

RITA MEZAWI

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PROFESSIONAL SUMMARY

Passionate **CDA-licensed Assistant Psychologist**, committed to fostering psychological well-being through **trauma-informed, culturally competent, and evidence-based care**. Proven devotion to **professional development** through continuous participation in *workshops, conferences, CE sessions, and webinars*. Experienced across *clinical, forensic, and community settings*, excelling in *multidisciplinary teams* while prioritizing **ethical practice** and **reflective supervision**. Recognized for *compassion, professionalism, initiative*, and an *eagerness to learn*, contributing to the delivery of **holistic, inclusive, client-centered care**.

QUALIFICATIONS & MEMBERSHIPS

- Assistant Psychologist (**CDA License No. CDA-PL-0001992**) – Valid until September 2027
 - AHA BLS Provider Certified** — CPR + AED
 - Assistant Psychologist Technical Skills Training Programme — British University in Dubai
 - APA Graduate Student Membership
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EDUCATION

M.S. in Forensic Psychology | *Nova Southeastern University, Florida, USA* | Fall 2025 – Present

B.Sc. (Hons) in Psychology | *Heriot-Watt University, Dubai, UAE* | 2021 – 2024

- 50% Merit Scholarship Recipient
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EXPERIENCE

Assistant Psychologist | *The Journey for Social and Family Consultancy LLC* | Oct 2025 – Present

- Support *psychological assessments, client observations, clinical documentation, and referrals* under supervision.
- Participate in **reflective supervision, multidisciplinary case discussions, and professional development sessions**.
- Apply *trauma-informed and culturally sensitive* approaches to client care.

Psychology Intern | *HIMMA-PMRC* | Apr – May 2025

- Completed supervised training (20 hours), facilitating individual and group intervention sessions for *children with developmental and psychological challenges*, demonstrating strong *rapport-building* and communication skills.
- Discussed childhood disorders, psychological assessments (VB-MAPP, ABLLS, CARS, TR), intervention planning, and *client confidentiality*.

Psychology Intern/Observer | *American Wellness Center* | Jun – Jul 2022

- Completed 50-hour DHA-approved internship offering hands-on exposure to *psychological assessment* and intervention in a multidisciplinary setting.
- Gained working knowledge of *psychological instruments, mental status examinations, and evidence-based therapeutic approaches*; participated in structured role-plays and clinical case discussions, strengthening *diagnostic reasoning, interviewing, and intervention planning*.
- Developed applied knowledge in **ethical** and **culturally competent care** within the UAE context.

Verified Listener & Intern | 7 Cups | Jun 2024 – Present

- Enhanced active listening and communication skills, providing direct emotional support to 26 individuals through 242 one-on-one and 40 group sessions, including assisting other listeners.
- Supported individuals experiencing a variety of *mental health challenges* and completed **Psychological First Aid (PFA)** training to strengthen skills in **crisis response**.

Clinical Psychology Intern | MedTourEasy & Fortis Healthcare | Jul – Sept 2024

- Completed 60-hour and 15-day internships, gaining knowledge of *clinical assessments, case history taking, mental status examinations, and therapeutic interventions* (e.g., CBT).

Forensic Science and Criminology Intern | Dubai Police ICFS | Sept – Oct 2023

- Completed a 4-week training program; applied rigorous analytical methodologies to investigative procedures, strengthening **critical thinking** and **adherence to stringent ethical and legal protocols** in a multidisciplinary context.
- Gained exposure and insight into *multidisciplinary teamwork* by interacting with specialists from varying disciplines and visiting multiple forensic departments.

Volunteer Research Assistant | Heriot-Watt University | Jun 2024 – May 2025

- Contributed to a project on *attentional allocation and alcoholism*: conducting *literature reviews*, preparing *experimental stimuli*, and assisting with **ethics approval**.

Psychology Marketing Intern | Mindscope International | Jun 2025 – Present

- Promoted psychology education programs through *digital channels*, enhancing *networking, marketing/sales/outreach, and leadership* skills.

PROJECTS & COMMUNITY ENGAGEMENT

Co-Founder of Mental Health Awareness Podcast/Page (*Spill Tha Chai*) | Apr – Oct 2023

- Co-founded and managed a mental health podcast/page, targeting *Asian and Middle Eastern Cultures* to remove **stigma**.

Scout for St. Mary Scouts Dubai (13 years) / Scout leader | 2021 – 2025

- Responsible for creating activities for and teaching *survival skills* to children aged 9-12.

SKILLS

- **Core Competencies:** *Culturally Competent Care, Trauma-Informed Care, Crisis Response (BLS + PFA), Ethical Practice, Reflective Supervision*, Interpersonal Communication, Critical Thinking, Team Collaboration
- **Technical:** SPSS (Data Analysis), Microsoft Office, Clinical Documentation, Digital Media Outreach
- **Languages:** English (Native), Arabic (Native), French (Intermediate)