



Rafah Sahab

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EDUCATION

POSTGRADUATE DIPLOMA IN ISLAMIC PSYCHOLOGY

Cambridge Muslim College
July 2023

SYNERGETIC PLAY THERAPY CERTIFICATION

Play Therapy Institute of Colorado,
Boulder, CO
May 2015

M.Ed. EDUCATION & HUMAN RESOURCE STUDIES COUNSELING & CAREER DEVELOPMENT

Colorado State University, Fort Collins, CO
May 2014

B.A. PSYCHOLOGY

King Abdul-Aziz University, Jeddah,
Saudi Arabia
June 2009

PROFESSIONAL PSYCHOLOGY- RELATED EXPERIENCE:

LECTURER, UNIVERSITY OF JEDDAH, SAUDI ARABIA

2014 - 2017

- Taught undergrad students in the psychology department three courses (Human development, Mental Health, and introduction of counseling)
- Taught general course on Thinking Skills for students in their foundation year.

PLAY THERAPIST AND ADULT THERAPIST, ACT CENTER, JEDDAH, SAUDI ARABIA

2014 - 2016

- Worked with tons of clients dealing and struggling with wide range of problems
- Presented couple of workshops for parents about the Neuroscience of connection.
- Facilitated a play therapy group in Winter Camp in 2014

CO-FOUNDER, GENERAL MANAGER, AMINEEN

2015 - 2018

Amineen is an initiative that aims to provide mental health and educational services for victims of war so that they can grow and strive after the trauma

- Established Bab boutique as one of Amineen's program. Bab is empowerment program for refugee; we empower refugee financially and help them to reimagine their future and rediscover their talents.
- Established Amineen E-learning platform for caregivers and mental health professional in the field. Amineen's courses reached more than 12 thousand attendees.
- Run 2 fundraising campaign to fund mental health center and programs in Jordan and Lebanon

TEACHER ASSISTANT, KING ABDUL-AZIZ UNIVERSITY, JEDDAH, SAUDI ARABIA

2010 - 2011

- Taught variety of upper and lower level courses (general, social, and media psychology) in psychology department over 3 semesters- managed all aspects of course (lectures, exam development, grading, class preparation, student assistance, gathering materials)
 - Earned high marks on teacher evaluations
- Advised 100+ students for 2 semesters-registration, course plans, problem-solving
- Taught experimental psychology lab course following appropriate experimental and lab procedures and graded course assignments

PROGRAM COORDINATOR, KING ABDUL-AZIZ UNIVERSITY, JEDDAH, SAUDI ARABIA

2011

- Coordinated 12 seminars for psychology students utilizing effective multi-tasking, organizational, and problem-solving skills
- Interfaced with numerous faculty members to create programming
- Professionally presented ideas and of Human Sciences and Liberal Arts College in student affairs annual planning sessions

PROFESSIONAL COMMUNITY EXPERIENCE:

CO-FOUNDER, CREATIVE DIRECTOR, YAJOOB, JEDDAH, SAUDI ARABIA

2019 - Now

Yajooob is parents-centered platform established under RPS studio works to produce educational materials and tools that help parents nurture their children in a way that aligns with their natural goodness (Fitrah).

Achievements to date:

- Wrote three parents guides on:
 - how to talk about race with your children?
 - How to help your children embrace boredom as an opportunity for growth?
 - How to talk about the Refugee crisis with your children?
- Wrote the content for 6 episodes of meditations for mothers that aimed to help mothers be more present and aware of (Allah/Al Rabb) in their children life.
- Managed Little Designers competition in 2020 which aimed to engage children in worldwide problems like climate change and housing crisis.
- Produced two video series to address parenting challenges and issues.

CO-FOUNDER, CHIEF CREATIVE OFFICER, SHORFAA, JEDDAH, SAUDI ARABIA

2018 - 2021

Shorfaa is a digital platform that helps individual to discover their creative wealth, develop it, and share it with the world

- Managed the content creation for the platform.
- Managed the talents acquisition process
- Guided artists from different fields to make a step-by-step teachable material from their crafts.

CO-FOUNDER, GENERAL MANGER, BAB BOUTIQUE

2016 - Now

It is a social enterprise that works to empower survivors of war and give them a chance to express themselves through artisan, sustainable, handcrafted products.

- Establishing and Managing partnerships between Bab and local organizations within hosting communities
- Facilitating storytelling groups for the refugees to share their stories.
- Overseeing the production process after approving the design concepts.

CO-FOUNDER, CREATIVE DIRECTOR, RPS STUDIO, JEDDAH, SAUDI ARABIA

2015 - Now

It is a social enterprise that works to create iconic products that help individuals find inner peace and cultivate deep connection with the world around them.

Achievements to date:

- Researched and wrote the content for two products the emotional first aid kit and the healing map kit.
- Managed the design process for more than 13 products from ideation until ready for production product.
- Managed one App production including UX design, development, and publishing.

FOUNDER & CHAIRPERSON, BOARD OF DIRECTORS, GHERAS, JEDDAH, SAUDI ARABIA

2006 - 2012

Gheras is a non-profit NGO aimed at children ages 6-12 and their parents. Its mission is to raise their level of social, emotional, and intellectual skills in a fun and inspiring atmosphere. Gheras offered after school programs, summer camps, and conferences for both children and parents.

- CEO for 3 years; successfully enhanced organizational culture within, as well as outside reputation; helped create necessary foundation for continued success
- Co-designed 10 different programs and curricula in various areas to promote:
 - understanding and awareness in different subjects – history, economics, philosophy of civilization and culture, human rights, citizenship
 - range of skills – leadership, social, interpersonal, intrapersonal, creativity
- Supervised 10 employees; successfully supported their development as mentor group leaders utilizing excellent leadership, mentoring, and interpersonal skills
 - Appropriately supported and challenged supervisees resulting in improved confidence
 - Several of these group leaders went on to successful careers in diverse fields
- Continued to support organization as member even while in different country (2012)

CO-FOUNDER & BOARD MEMBER, THE UNITED OF YOUTH TEAMS, JEDDAH, SAUDI ARABIA

2007 - 2010

- Guided 13 youth groups to establish their own NGOs and projects including strategic planning, smart plans, proposal development, operation plans.
- Coordinated visit to other gulf countries to exchange experiences, ideas, and strategies.

RESEARCH EXPERIENCE:

UNDERGRADUATE SENIOR RESEARCH PROJECT

King Abdul-Aziz University, Jeddah, Saudi Arabia

Conducted quantitative comparative study with one co-investigator examining differences between father-child and mother-child attachment. Utilized Manchester Attachment Story Task Assessment. Data used by advisor in later research.