

Rana Al Zawawi

Licensed Professional Counsellor · DBT Therapist · Consultant to UN, Judicial & Academic Institutions

30+ Years

of clinical, humanitarian, and academic experience

10 Modalities

trained in, from DBT and CBT to Narrative and ACT

20+ Institutions

served, including UN agencies, ministries, and universities

About Rana

A licensed professional counsellor and trauma specialist with 30 years of experience spanning clinical practice, humanitarian leadership, and institutional training across the Middle East. Her work has included leading UNRWA's Social Services Division across five fields of operation, developing and delivering accredited judicial training on trauma-informed approaches to gender-based violence, providing psychosocial leadership for UN staff during crisis response in Yemen and Syria, and holding academic faculty posts at Abu Dhabi University and the New York Institute of Technology. She brings the same grounded, trauma-informed approach to every setting — whether working one-on-one with a client, training a room of judges, or leading a national-scale support program.

Clinical Training

DBT

CBT

CPT

Prolonged Exposure

Motivational Interviewing

REBT

Narrative Therapy

Person-Centered Therapy

Solution-Focused / Brief Therapy

Acceptance & Commitment Therapy

Selected Experience

Director & Therapist

Vivacity Counselling & Consulting — since 2019 (Founder, 2012)

Stress Counsellor (Acting Senior Staff Counsellor)

UNDP / UNDSS — Yemen, 2017–2019

Staff Counsellor / MHPSS Coordinator

UNRWA — Syria, 2014–2015

Chief, Social Services Division

UNRWA HQ — Jordan, Syria, Lebanon, West Bank & Gaza, 2008–2012

Psychologist, Refugee Trauma Care

MSF-France — Amman Surgical Project, 2013

Communication Skills Instructor

Judicial Institute of Jordan & UN Women, 2020–2025

Credentials

- Licensed Professional Counsellor, Ministry of Health – Jordan
- Member, Jordanian Psychological Association
- Member, Canadian Counselling and Psychotherapy Association
- ABD in Counselling Psychology, University of Jordan
- MA in Counselling and Guidance, University of Jordan (1992)
- BA in Counselling and Mental Hygiene, University of Jordan (1989)

About Vivacity

Founded in Amman in 2012, Vivacity is a private counselling practice offering individual, couples, and family therapy, alongside training and consulting for organizations. Led by Rana since 2019, it draws on three decades of clinical and humanitarian experience to help people and teams navigate life's hardest moments.

Let's talk about how we can help vivacitycounselling.org · info@vivacitycounselling.org