

Health and YOU Community Wellness Series

How to Navigate Stress

The session will focus on what stress is, and provide useful tools to cope with stress.

February 21, 2022
5:00PM – 5:45PM (Qatar time)



Speaker

Ms. Sarah Burshan

*Psychologist & Learning Support Specialist
Weill Cornell Medicine-Qatar*



Sarah Burshan joins us as Psychologist and Learning Support Specialist at Weill Cornell Medicine-Qatar (WCM-Q) with rich tapestry of both professional and personal experience upon which to draw. Before becoming a part of the Health & Wellness team at WCM-Q, Sarah completed her education in Chicago, where she gained a Master of Arts in Clinical Psychology with a focus on trauma and a Bachelor of Arts in Applied Psychology. After completing her education, Sarah followed her passion for serving humanity and moved to North Africa, where her activities ranged from working with refugees and survivors of war to being a production assistant and host of TedxTripoli. Prior to joining the WCM-Q community, Sarah enjoyed a role as a psychologist in Qatar, where she created and supported training programs for students and held innovative and culturally sensitive individual and group psychotherapy sessions. Throughout her career, Sarah has worked with diverse populations and utilized cognitive behavioral therapy, positive psychology, and mindfulness-based practices, which she continues to do. Sarah is passionate about providing innovative care and enriching lives.