

# Asmaa Halim

---

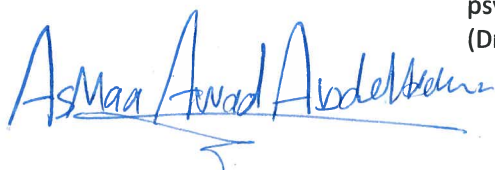
Asmaa Halim is a clinical psychologist holding a Master's degree in Psychology.

Asmaa started her professional life in 2005, focusing on creating and implementing resilience programs for adolescences and their carers. From 2007 till 2013, she worked in the addiction field in several Mental Health Centers and Clinics in Cairo and concluded this work in her Masters in 2013.

From 2013 till 2017, Asmaa directed her efforts towards working with Schizophrenics as a full time clinical psychologist at El Rakhawy then El Abassya hospitals in Cairo, Egypt.

In 2014, Asmaa started her journey with group psychotherapy and grew very passionate and curious about both Group Psychotherapy and Art Therapy, believing in the importance of art in the psychotherapy process, so she started parallel studies on both turfs. She started a specialized study through the 3-year Psychodrama Diploma (2015-2017) and became a Certified Psycho-dramatist from the Egyptian Association for Group Therapy (EAGT) in cooperation with the Mediterranean Association for Psychodrama. She also started her Diploma in Group Psychotherapy and in parallel; she started a deep and structured study in the 3-year Relational-Expressive Dance Movement Therapy Diploma (2017-2019). In 2020, she became certified as both, Group Psychotherapist by the EAGT and the Four Step Institution, in Cairo, and Dance Movement Therapist from DMT-ER® school in Italy (Scuola Di Formazione-Danzamovimentoterapi Espressivo – Relazionale).

Asmaa founded her own therapeutic program focusing on Egyptian women and their relationship with their bodies "Halima's Studio" using Dance Movement Therapy techniques and the vocabularies of belly dance to improve the women's body image. She also founded the Art Therapy Unit in the addiction department at EL Abassya Public Hospital in Cairo. Asmaa is currently a clinical (Individual/ Group) psychotherapist, in addition to working with Dance Movement therapy (Dmt) in the clinical and social fields.



Asmaa Anad Abdelhameed



Egypt



+020 100 1091466



Asmaahalim4@gmail.com



[Halima's Studio](#)