

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

May 01-03, 2017 Toronto, Canada

## Community mental health care: An examination of the Lebanese context

Nadine J Zlaket and Elias A Rahme  
Holy Spirit University of Kaslik, Lebanon

**Statement of the Problem:** Lebanon has experienced traumatizing wars since 1975, compelling healthcare professionals to devote more attention to mental health care, so as to ensure a better quality of life. However, practice is still at a basic level. Doctors without borders organization have revealed a lack of psychological and mental health care practices in Lebanon, following its intervention during the 2006 war. Furthermore, mental well-being which falls within the realm of community psychology - a discipline which was developed in the U.S. and later spread to Europe-requires psychologists to apply their knowledge in society and communities. Yet, practitioner intervention in the Lebanese social context remains quite limited.

**Methodology & Theoretical Orientation:** The present study is devoted to the concept of mental health - a major concern of society and various fields of science such as psychology and sociology, philosophy - with a focus on the criteria involved in achieving development and growth: global life satisfaction, wellbeing, self-esteem and resilience. The complementarity of physical and mental health is also highlighted, as human beings need to be studied as a whole entity. In addition, we focus on the need to promote the quality of life of individuals and their communities in a societal framework. The basic concepts of community psychology are discussed, followed by a survey undertaken amongst 60 young Lebanese participants in order to study the various factors involved in mental health.

**Findings:** Our survey findings and statistical data analysis have shown that 93.5% of young Lebanese have not received adequate education in the mental health field, nor have they received any community-based psychological intervention.

**Conclusion & Significance:** Results show that, by bolstering one's self-confidence, well-being, resilience, problem solving abilities and social skills, in this context our role is to contribute to the prevention of certain mental health problems.

### Biography

Nadine J Zlaket is a Doctor of Clinical Psychology. She is Head of the Department of Psychology at the Holy Spirit University of Kaslik (USEK) in Lebanon since 2013; and she is also the Director of the PSYCHE Laboratory of the USEK Department of Psychology. Her research area focuses on Adolescence. She is the author of the book, "*Pour une Adolescence Saine*" (*For a Healthy Teen*).

nadinezalaket@usek.edu.lb

### Notes: