA: “Psychology across Cultures”. Organized by the Lebanese Psychological Association. (September 20, 2025)
- Farahat, B. I., & Alaedine, H. O. (2020). Towards Improving the Quality of Workspaces for a Better Human Performance in Lebanon. In Proceeding of the International Conference on Architecture and Civil Engineering (Vol 1, No. 1, pp. 84-102).
- “The level of marital adjustment among a sample from the Lebanese society”. Middle East conference on contemporary scientific studies – IV. Institute of Economic and Social Researches. November 1-3, 2020.
- “Quality of life and Well-being among Palestinians and Syrians refugees in Lebanon”. The first International conference on Urban Health & Well-being, 23-25 October 2018. Faculty of Architecture - Beirut Arab University, Lebanon.
- “First Lebanese Conference on Positive Psychology: The Science behind Happiness” – AUB. (March 2019).
- “International Conference: Health and Illness. A Psychological Perspective”. Organized by the Faculty of Human Sciences - BAU. (March 2018).

CONFERENCES

- “The Positive aspects of Life”. International Conference organized by the Faculty of Arts - Beirut Arab University. (March 2015).
- “The Missing and Forcibly Disappeared in Lebanon – Exploring the Intersections of human Right, Gender, and Collective Healing”. Panel Discussion organized by Human Rights Center – BAU (February 6, 2026).
- “Access to Justice for Survivors: How Can International Law Strengthen Accountability for Ending Violence against All Women and girls?” Webinar organized by CSW70 (March 17, 2026).
- “The Route to Become a Grant Hunter”. Workshop organized by the Deanship of Graduate Studies and Scientific Research – BAU (September 24, 2025)
- “Capacity Building Workshop on Mediation: A Tool for Effective Learning”. Organized by the Quality Assurance Center – BAU in collaboration with AUF and USJ. (August 27 & 28, 2025)
- “Impact of Artificial Intelligence on Education and Research – part 2”. Workshop organized by the Deanship of Graduate Studies and Scientific Research – BAU. (August 22, 2025)
- “Impact of Artificial Intelligence on Education and Research – part 1”. Workshop organized by the Deanship of Graduate Studies and Scientific Research – BAU (May 30, 2025)
- “Artificial intelligence Applications in Healthcare Management and Academia”. Workshop organized by Beirut Arab University. (May 22, 2025)
- “Communication and Presentation Skills for Academic Excellence”. Training Program organized by the Human Resources Department – BAU (May 19-22, 2025)
- “Cognitive Behavioral Therapy in Primary care Capacity Building Training Program”. Organized by Erasmus and The Programme of European Union in Collaboration with Università di Genova. (9/11/2024 – 7/12/2024)
- “Mediation Awareness Workshop: A conflict Prevention and Management Tool”. Organized by the Quality Assurance Center – BAU in collaboration with AUF and USJ. (August 26 & 27, 2024)
- “The future of Academia in Light of Artificial Intelligence”. Workshop organized by The Deanship of Graduate Studies and Scientific Research – BAU. (April 6, 2024)
- “Building Bridges: Exploring Community-Engaged Learning Webinar”. Webinar organized by the Quality Assurance Center; BAU in collaboration with University of York, UK. (February 23, 2024)
- “Team-Based Learning: An Effective Tool for Student Engagement”. Webinar organized by the Quality Assurance Center. (February 16, 2024)
- “Research Talks”. Workshop organized by the deanship of Graduate Studies and Scientific Research – BAU. (January 12, 2024)
- “Universal Design for Learning (UDL) in Higher Education”. Three-session webinar series. Organized by the Education Development Center (EDC) and USAID. (30/11/ 2023 – 25/1/2024 – 4/4/2024)
- “Role and Impact of Artificial Intelligence in Higher Education”. Webinar organized by the National Erasmus + Office Lebanon. (December 5 & 6, 2024)
- “Writing Grant Proposals”. Workshop organized by the Deanship of Graduate Studies and Scientific Research – BAU. (December 8, 2023)
- “Universal Design for Learning (UDL) in Higher Education”. Webinar organized by the Education Development Center (EDC) and USAID. Holy Spirit University of Kaslik (USEK). (September 19-20, 2023).
- “Capacity building for curricula modernization of Syrian and Lebanese HEIs and lifelong learning provision: towards sustainable NGOs management and operation with special focus on refugees”. The final conference held at Beirut Arab University (Coordinating institution). (July 12, 2023)

WEBINARS AND WORKSHOPS

- “The Empowering workshop”. The role of youth in promoting social cohesion during the pandemic. Organized by the Human Rights center, BAU. (May 12, 2021).
- “Beirut Urban Declaration: For the reconstructions of the neighbourhoods hit by the 4th of August explosion”. Conference organized by the Order of Engineers and Architects – Beirut. (April 10-11, 2021).
- “The Covid-19 pandemic on the Lebanese setting: The implication on health & Well- being”. Webinar organized by the faculty of Health Sciences, Beirut Arab University. (January 27, 2021).
- “Architectural Heritage and Historical buildings of Beirut. Center for Lebanese Heritage”. Webinar organized by Lebanese American University. (August 2020).
- “Mental health and Covid 19”. Webinar organized by Best Assistance. (June 2020).
- “Advanced workshops in E-learning” - Moodle Platform. Organized by Beirut Arab University. (February 2020).
- “How to improve life of people through Architecture: The Italian Architect Franco Audrito”. Workshop organized by the Order of Engineers and Architects, Beirut. (February 2019).
- “Teaching threshold concepts and recognizing cognitive overload: Evaluating academic practice on our taught programmes” – Workshop organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University. (November 2018).
- “Critical Thinking”. Workshop organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University - (October 2017).
- “Teaching & Learning: Curriculum Design, Assessment & Feedback” – Organized by the Faculty of Human Sciences, Beirut Arab University in collaboration with Roehampton University. (January 2017).
- “New Horizons workshop: Woman and Gender”. Organized by USAID. (March 2015).
- “The Enhancement of Staff-members’ Teaching Skills” – Series of four training workshops organized by the Faculty of Arts, Beirut Arab University. (October 2015).
- FIBAA Seminar for University Accreditation – BAU. (February 2015).
- “The Enhancement of Staff-members’ Teaching Skills” – Series of seven training workshops offered by the Faculty of Arts, Beirut Arab University. (November 2014).
- “The Enhancement of Staff-members’ Teaching Skills – Series of six training workshops offered by the Faculty of Arts, Beirut Arab University. (March 2014).

SUPERVISION OF THESES

- The Effectiveness of a Counseling Program Based on Positive Psychology and Transformative Learning Theory in Enhancing Psychological Identity Formation and Developing Psychological Well-Being among Adolescents Who Have Lost their fathers during 2024 war. PhD thesis By Zeinab Hamdan (ongoing).
- Forgiveness and Some Personality Variables as Predictors of Life Satisfaction for a Sample of Iraqi University Students “Comparative Correlational Descriptive Study”. PhD thesis By Ahmed Shahuth (ongoing).
- The relationship between perceived stress and anxiety among university students in Lebanon: The mediating Role of cognitive appraisal. PhD thesis by Zein Malbuk (ongoing).
- Mindfulness and self-efficacy as predictors of Healthy behavior and satisfaction with life in a sample of workers at hospitals in the Kingdom of Saudi Arabia. PhD thesis By Souhair Ayoub (ongoing).
- The influence of Psychodrama program on emotional stability decision-making and stress relief among divorced couples. PhD thesis by Khouloud Al Khansa (ongoing).
- Job Burnout and Its Relationship with Perfectionism and Work Addiction among a Sample of Private

Sector Employees in Lebanon. Master's thesis by Assil El Khatib (ongoing).

- Cognitive Failure and Its Relationship with Digital Stress and Academic Burnout among a Sample of Students from Selected Universities in Lebanon. Master's thesis by Mohamad Abd Al Fattah (ongoing).
- Morning and evening personality pattern as moderated variable in relationship between psychological flow and positive self among samples of employees from public and private sectors. PhD thesis by Joanna Abou Chakra (May 2026).
- Emotional regulation as a predictor of locus of control, mindfulness, and affectional creativity among a sample of Lebanese adolescents in Tyre. PhD thesis By Zainab Bourji (May 2026).
- Types of family communication as a mediator factor to self-compassion, self-efficacy and mental health samples of adolescence. PhD thesis By Diala El Hout (February 2026).
- Emotional blackmail as a mediating variable in the relationship To psychological loneliness, self-monitoring and some personality dimensions In samples of employees in the public and private sectors. PhD thesis by Nada Fares (August 2025).
- Sustainable Behavior, Subjective Well-Being, and Attitudes to Renewable Energy as Predictors to Positive and Negative Affect Among Lebanese House Owners. PhD thesis By Rayan Abou Alyawi (August 2025).
- Psychological security and optimism as predictors of positive behaviour and psychological stress reduction among two samples of mothers with special needs and normal children. PhD thesis by Safaa Srour (April 2025).
- Morale and its mediating impact on Life Satisfaction, Occupational Adjustment and Self Actualization among employees in various vocational sector in Lebanon. PhD thesis By Abbas Mezher (April 2025).
- Loneliness as a Predictor of Psychological Pain Among Samples of Drug and Alcohol Addicts in Addiction Centers in Lebanon – Clinical Master's Thesis done by "Lara Mehio", (August 2023).
- Pathological Anxiety and its Relationship to Psychological Alienation in a Sample of Adolescents – Clinical Master's Thesis done by "Soumayah Al Khalifa" (April 2023).

- Beirut Arab University:
- Advisory committee – Faculty of Human Sciences
- Quality Assurance committee – Faculty of Human Sciences
- Regulations committee – Faculty of Human Sciences
- Postgraduate committee – BAU
- Student Disciplinary Council – BAU
- Financial Aids committee – BAU
- Accreditation committee – Faculty of Human Sciences
- Libraries committee – Faculty of Human Sciences
- Students activities - Faculty of Human Sciences

MEMBERSHIP OF COMMITTEES

ACTIVITIES

- Open Doors – BAU
- Judge at Mobarat Al Ouloum. National Association for Science and Research.
- Writer of psychological articles at Business echoes and Arab echoes websites.
- TV interviews
- Radio interviews
- Podcasts on Sky News : نفسيتي – سؤال حر

**HONOURS
AND
AWARDS**

- Jamal Abdul Nasser Award for Academic Excellence (Class of 2002).
- Most Active Researcher – Faculty of Human Sciences, BAU Faculty Awards (May 2025).
- Excellence in Teaching, Research and Community Service, BAU Faculty Awards (May 2025).

**ACADEMIC
COURSES**

- Research Project in Psychology
- Psychology of Management
- Psychology of Woman
- Environmental Psychology
- Psychology of Adolescence
- Child Psychology
- Family Psychology
- Educational Psychology
- Physiological Psychology
- Biological Psychology
- Social Psychology
- Group Dynamics
- Mental Abilities
- Sensation and Perception
- Geriatric Psychology
- Personality Psychology
- Methods of Research in Psychology
- Counseling and Psychotherapy
- Graduation Project in Psychology
- Rehabilitation Psychology
- Positive Psychology
- Introduction to Psychology
- Health Psychology

- Environmental Psychology (Faculty of Architecture - Design & Built Environment)
- Behavioural Sciences (Faculty of Dentistry)
- Mental Health and Illness among life span (Faculty of Health Sciences)
- Psychology of Adolescence – Teaching Diploma
- Seminar in Education – Teaching Diploma
- Mental health across the life span (Faculty of Health Sciences)
- Multi-system Modules (Faculty of Medicine)
- Modern Studies in Personality (Psychology Program – Masters)
- Contemporary Trends in Social Psychology (Psychology Program – Masters)
- Family Psychology (Psychology Program – Masters)