

## Our vision

To Empower the members of the Palestinian society to live safely to reach psychosocial wellbeing, comprehensive psychological health and social justice.



جمعية  
نفس للتمكين

للاستشارات النفسية والاجتماعية

Nafs For Empowerment

Psychological counseling and social

رام الله / فلسطين Ramallah / Palestine



## Our message:

Nafs for Empowerment is a national Palestinian organization seeking to provide psychosocial programs by its empowered administrative teams to reduce the psychosocial effects and stresses resulting from political instability in the Palestinian society due to wars and torture in order to have a citizen who is able to be balanced and adapted with himself/herself and with others in accordance with Palestinian and international human rights conventions



## Objectives

- Achievement of psychosocial wellbeing.
- Empowerment and rehabilitation of Palestinian society members psychosocially.
- Achievement of psychosocial balance for war, torture and disaster's injuries in the Palestinian society.
- Reduction of psychosocial problems resulting from poverty, unemployment and abuse in the society, especially among neglected categories, such as women, children and youth.



## Why Nafs for Empowerment:

Nafs center for Empowerment was founded in 2010 Under the number (RA22692C) for psychosocial counseling, to address an insistent need in the Palestinian society which suffered



from violent events that hardly and deeply affected the Palestinian citizens especially children and youth that was negatively reflected on their relationships with their

social environment in general and their familial environment in particular. We, as a group of professional, academic and educational psychologists, seek through this center to reduce the level of violence, psychological stress and tension of wars, torture as well as psychosocial and economic disasters. In addition to our work for mobilizing the society members towards constructive mechanisms and psychological and counseling activities to bring back the education, balance and empowerment to have a citizen who is able to adapt with the reality and to empower him/her psychosocially to face the current and future challenges safely, taking in consideration the importance of applying the principles of human rights and the relevant international and regional conventions by governmental and national organizations. The main objectives of Nafs for empowerment are: To achieve the psychosocial wellbeing that contributes to reducing the psychosocial problems.

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