AHMED J. AL-MATARNEH, Ph.D.

Full Professor of Clinical Psychology | Licensed Clinical Psychologist | Researcher | Academic Leader

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16+ Years	**30+**	**25+**	**6**
Academia, Clinical Practice & Applied Research	Publications & Conference Presentations	Postgraduate Theses Supervised	International Organizations (WHO, GIZ, JRS, NRC, MDM & more)

PROFILE

As a University Professor and Clinical Psychologist, I have built my career over more than 16 years, holding professional licenses from the Ministries of Health in Jordan and Saudi Arabia. I am a member of the American Psychological Association and a founding member of the Jordanian Clinical Psychologists Association.

My work combines academic leadership — as Head of the Department of Applied Psychology and Dean's Assistant at Mutah University — with direct clinical intervention: assessment, diagnosis, and psychotherapy for addiction and related disorders, delivered through my private clinic as well as hospitals and rehabilitation centers in Jordan and Saudi Arabia. I teach postgraduate and undergraduate psychology courses and supervise master's and Ph.D. students, having supervised more than 25 postgraduate theses and authored more than 30 published research studies in well-considered journals.

I have extended this expertise internationally through roles with the World Health Organization, the German Agency for International Cooperation (GIZ), the Norwegian Refugee Council, the Jesuit Refugee Service, and Doctors of the World — providing training and consultations in mental health and education for governmental institutions and INGOs. I continue to help shape national policy as a lead member of Jordan's Ministry of Health Licensing Committee for Clinical Psychology and Counseling.

CLINICAL TRAINING DURING DOCTORAL STUDIES

Institute of Human Behaviour & Allied Sciences (IHBAS) — New Delhi, India *(certified 23 February 2009)*

- Training exposure with patients of alcohol and substance abuse, under the supervision of Dr. Uday K. Sinha, for a period of 8 months.

SAHYOG Detox & De-Addiction Clinic — New Delhi, India *(certified 15 March 2009)*

- Trained as a counsellor of substance abuse patients for a period of 400 training hours.

ACADEMIC APPOINTMENTS

Professor of Clinical Psychology — Department of Applied Psychology (full time); Faculty of Medicine & Faculty of Nursing (part time), Mutah University *(20 June 2010 – Present)*

- Involved in the department's academic annual planning.
- Delivered lectures for BA, master's, and Ph.D. degree students.
- Collaborated in capacity building of students with mental health institutions.
- Designed and implemented outlines and plans for various subjects in psychology.

Associate Professor of Clinical Psychology — Department of Clinical Psychology (full time), Faculty of Arts and Science, Al-Ahliyya Amman University (AAU) — undertaken during an academic sabbatical from Mutah University *(2021 – 2022)*

- Involved in the department's academic annual planning.
- Provided supervision for master's degree students.
- Delivered lectures for BA and master's degree students.
- Collaborated in capacity building of students with mental health institutions.
- Designed and implemented outlines and plans for various subjects in psychology.

Associate Professor of Clinical Psychology (part time) — Police Science Academy *(2019 – Present)*

- Delivered lectures for master's degree students (police officers).
- Involved in the department's academic annual planning.
- Designed and implemented outlines and plans for various subjects in psychology.

Associate Professor of Clinical Psychology — Department of Psychology (full time), Tabuk University, KSA *(2017 – 2018)*

- Involved in the department's academic annual planning.
- Provided supervision for master's degree students.
- Delivered lectures for BA and master's degree students.
- Collaborated in capacity building of students with mental health institutions.
- Designed and implemented outlines and plans for various subjects in psychology.

TEACHING EXPERIENCE & COURSES TAUGHT

Postgraduate (Master's & Ph.D. Students):

Psychopathology for Children and Adults; Research Methodology; Qualitative Research Methods; Clinical Interview; Clinical Intervention; Group Therapy; Criminal Psychology; Personality Theories; Intelligence Assessment; Developmental Problems; Critical Thinking; Introduction to Measurement and Evaluation; Psychopathology Assessment and Diagnosis; Systems of Psychotherapy.

Undergraduate (Psychology, Medicine & Nursing Programmes):

Introduction to Clinical Psychology (4th and 3rd year medical students); Social Psychology; Principles of Psychotherapy; Abnormal Psychology; Psychology and Life; Emotion and Motivation; The Science of Behaviour; Mental Health; Neuropsychology; Experimental Psychology; Developmental Psychology; Principles of Measurement and Evaluation; Practicum in Psychology; General Psychology; Graduate Project.

Postgraduate Research Supervision:

- Supervised more than 25 master's theses at Mutah University and Al-Ahliyya Amman University, some of which have been published.
- Provides supervision for Ph.D. and master's degree students at Mutah University.
- Participated in numerous postgraduate thesis defenses and graduation project committees at several official universities, as an internal or external member.

Selected Supervised Theses (Published in Collaboration with Students):

Arabic:

- المبايض تكيّس مصابات من عينة لدى الجسد وصورة للدماغ التنفيذية الوظائف (إكلينيكية دراسة).
- التجميل عيادات في المراجعين من عينة لدى الذات بإيذاء وعلاقته الجسد وتقدير الجسد صورة تشوه اضطراب.
- الحاد الفصام ومرضى المزمن الفصام مرضى :مقارنة دراسة — الفصاميين من عينة لدى الخرف أعراض عن الكشف.
- الحمل تجارب في وعلاقته الحوامل من عينة لدى الجسد وتقدير والولادة الحمل قلق.
- الأردن في المكتسبة المناعة نقص مصابين من عينة لدى الحياة وجودة الانتحارية والأفكار الوصمة.
- مصابين من عينة لدى النفسية الصدمة بعد ما اضطراب علاج ل الدراما العلاج فنيات على قائم برنامج فاعلية الحروب.
- الجامعة طلبة من المدخنين لدى الصحي بالسلوك وعلاقتها الذاتية الكفاءة معتقدات في الفروق.
- الفقرة استجابة نظرية وفق لدى الفصام عن للكشف مقياس بناء.

English:

- Executive Functions of the Brain and Symptoms of Dementia among a Sample of Drug Addicts.
- Construction of Future Anxiety Scale for Jordanian Government Universities Students.
- Variance Impact of Item Classification in Thurstone Scale on Scale Psychometric Characteristics.

Clinical Practicum Supervision:

- Mutah University — Responsible for supervising students' clinical practicum placements in hospitals and mental health centers.
- Al-Ahliyya Amman University — Served as clinical supervisor for students placed in psychological clinics and centers, overseeing treatment planning, psychological assessment, clinical interviewing, and appropriate intervention.

CLINICAL EXPERIENCE

Mental Health Clinician — Beautiful Mind Center, Amman, Jordan — in collaboration with a Multi-Disciplinary Team of Psychiatrist and Clinical Neuropsychologist *(July 2014 – Present)*

- Conducted psychological assessment and developed treatment plans.
- Provided therapy for mild to severe mental health cases.
- Provided clinical supervision for junior staff.
- Collaborated in capacity building of students with mental health institutions.
- Designed and implemented outlines and plans for various subjects in psychology.
- Provided capacity building for workers in the field through training and supervision on disorders, diagnosis, and assessment.

Mental Health Clinician — Sokoon Consultation and Training Center, Amman, Jordan *(December 2016 – Present)*

- Conducted psychological assessment and developed treatment plans.
- Provided therapy for mild to severe mental health cases.
- Provided capacity building for workers in the field through training and supervision.

Psychological Counselor for Staff and Students — Psychology Department, Mutah University *(2015 – 2016 and 2019 – 2021)*

- Provided comprehensive self-care and psycho-social support to staff members on a weekly basis.
- Provided direct support for university students.
- Planned and implemented community mental health awareness campaigns and conferences.

Psychological Counselor — National Center for Mental Health, Jordan *(February 2011 – August 2011)*

- Built treatment plans and a documentation system for cases.
- Provided direct psychotherapy for mentally ill patients.
- Organized case conferences with different departments involved with patients to maintain high quality of services.
- Developed referral systems and encouraged collaboration between key workers.
- Planned and implemented community mental health awareness lectures.

Psychological Counselor — Al-Fuhais Hospital, the National Center for Addiction "Shefa Bhadran" (Jordan), and Motmaenah Medical Center (KSA) *(2010 – 2012)*

- Built treatment plans and a documentation system for cases.
- Provided direct psychotherapy for mentally ill patients.
- Organized case conferences with different departments involved with patients to maintain high quality of services.
- Developed referral systems and encouraged collaboration between key workers.
- Planned and implemented community mental health awareness lectures.

INTERNATIONAL & HUMANITARIAN EXPERIENCE

MHPSS Hotline Team Member — Jordanian Clinical Psychologists Association (JCPA), in collaboration with the WHO Regional Office for the Eastern Mediterranean *(2022 – Present)*

- Provide free psychological consultations to beneficiaries across various age groups via direct voice calls, as part of the MHPSS Hotline Team established during the COVID-19 pandemic.
- Manage acute psychological crisis cases, including suicidal ideation, anxiety and mood disorders, and addiction.
- Conduct initial psychological assessments and deliver emergency psychological support.
- Refer cases requiring specialized or pharmacological intervention to the relevant authorities.
- Operate within the team framework on a 24/7 basis to ensure service continuity.
- Service officially documented on the WHO Regional Office for the Eastern Mediterranean website.

MHPSS Consultant — German Agency for International Cooperation (GIZ) *(October 2019 – January 2020)*

- Received a funded grant (project value approximately JOD 40,000, administered through a partner office) for training and supervision in psychosocial support; served as the lead implementer for the full project.
- Conducted impact evaluation for the psychosocial support course provided by GIZ.
- Carried out a desk review and designed the evaluation tool.
- Interviewed course participants and beneficiaries.
- Prepared the final impact evaluation report.

Lead Psychologist (part time) — Jesuit Refugee Service (JRS) *(6 December 2018 – 31 May 2019)*

- Delivered individual psychotherapy to Syrian and Iraqi refugees presenting with a range of psychological difficulties.
- Provided clinical supervision and case consultation to the counseling team.
- Led orientation and onboarding for incoming clinical staff members.
- Strengthened local staff capacity through internal training initiatives.
- Designed and delivered external training sessions for partner organizations.
- Facilitated group self-care sessions and individual consultations for counselors.
- Coordinated with the project lead on operational logistics and forward planning.

- Established referral pathways and fostered collaboration with CBOs, local and international NGOs, and government ministries.

Clinical Psychologist (part time) — Norwegian Refugee Council (NRC) *(October 2017 – 2018)*

- Provided individual psychotherapy to programme staff members.
- Offered clinical supervision and consultation to counselors on complex cases.
- Coordinated onboarding and orientation for newly recruited clinical staff.
- Contributed to internal capacity-building initiatives for local staff.
- Developed and delivered external training programmes for partner organizations.
- Ran group self-care sessions and individual consultations for the counseling team.
- Liaised with the project lead on programme logistics and phase planning.
- Built referral networks connecting local groups, CBOs, local and international NGOs, and government ministries.

Psychology Advisor (part time) — Doctors of the World (MDM) *(March 2015 – 2016)*

- Delivered psychotherapy to Syrian and Iraqi refugees on an individual basis.
- Supervised and consulted with the counseling team on clinical cases.
- Oversaw orientation and induction of new clinical staff members.
- Supported internal capacity building among local team members.
- Designed external training curricula for partnering organizations.
- Led group self-care sessions and one-on-one consultations for counselors.
- Worked with the project lead to plan logistics for upcoming programme phases.
- Established referral mechanisms and strengthened ties with CBOs, local and international NGOs, and government bodies.

Psychosocial Counselor (part time) — Noor Al Hussein Foundation *(January 2013 – January 2014)*

- Provided clinical supervision and case consultation for the counseling team.
- Coordinated orientation and induction for newly onboarded clinical staff.
- Contributed to internal capacity building of local staff members.
- Designed and delivered external trainings for partner organizations.
- Facilitated group self-care sessions and individual consultations for counselors.
- Fostered referral partnerships with local community groups, leaders, and NGOs.

EDUCATION

Ph.D. in Clinical Psychology	*A.M.U., India*	2010
M.A. in Psychology — Psychological Counseling	*Mutah University, Jordan*	2007
B.A.	*Mutah University, Jordan*	2003

Ph.D. Dissertation: "A Study of Perceived Home-Environment, Feeling of Insecurity and Approval Motive: A Comparative Study of Drug Addicts & Normals" (Supervisor: Dr. Naheed Nizami.

PROFESSIONAL LICENSURE & MEMBERSHIPS

- Licensed Clinical Psychologist, Jordanian Ministry of Health (2011)
- Licensed Clinical Psychologist, Saudi Ministry of Health (2012)
- Certified, Saudi Heart Association — CPR / Basic Life Support (2012)
- BLS Provider Certification, American Heart Association, Amman, Jordan (2017)
- Member, American Psychological Association (APA), USA — Membership No. M1/P1 39979341 (since 2014)
- Member and Chair of the Scientific Research Committee, Jordanian Clinical Psychologists Association (JCPA) (since 2017)

PROFESSIONAL TRAININGS & WORKSHOPS

Sexual Disorders: Principles, Diagnosis & Treatment — 60-hour specialized clinical training — Polish Therapeutic Society & Jordanian Clinical Psychologists Association *(22 February – 3 March 2018)*

- A 9-module specialized program covering: Principles of Clinical Psychosexology; Psychosexual Development (Pediatric & Adult); Normality & Abnormality of Sexual Behaviors; Sexual Disorders — Causes, Criteria & Comorbidity; Sexual Disorders Diagnosis — Methods & Approaches; Sexual Counseling & Psychotherapy (Theoretical & Practical Methods); Sexual Treatment Plans & Interventions; Code of Ethics, Legal Limitations & Social Challenges; and Case Studies & Discussions.

Workshop on Innovation ("Al-Ibda'") — Faculty of Education and Arts, Department of Education and Psychology, University of Tabuk, KSA — 4 training hours *(20/1/1439H)*

Skills of Psychological Trauma Intervention — 40-hour multi-specialty training course — Alalusi Foundation (California) & Institute for Family Health / Noor Al Hussein Foundation *(22 – 26 May 2016)*

Workshop on Research Methods and Research Paper Writing — Department of Business Administration, Faculty of Management Studies & Research, Aligarh Muslim University, India *(7 January 2010)*

Workshop on SPSS and Research in Psychology — Department of Psychology, Aligarh Muslim University (A.M.U.), Aligarh, India *(15 – 16 December 2009)*

CONFERENCES & ACADEMIC ENGAGEMENT

- 2nd International Conference of the Faculty of Educational Sciences, Mutah University, Jordan — "Future Vision for Preparing Education College Students in Light of Global Changes" — Member, Scientific Committee, and Presenter — 23–25 July 2024
- The 6th International Conference of the Jordanian Association of Psychiatrists — August 2022, Amman
- International Conference of the Jordanian Association of Psychiatrists and Clinical Psychology — October 2018, Amman
- Fourth International Conference of the Jordanian Association of Psychiatrists — June 2017, Amman
- Academic Conference on Education and Human Sciences — 2015, Barcelona, Spain
- Advances in Business Related Scientific Research Conference — October 2014, Rome, Italy
- Third International Conference of the Jordanian Association of Psychiatrists — "Mental Health of Refugees" — 4–6 June 2014, Amman, Jordan
- 2nd Annual International Conference on Transgenerational Trauma — 16–19 October 2013, Amman, Jordan
- The Professionals Training Conference on Children's Social and Emotional Wellbeing, organized by the Jordan River Foundation in cooperation with Michigan State University College of Osteopathic Medicine, UNICEF, UNFPA, and the National Council for Family Affairs — Amman, Jordan, 29 October – 1 November 2013 (11 CME points)
- Fifth International Educational Conference — 2013, Tafila Technical University, Jordan
- Conference of Governmental Kindergarten in Jordan — Mutah University, 2013, Jordan (Chair, Organizing Committee)
- 30th International Congress of Psychology — 22–27 July 2012, South Africa
- International Conference on Education and Information Management — Istanbul, Turkey, 15–17 June 2012
- Conference on Arabization of Higher Education and Scientific Research — 2012, Jordan, ALESCO, League of Arab States
- KHCC 20th International Conference: The 1st Conference on Pain Management — King Hussein Cancer Center, Amman, Jordan — 1–2 November 2010 (9 CME hours)
- Conference on the Concept of Psycho in Islam — 2010, India, A.M.U.

PEER REVIEW & ACADEMIC REFEREEING

- External Reviewer for academic promotion (rank advancement) since 2016 for: King Saud University, Sultan Qaboos University, University of Tabuk, and Kuwait University.
- Peer Reviewer for research papers and academic books across numerous Arab and international journals, with active reviewing engagement to date.

ACADEMIC LEADERSHIP & PROFESSIONAL REGULATION

- Head of the Department of Applied Psychology, Mutah University — departmental academic planning and curriculum coordination.
- Dean's Assistant of the faculty, Mutah University — faculty-level academic and administrative responsibilities.
- Member and Chair, Graduate Studies Committee, Faculty and Department of Psychology, Mutah University.
- Secretary, Department Council, Department of Psychology, Mutah University.
- Member, Course Equivalency Committee, Mutah University.
- Member, Ethics and Scientific Committee, Mutah University.
- Member, Class Schedule Committee, Mutah University.
- Member, Study Plan Committee, Mutah University.
- Member, Quality Assurance Committee, Mutah University.
- Member, Teacher Evaluation Committee, Jordanian Ministry of Education.
- Chair and Member, Licensing Examination Committee for Clinical Psychology and Counseling, Jordanian Ministry of Health.
- Member, Degree Equivalency Committee, Jordanian Ministry of Higher Education — evaluates foreign academic degrees and certificates in Clinical Psychology to determine eligibility for degree equivalency (mu'adala).
- Contributed to the development of academic programmes across several departments and universities.

CLINICAL COMPETENCIES & ASSESSMENT INSTRUMENTS

Psychotherapy for:

Post-Traumatic Stress Disorder · Mood Disorders (depression, bipolar) · Anxiety Disorders · Sexual Disorders · Substance Abuse and Addiction · Stress Management · Schizophrenia · Trauma · Psychosocial Support, Self-Care and Consultation.

Psychological Testing:

Neuropsychological Assessment (e.g., Tower of London, Wisconsin Card Sorting Test, Trail Making Test) · Personality Assessment: MMPI-2 · Cognitive Assessment (memory, attention, etc.) · Intelligence Assessment (WAIS, WISC, Stanford-Binet 3 and Stanford-Binet 5) · Court-Ordered Assessment

Clinical Orientation:

Developmental Theories & Therapies · Narrative Theory & Therapy · Psychodynamic Theory & Therapy · Cognitive Theory & Therapy · Behavioural Therapy · Group Psychotherapy

PROFESSIONAL TRAINING & CAPACITY BUILDING DELIVERED

- Delivers a range of lectures and seminars for counselors and university students on Psychological First Aid and Crisis Intervention.
- Provides neuropsychological assessment for patients transferred from psychiatrists and other agencies.
- Provides program development, clinical supervision, and consultation.

PUBLICATIONS

English-Language Publications:

- Ahmed Matarneh et al. (2026). FOMO and its relation to executive brain functions in a sample of university students. (Submitted)
- Ahmed Matarneh et al. (2026). Internet Addiction, Executive Functions, and Their Relationship to Some Demographic Variables. (Submitted)
- Ahmed Matarneh. (2026). Constructing a War Anxiety Scale for the Jordanian Context. (Submitted)
- Ahmed Matarneh et al. (2026). Digital mindfulness, trait anxiety, and psychological well-being: The chain mediating roles of regulation and self-compassion. Journal of Frontiers in Education.
- Ahmed Matarneh et al. (27 October 2025). Statistical Perspective on the Psychometric Properties of the Executive Function Index. Journal of Statistics Applications & Probability (An International Journal).
- Ahmed Matarneh et al. (2024). Analysis of Sleep Disorder Prevalence among Jordanian University Students: Influences of Sociodemographic Factors. Pakistan Journal of Life and Social Sciences.
- Ahmed Matarneh et al. (2023). Married & Wise – A Correlational Study of Wisdom, Well-Being, and Resilience in Relation to Gender, Age and Marital Status. Journal of Social Studies Education Research, 14(3).
- Personality disorders among a sample of homosexuals in Amman / Jordan. مجلة العلوم الأول الجزء الرابع، العدد القاهرة، جامعة الانسانية، (2022).
- The extent of the prevalence of pathological fears among a sample of adolescents. American Psychological Association, APA Psychotherapy, 8 September 2022. (Q1)
- Level of Depression in Children with Only Child Syndrome – A Clinical Study. Frontiers in Psychology, December 2022. (Q1)
- Demographical Factors Associated with Psychological Distress and Family Environment during COVID-19 Pandemic in Jordan: A Large Sample Study. International Journal of Medical Research & Health Sciences, 11(7): 75–85 (2022).
- Differential Item Functioning of the Test Subjects in the English Language Course Administered to Students of Mu'tah University. مجلة العلوم النفسية / البحرين، 19(2) (2018).
- Scale of Aging Depression for Elderly People: A Factorial Study on the Jordanian Environment. Ain Shams University, No. 39, Part 1 (2015).

- Brain Executive Functions of Schizophrenic Patients in Jordan. British Journal of Humanities and Social Sciences, Vol. 12(2), 1 January 2015.
- Traumatic Events and Their Relation to Post-Traumatic Stress Disorder, Depression and Religiosity among University Students. American Journal of Scientific Research, ISSN 2301-2005, Issue 105, March 2015, pp. 62–71.
- The Relationship between Future Anxiety and Motivation for Learning on a Sample of University Students. Ain Shams University, No. 39, Part 1 (2015).
- Construction of Future Anxiety Scale for Jordanian Government Universities Students. International Journal of Academic Research, Vol. 6, No. 5, September 2014.
- The Role of the Clinical Psychologist as Perceived by Psychiatrists at the National Center for Mental Health. Mutah University (2014), 66/6.
- Variance Impact of Item Classification in Thurstone Scale on Scale Psychometric Characteristics. European Journal of Scientific Research, ISSN 1450-216X / 1450-202X, Vol. 127, No. 3, December 2014, pp. 217–227.
- The Anxious Attachment (Pathological) and Its Relationship to the Flexibility of the Ego in a Sample of Elderly. British Journal of Humanities and Social Sciences, Vol. 12(1), September 2014.
- Personality Disorders and its Relationship with some Variables in a Sample of University Students. European Journal of Scientific Research, Volume 129, Issue 1 (2013).
- Communication Problems among Tourists and Community from the Tourist Perspective: A Case Study from Karak Governorate. International Conference on Education and Information Management (ICEIM-2012), Istanbul, Turkey, 15–17 June 2012.
- Attitudes Towards Mental Illness and Its Relationship to Some Variables. Al-Azhar Journal of Education (AJED) (2012).
- Obstacles Against Women Access to Senior Management Positions in the Travel and Tourism Companies in Jordan: "Employees' Viewpoint". Canadian Social Science, Vol. 7, Issue 4, p. 164 (2011).

Arabic-Language Publications:

- مجلة .الأردن في للتأهيل الوطني المركز في المدمنين من عينة لدى النوم باضطرابات العصابي للقلق التنبؤية القدرة الثالث العدد الثلاثين، المجلد القاهرة، جامعة الانسانية، العلوم (2022).
- الاردن في المدمنين وتأهيل لعلاج الوطني المركز في المدمنين من عينة لدى بالدماغ التنفيذية الوظائف. Dirasat: Human and Social Sciences (2022, under publication).
- المنارة، مجلة .العليا الدراسات طلبة من عينة لدى النفسية بالطمأنينة وعلاقته المعرفي وراء ما التفكير مستوى البيت، آل جامعة 27(4) (2021).
- للبحوث مؤتة مجلة .الاردنية الجامعات طلاب من عينة على تحليلية دراسة :بالتدين وعلاقته الروحي الذكاء مؤتة، والدراسات، 32(2) (2017).

BOOK TRANSLATION

مترجم كتاب: Abnormal Psychology - Susan Nolen-Hoeksema (علم النفس، المرضي، ط8). دار الفكر ناشرون وموزعون، عمان، الأردن. إصدار 2023. Funded and published by Dar Al-Fikr, Amman, Jordan; peer-reviewed and approved for university use as a scientific reference for psychology students.

PROFESSIONAL & RESEARCH INTERESTS

Third-Wave Psychotherapy Approaches (ACT, DBT, MBCT), Clinical Psychology and Psychopathology (including addiction and related disorders, and psychotic disorders), Psychometric Scale Construction, Cultural and Social Change, Trauma and Quality of Life.

LANGUAGES

- Arabic — Native
- English — excellent
- Urdu — Conversational (proficient in speaking)

REFERENCES

Available upon request.