

Rola Ashour, Practicing Partner and Cofounder of the Jeddah Adult and Child Therapy Centre (act.)

Rola Ashour is a licensed mental health practitioner and experienced counsellor who specialises in working with youth, individuals and couples. Having acquired two Bachelor degrees in Psychology and Combined Social Sciences in the United Kingdom, Rola then gained practical experience working at the psychiatric ward in a leading hospital in Jeddah, where she received training from attending clinical psychologist in assessing and counselling adults and children.

In 1998, having obtained her Masters Degree in Autism and Education from Birmingham University in the United Kingdom, Rola resumed her work in Saudi Arabia, spending four years at a centre for children with autism in Jeddah as a teacher, curriculum coordinator and family liaison.

Rola went on to become the counsellor at Dar El Hekma University, a women's University in Jeddah in 2007 up to 2016. Since then, Rola helped establish the Counselling Centre at Dar El Hekma College, developing their policies and procedures, while providing counselling services to the student body and their families. Also Rola was a part time member of their faculty. Today she holds a full time lecturer at the same university.

Having grown up and received her education in different countries, Rola has a broad understanding of cultural differences and can combine the teaching she received in the west with an understanding and sensitivity to local cultural values. As a Saudi woman having worked with young Saudi women, Rola recognises the specific challenges and issues faced by women in Saudi today. She is aware of social attitudes surrounding mental health issues, and is committed to providing non-judgemental support with the utmost confidentiality and discretion.

Whether dealing with children, young adults and or adults, Rola believes in the importance of reaching out and engaging with the whole family. In her work, she recognises that all individuals and their needs are unique, and tries to develop specific counselling goals to enhance their personal growth. She relies on a variety of techniques and theories, which she combines with practical steps. She aims to help the individual and their family develop coping strategies, and directs them when necessary to additional resources and specialised support services.

Rola continues to update her knowledge and skills by attending workshops and training seminars at home and abroad, remaining informed about the latest thinking on mental health issues. Rola commenced her PhD in clinical counselling for one year, which she intends to resume in conjunction with her professional commitments at a later date.

Rola Ashour resides in Jeddah, where she is married and the proud mother of four little girls. She speaks fluent Arabic, English and French.

