

## **Bio Sketch**

### **Dr. Dinah Ayna, Clinical Psychologist**

Dinah Ayna, PhD, is a Clinical Psychologist and an Instructor of Clinical Psychiatry at the AUBMC Department of Psychiatry. She received her BA in General Psychology from AUB (2003), followed by a Master's in Addictive Behaviors from the University of Liverpool, England (2004); a PhD in Clinical Psychology from Wayne State University in Michigan (USA, 2016); and a postdoctoral residency in health service psychology at Emory University School of Medicine (SOM) based at Grady Health System in Georgia (USA, 2017). A strong background in public health complements Dr. Ayna's expertise in mental health. Dr. Ayna is currently a Licensed Clinical Psychologist in Lebanon and in the State of Georgia (USA); Adjunct Faculty at Emory University SOM; and a mental health consultant for refugee programming at United Palestinian Appeal (UPA) in Washington, DC. Dr. Ayna specializes in the assessment and treatment of suicidality, non-suicidal self-injury, and trauma-related disorders among adults. She utilizes various treatment modalities, with a specialization in Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT), in individual, couples, and group formats. Additional practice areas include psychological support for professionals and addressing vicarious trauma. Clinical and research interests include personality disorders, trauma, and mental health program development and evaluation.