



Department of Psychiatry  
The Mental Health Academy

# The Mental Health Academy



## History and Background Information

Mental illness is on the rise in the Arab region and is one of the most pervasive disorders affecting individuals across the lifespan. Wars, instabilities, economic crises contribute heavily to the phenomenon. Societies have little human resources to meet the needs despite recent increase in the number of mental health professionals. It becomes important for all healthcare providers to develop their psychological and psychiatric knowledge and skills. Hence, the need for a contextualized, culturally sensitive, rigorous and high-quality training, and continuous education.

The Department of Psychiatry-Faculty of Medicine at the American University of Beirut has more than 30 clinicians (with diverse and rich backgrounds psychiatrists, psychologists, special educators, rehabilitation professionals). It is well-positioned to offer mental health training for the specialist and non-specialist.

## About the Mental Health Academy (MHA)

The Mental Health Academy offers high standard and advanced interactive mental health training modules to mental health professionals and other healthcare disciplines in collaboration with local and international experts in the field.

At the end of each training and depending on its length and content level, the Academy delivers either a certificate of attendance or a diploma.

The primary language of instruction is English. Trainings in Arabic and in French are provided upon request.

# Our Mission

**Providing the people of Lebanon and the Arab region with high standard mental health training by:**

- Offering up to date, culturally fit trainings in mental health
- Transferring mental health knowledge into competencies and skills
- Enhancing the professional and personal growth of psychiatrists, psychologists and allied professionals
- Providing non-mental health professionals with basic psychiatric and psychological skills needed for their daily practice.
- Creating a platform to enhance expertise and strengthen collaborations among professionals in Lebanon and the Arab region.

# Our Vision

To lead mental health training in the Middle East with a special focus on providing contextualized, evidence-based teaching.

To complement the existing postgraduate trainings in psychiatry, residency program and fellowships, as well as the clinical Training Program in clinical psychology. By doing so, MHA contributes to achieving the Department of Psychiatry goals and vision.





# Location and Appointment Scheduling

The Mental Health Academy (MHA) is located at the Department of Psychiatry, at the Halim and Aida Academic and Clinical Center, fourth floor.

To know more or meet the team, you can contact us:  
by phone 01-374374 ext. 7884  
or by email: [mha@aub.edu.lb](mailto:mha@aub.edu.lb)

Website: [www.aubmc.org/mha](http://www.aubmc.org/mha)





## Our Activities

- Interactive training modules for mental health professionals in collaboration with local and international experts in the field leading to certificates of attendance
- Continuous education diplomas in specific mental health specialties
- Interactive training modules for non-mental health professionals leading to certificates of attendance

## Operations

### **Dr. Elias Ghossoub**

Assistant Professor of Clinical Psychiatry and Director of Mental Health Academy.

**Coordinators of modules or diplomas** are Faculty members of the Department of Psychiatry.

**Speakers** are chosen as per specialty from faculty members and clinicians of the Department of Psychiatry as well as other mental health professional experts in their respective fields.

**An Advocacy and Training Coordinator**, ensures the administrative and logistical support.

**Activities for healthcare professionals are coordinated with the Healthcare Professional Development Center (HPDC).**

## Our Audience

- Mental Health Professionals (psychiatrists, psychologists)
- Other healthcare providers (physicians, nurses, social workers, counselors)
- Education and rehabilitation teams (teachers, special education teachers, speech and language pathologists, occupational therapists, psychomotor therapists)
- Other professionals such as judges, security forces organizations that request customized training (NGOs, schools)

