

embrace

Embrace Online clinic

لما تحكي بلغتك،
بتحس حالك
مفهوم أكثر.

embracelebanon.org



MEET OUR
CLINICIANS

LARA JALLOUL



Clinical child and adolescent psychologist -
Parental guidance, behavioral challenges,
anxiety and mood disorders

Price per session: 100 USD

Lara Jalloul is a passionate child psychologist whose work with children in both the UK and Lebanon fueled her deep interest in understanding how the brain develops in early life—and why applying core principles of child development is essential. After living in Cambridge and earning her MSc in Clinical Child Psychology, her curiosity expanded into clinical research and therapeutic practice. Today, Lara works at the American University of Beirut Medical Center and is the founder of Child's Mind, a parenting platform followed by over 180,000 parents. Through her work, she bridges science with everyday parenting, helping families raise emotionally healthy children.

RÊVE ROMANOS



Psychologist and psychotherapist -
Relationship, attachment, grieving, sexology
and Suicide Prevention

Price per session: 120 USD

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Rêve Romanos is a psychologist and psychotherapist with over 13 years of experience in guiding individuals through their mental health challenges. She has worked with diverse populations, including vulnerable communities, humanitarian staff, and corporate employees, providing both individual and group support sessions. Rêve's passion for mental well-being has led her to collaborate with organizations like Embrace, Médecins du Monde, and others to deliver training on topics such as active listening and suicide prevention, which are close to her heart.

PhD candidate in Clinical Psychology from Paris Descartes, Rêve also holds Master's degrees in Clinical and Health Psychology. Her extensive training includes certifications in psychosomatic medicine, sexology, CAMS (Collaborative Assessment and Management of Suicidality), DBT, and CBT, and she is further enhancing her expertise through Gestalt Therapy training.

A key aspect of her professional journey has been her work with Embrace Beirut, where she managed and supervised the Lifeline, Lebanon's national suicide prevention hotline. In this role, she led a team of dedicated volunteers and professionals, providing emotional support, guidance, and helping them navigate high-stress situations.

This experience significantly deepened her understanding of how to support individuals in crisis and the teams that care for them.

In addition to her work with Embrace, Rêve has partnered with organizations such as the European Union, Relief International, and the Lebanese Red Cross to support their teams and volunteers during crises.

Currently, she collaborates with Présence Conseil in France, offering post-traumatic interventions, on-site support, and psychological accompaniment plans for employees. Her work includes individual consultations, practice analysis groups, mediation, awareness sessions, and conducting social audits and surveys.

Rêve is driven by the belief that everyone deserves a safe, compassionate space to explore their emotions and challenges. Through her practice and collaborations with various organizations, she strives to provide that space and make a meaningful impact on mental health awareness and care.

DR. MYRIAM ZARZOUR



Psychiatrist - Mood and anxiety disorders, psycho-trauma, and addictive behaviours.

Price per session: 100 USD

Dr. Myriam Zarzour is a psychiatrist and a graduate of Saint Joseph University, with clinical training in both Lebanon and France. She holds a Master's degree in Neuroscience from Bordeaux University, a diploma in Cognitive Behavioral Therapy and in addiction psychiatry. She is keen on psychotherapeutic approaches and has received training in CBT, psychotrauma treatment, and Gestalt therapy.

She has a strong interest in community mental health and is passionate about contributing to the development of a sustainable mental health system and making a meaningful change on the community level in Lebanon.

Her professional experience includes roles as a clinician and attending physician at Hôtel-Dieu de France Hospital, an instructor at the Faculty of Medicine at Saint Joseph University, a researcher, and a mental health consultant for Embrace and other international NGOs.

DR. ELINA EL DIRANI



Psychiatrist - Neuromodulation for resistant mood disorders and other psychiatric conditions, addiction field, community psychiatry

Price per session: 100 USD

Dr. Elina el Dirani is a psychiatrist and a graduate of Saint Joseph University of Beirut. She received her training in both Lebanon and France and holds additional diplomas in addictology as well as in sensory and motor disabilities. She currently teaches at Saint Joseph University.

Her professional experience includes private practice consultations, as well as roles as a researcher and mental health consultant with Embrace and other NGOs. She has a particular interest in interventional psychiatry and has completed specialized training in several renowned centers in France, focusing on neuromodulation, an innovative technique in the field of psychiatry.

Areas of specialty:

Neuromodulation for resistant mood disorders and other psychiatric conditions

Addiction field

Community psychiatry

DR. JINANE JOMAAH



Psychiatrist - General psychiatry, addiction medicine, and psychopharmacology

Price per session: 100 USD

Dr. Jinane Jomaah is a psychiatrist based in Beirut and Nabatieh, Lebanon, with extensive clinical experience in general psychiatry, addiction medicine, and psychopharmacology. She obtained her medical diploma and her specialization degree in Psychiatry from Saint-Joseph University (USJ) and pursued advanced training in psychopharmacology and brain stimulation therapies at Sorbonne University in Paris. Additionally, she has completed specialized medical training in psychiatry at the UCL in Brussels, and holds a degree in Addictology from USJ.

Dr. Jomaah has trained across diverse healthcare settings, including Hôtel-Dieu de France in Beirut, Sainte-Anne Hospital in Paris, and psychiatric centers in Brussels. Currently, Dr. Jomaah serves as the project coordinator of the National Mental Health Emergency Response Mechanism (NMHERM) at Embrace, where she oversees crisis intervention efforts. She also works as a psychiatrist at the Lebanese Welfare Association for the Handicapped and the Association pour la Protection de l'Enfant de la Guerre, focusing on vulnerable populations. Additionally, she runs a private clinic in Nabatieh, providing comprehensive psychiatric care to her community.

Her research interests include obsessive-compulsive disorder, childhood maltreatment, and innovative psychiatric treatments. She has co-authored multiple scientific publications in leading journals, including L'Encephale and Journal of Eating Disorders. Fluent in French, Arabic, and English, Dr. Jomaah is committed to advancing mental health services, crisis response, and psychiatric education.

DR. MARIA EL NASR



Psychiatrist - Early interventions in youth mental health, mood and anxiety disorders, and community psychiatry

Price per session: 100 USD

Dr. Maria Nasr earned both her medical degree and specialization in psychiatry from the Lebanese University. She further advanced her training by completing the Diplôme de Formation Médicale Spécialisée en Psychiatrie at Université Paris Cité in France, along with specialized training in the Detection and Early Interventions for Emerging Psychiatric Pathologies in Young Adults and Adolescents (DIPPEJAAD), also at Université Paris Cité.

MARIANNE EID BOUDOUMIT



Clinical psychologist and psychotherapist -
Family therapy and couples therapy through
the systemic approach

Price per session: 100 USD

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Marianne Eid BouDoumit is a clinical psychologist and psychotherapist, specializing in family therapy and couples therapy through the systemic approach. With extensive training in both Lebanon and France, she completed a rigorous bicultural program at Le Lien Systémique (Lebanon) and IFATC (France), equipping her with a deep understanding of diverse therapeutic methodologies.

Continuously expanding her expertise, Ms. Eid BouDoumit has obtained several certifications, including Schema Therapy from the International Society of Schema Therapy in 2024, Child and Family Stress Intervention Training (CFTSI) from Yale University in 2022, psycho-organic analysis from the French School EFAPO in 2010, and a diploma in Cognitive and Behavioral Therapy from Saint Joseph University in 2008.

Her career spans over a decade of dedicated work as a psychotherapist in private practice, where she supports individuals, children, adolescents, couples, and families. In addition to her practice, she serves as a clinical psychologist for organizations such as Embrace in Beirut, providing mental health support for young adults and promoting awareness of mental health issues.

Ms. Eid BouDoumit is also a trainer at Le Lien Systémique, where she teaches the systemic approach, supervises therapists in training, and develops workshops designed to help professionals strengthen their therapeutic skills and personal resources. She currently holds the position of Director of Studies at Le Lien Systémique.

Her humanitarian contributions are equally remarkable. Marianne has participated in global missions with organizations such as Médecins Sans Frontières and the National Mental Health Program (NMHP), where she provided crucial psychological support to individuals affected by health crises, particularly during the COVID-19 pandemic. She has also held roles as a Child Psychologist at AUBMC and as a School Psychologist at numerous private schools.

Beyond her clinical and humanitarian work, Ms. Eid BouDoumit is an active member of the Lebanese Order of Psychologists (since 2022), representing Le Lien Systémique within the organization to ensure the highest professional and ethical standards in training. She is also a proud member of the European Family Therapy Association (EFTA), a role she has held since 2025.

Ms. Eid BouDoumit's career reflects her strong commitment to mental health, education, and humanitarian work. Her diverse experience and ongoing dedication to learning make her a distinguished figure in her field.

CARINE NAKHLE



Clinical psychologist and a LOPSY - certified
cognitive-behavioral therapist

Price per session: 80 USD

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Carine Nakhle is a licensed clinical psychologist and a LOPSY- certified cognitive-behavioral therapist with a master's degree from the Lebanese University. She is a Lifeline Supervisor where she provides supervision and support to Lifeline operators, ensuring high-quality intervention for individuals in distress. With advanced training in CBT from Brainstation Clinics, Carine has built a strong foundation in psychiatric care, specializing in areas such as suicide prevention, addiction, and the rehabilitation of physical and mental disabilities. Over the course of her career, Carine has gained experience working with diverse populations, including teenagers and adults. She spent more than three years as a Lifeline operator, providing critical support to individuals in crisis. In addition to her previous practice at Braincare by Brainstation Clinics, Carine was an intern at several esteemed institutions, including the Psychiatric Hospital of the Cross, Nusroto Rehab Center, SIDC, Rahma Medical Center, and Rahma for Special Needs, where she further honed their clinical skills."

Areas of specialty:

Mood disorders, anxiety disorders, eating disorders, trauma and PTSD.



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