



## **How are you coping with the 'New Normal'?**

### **Psychological, psycho-social models, social cultural determinants and coping strategies during COVID-19**

**Date: Monday 19<sup>th</sup> October 2020 6-8pm via WebEx**

**Registrants will receive Web Ex session link through their emails.**

#### **Aim:**

**To explore psychological, psycho- social models, social cultural determinants and coping strategies during COVID-19**

#### **Learning objectives:**

- To recognize the significant stressors, and associated emotions and behaviors prevalent during the COVID-19 pandemic.
- To identify the main psychological models that can be applied to coping strategies during the COVID-19 pandemic
- To explore socio-cultural barriers and modifiers facing mental health challenges
- To discuss strategies of “What worked for you”, and identify the associated scientific basis underpinning these strategies
- Identify the recommended personal day-structure and the importance of forward-planning and managing energy.
- To practice re-structuring time and space when facing mental stressors

#### **Speakers:**

- **Dr. Suhad Daher-Nashif** Assistant professor Behavioral and social sciences College of Medicine, QU Health. Qatar University
- **Ms Taysier El-Gaili** Senior student counsellor Qatar University, Acting Director for QU Student Counselling Center

*\* This activity is an Accredited group learning activity (Category 1) as defined by the Qatar Council for Healthcare Practitioners-Accreditation department and is approved for a maximum number of 2 Hours.*

**Please note: Registration for this event will close at 12pm on the day of event**



**Dr. Suhad Daher-Nashif** is an assistant professor of behavioral and social sciences in the College of Medicine at Qatar University. Her academic and professional backgrounds involve medical and social disciplines. She holds MSc. in occupational therapy and PhD in sociology and anthropology, with major in anthropology of medicine and culture. Her main research work analyze the intersectionality between science, society and bureaucracy within the modern health systems in the MENA region. She takes forensic medicine and mental health systems as her main fields of research. Her most recent

publications: Psychosocial aspects of female breast cancer in the Middle East and North Africa (2020); Women's Health and Well-Being in the United Nations Sustainable Development Goals: A Narrative Review of Achievements and Gaps in the Gulf States (2020).



**Ms Taysier El-Gaili** works as a senior student counsellor at Qatar University since 2014, and the acting Director for QU Student Counselling Center. She holds M.SC. In Counseling and Health Psychology from Ahfad University For Women in Sudan. She had her B.A from The American University in Cairo, Egypt in Psychology with a minor in Sociology

Taysier is licensed as a Counselling Psychologist from The Sudanese National Council For Medical and Health Profession. She's a licensed Psychologist from Qatar Council for Healthcare Practitioners

Taysier has intensive seven years' experience in Staff Well-being among UN Mission personnel. She served at The United Nations Mission In Sudan, UNMIS, for seven years as a Staff Counselor, attended to individual and group therapy, trauma debriefing, well being training; stress management and health related awareness campaigns including leadership and



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communication skills training workshops. She worked as a Consultant Staff Counsellor during the down size of UNICEF in Khartoum.

Having worked in a multi cultural environment with diverse groups enriched her communication skills as well as her experience in leading emergency response to critical Incidents. She has a proven record in applying her creativity, and problem solving skills that resulted in great success and positive feedback in multiple occasions. Having said that, Taysier has a passion in fostering wellbeing, and incorporating preventive and curative psychosocial support. utilizing her credentials coupled with positive attitude, valued analytical skills and dynamic creative personality.

