



# **Yara Doumit Naufal**

## **Professional Portfolio**



# Professional Experience

## Clinical Practice

Since 2013, Yara has maintained an active therapy practice working with individuals, couples, families and groups. As the founder of Le Lien Systémique in Lebanon (2013–present), she has led interdisciplinary teams and developed comprehensive consultation services.

## Education & Training

Yara has served as a trainer and as the Educational Director With the Lien systemique and the Institut de Formation et d'Application des thérapies de la Communication, developing programs for professionals in social services, education, and mental health. She also works as a supervisor of interdisciplinary teams.

## Academic Contributions

Yara has taught university courses at different institutions including the Catholic University of Lyon, Lebanese University, and Saint Joseph University, focusing on family systems, couple dynamics, and interview techniques.

## Educational Background

- Master in Social Work, Université Saint-Joseph (USJ), Lebanon
- Training in Family Therapy, Institut de Formation et d'Application des Thérapies de la Communication, France

## Professional Memberships

- **European Family Therapy Association (EFTA)**  
Board Member of EFTA – NFTO and Member of the General Board
- **Société Française de Thérapie Familiale (SFTF)**  
Secretary of the Board of the French Family Therapy Society (SFTF)

## Languages

- French
- Arabic
- English

Throughout her career, Yara has demonstrated skills in developing and implementing psychosocial competency programs, managing interdisciplinary teams, and coordinating support groups for parents. Her work as a therapist and systemic practitioner, provided her with valuable experience in family social intervention and the design of awareness and prevention programs.

She has also significant expertise in interventions in emergency and war contexts.

# Publications & International Contributions

## Major Publications

Yara Doumit-Naufal has authored and co-authored significant works in the field of family therapy and educational resources:

**"Provoking Change: The Resolutive Strategic Method"** (with R. Perrone, 2019, 2024)

This publication, originally published in French as "Provoquer le changement. La méthode stratégique résolutive" has been translated into Spanish (2023).

## Academic Articles & Contributions

Yara has published several scholarly articles examining family therapy practice, parental support systems, and inclusive education.

For a complete list of her international conference presentations and additional publications, please visit her academic profile at: [cv.hal.science/yara-doumit-naufal](https://cv.hal.science/yara-doumit-naufal)

## Educational Tools & Resources



"Le coffret des Apprenp'tits" (2010)



"Grandir en Lien" (2024)



"Mes parents sont séparés, et moi dans tout ça?" (2019, 2021)



"Roots and storms" (2024)



"Ensemble à l'école" (2020)

These pedagogical tools focus on developing psychosocial resources for children and adolescents, supporting children through parental separation, promoting inclusion in educational settings, and providing support for children and adolescents who have experienced domestic violence.



### Professional Focus Areas

Yara's work consistently demonstrates her commitment to family systems therapy, educational inclusion, supporting children through family transitions, and developing practical tools for professionals and families alike. Her multilingual capabilities and international connections have allowed her to contribute to the field across cultural contexts.