



AMERICAN
UNIVERSITY
OF BAHRAIN

COUNSELING SERVICES



MISSION

Students may face a wide variety of common personal issues as well as academic pressures during their university experience. When such issues are present, they often interfere with academic growth.

Students who recognize these problems may utilize the counseling services to deal with challenges in a healthy manner and enhance their personal well-being.

Our counseling services involve a wide range of methods to offer support to our students and provide regular sessions as needed, as it is often helpful to discuss these concerns in a supportive and professional environment. Students may be expected to complete certain tasks and activities as part of the interactive counseling process.

COMMON ISSUES

- Stress & anxiety
- Depression
- Relationships & peer pressure
- Family concerns
- Self-esteem
- Body image
- Grief
- Academic major & career
- Grades

SERVICES INCLUDE

- Individual counseling sessions
- Assessment of needs
- Special needs support
- Mental health & self-development workshops
- Support groups on varying topics

Note: Counseling records are kept strictly confidential. Information is only shared with relevant sources after obtaining student's permission. Exceptions to confidentiality are rare and include when a person poses a threat to his/her own safety or the safety of someone else.





AUBH COUNSELOR

Fatima AlDallal is a psychologist holding a MSc in Clinical Psychology and a BSc in Counseling Psychology. Her experience includes working at clinical settings offering counseling to clients; most commonly young adults.

She works collaboratively with students to offer guidance and support by addressing any challenges they may face throughout the academic year, while providing general counseling to ensure healthier perspectives.

Please contact Ms. Fatima via e-mail to book an appointment.

COUNSELING OFFICE

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