



# MARY SOBH Y LABIB

FOUNDER & CEO OF HELPEES FOR MENTORSHIP AND  
SKILLS DEVELOPMENT • PSYCHOTHERAPIST • SUPERVISOR

## PROFESSIONAL SUMMARY

Experienced and compassionate psychotherapist with over nine years of expertise in trauma, abuse recovery, and mental health. Passionate about applying science-based therapy within culturally and ethically respectful frameworks in both practice and training.

## CONTACT

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## WORK EXPERIENCE

### Counselor & Lecturer | CARE International Egypt | 2020–2022

- Provided trauma-informed counseling and psychoeducation for refugees in Alexandria and Cairo
- Led PSS groups and parent awareness sessions under BPRM projects
- Coached participants in the MENTORS initiative on psychological resilience

### Counseling Supervisor | St. Joseph and St Mark Counseling Center | 2019–Present

- Supervised groups of counselors, focusing on complex trauma, abuse, and addiction cases
- Designed capacity-building workshops and reflective practice sessions

### Psychotherapist & Trainer | Caritas Alexandria, Ilajnafsy Program | 2016–2019

- Delivered therapy and family support sessions for refugees and vulnerable populations
- Lectured on psychological topics for diverse audiences including social workers and caregivers

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## AWARDS AND CERTIFICATION

- **Somatic Experiencing® Training**, ESOS Egypt
- **Schema Therapy Diploma**, RITR & ISST
- **ISAACS Diploma** (Freedom from Drugs & HIV) – Grade: Excellent
- **MESARPAC Bachelor** – Lo2Lo2a School, Cairo
- Numerous certified workshops on CBT, ADHD, PTSD, Marriage Counseling, and Child Trauma

## ACADEMIC HISTORY

**IPSICC Master's Degree in Sexual Abuse Therapy**  
International Psychotherapy School,  
Denmark University.

**B.S. in Architecture**, Faculty of Fine Arts –  
Alexandria University

**Notre-Dame de Sion School** – Secondary Grade: 97%