

Jana Hamam

Contact

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About Me

I am a dedicated therapist with a strong foundation in clinical and counseling psychology. I have experience in crisis services and in providing psychotherapy within both multidisciplinary clinical settings and community counseling environments. My approach to therapy is client-centered and trauma- and violence-informed, grounded in my experience working with diverse populations across various clinical settings.

Post- Secondary Education

- Master of Arts in Counseling Psychology
Western University 2023 - 2025
London, Ontario
- Master of Arts in Clinical Psychology
American University of Beirut 2020 - 2023
Beirut, Lebanon
- Independent Studies in Psychology
McGill University 2019 - 2020
Montreal, Quebec
- Bachelor of Science in Biology
Lebanese International University 2016 - 2019
Beirut, Lebanon

Experience - Clinical

- DAYA Counseling Centre
Remote Clinical Counsellor Present
- DAYA Counseling Centre
Clinical Intern 2024 - 2025
 - Supervised practicum (50+ hours)
 - 200+ direct client contacts
 - Facilitating DBT Skills Group
- Canadian Addiction and Mental Health Services
Counselor 2023 - 2025
 - Crisis assessment counselor
 - Reach out and 988-line operator
- Saint George Hospital
Clinical Intern 2021 - 2022
 - Department of Psychiatry and Clinical Psychology
 - Supervised practicum (40+ hours)
 - 200+ direct client contact

Experience - Research & Teaching

- American University of Beirut
Graduate Assistant 2021 - 2022
 - Psychology Department
 - Teacher and research assistant
 - Social, political and personality psychology
- Lydon Lab
Volunteer 2020 - 2021
 - Social Psychology Laboratory
 - Recruitment and data collection
- Observatory of Public Policies & Health
Volunteer 2017 - 2018
 - Researching mental health stigma among university students

Skills

Clinical Skills:

- Clinical interviews (intakes, evaluations, follow-ups)
- Assessment, diagnostic formulation, and case conceptualization
- Provision of Psychotherapy
- Familiarity with and experience in EMDR, CBT, DBT, and narrative therapy

Research Skills:

- Qualitative interviewing and survey design
- Thematic analysis and mixed-method data interpretation
- Statistical analysis using ANOVA, ANCOVA, and regression

Languages

- English (fluent)
- Arabic (fluent)
- French (basic proficiency)

Research Projects

Hamam, Jana, Professional Development Needs Assessment of Diverse Service Providers in the Violence Against Women Sector (2025). Electronic Thesis and Dissertation Repository. 10774. <https://ir.lib.uwo.ca/etd/10774>

Variables Associated with Telemental Health Seeking Attitudes in a Community Sample in Lebanon. (2023). American University, Beirut. Master's Thesis. <http://hdl.handle.net/10938/24129>

Honors and Awards

Young Scientist Competition
Lebanese International University 2018

President's Honor List
Lebanese International University 2016 - 2017

Dean's Honor List
Lebanese International University 2017

Licenses and Certificates

Registered Psychotherapist (Qualifying)
College of Registered Psychotherapists of Ontario Present

Clinical Psychologist
Lebanese Order of Psychologists in progress, 2025

Basic EMDR Training
Envision Academy—EMDRIA Approved Training in progress, 2025

TCPS 2: CORE 2022
Ethical Conduct for Research Involving Humans 2023

CITI program course
Social and Behavioral Responsible Conduct of Research 2020

References

Dr. Nidaa Khalil

PhD., RP

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Dr. Susan Rodger

PhD., C.Psych

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