



Dr.Hind Odeh

Psychologist and Founder of Step Center for Counseling

Jordanian - Jordan

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Who is Dr.Hind Odeh

Dr. Hind Odeh is a Jordanian psychologist and the founder of the Step Center for Psychological Counseling. Her expertise lies in human relationships and mental health, with a special focus on empowering individuals, particularly women, to overcome difficult emotional experiences and recover from abusive relationships. Dr. Odeh provides her services through individual counseling sessions, specialized workshops, and is also known for her online training programs aimed at psychological awareness and building emotional resilience. Through her active digital platforms, Dr. Odeh shares educational content on the signs of toxic relationships, personality disorders like narcissism, and steps for rebuilding self-confidence and self-esteem after emotional trauma. She is also a frequent guest on prominent Arab television programs, including Roya TV and Al-Hadath TV, where she discusses psychological topics of community interest. This media presence has helped her build a bridge of trust with a wide audience seeking a deeper understanding of mental health.

Achievements of Dr.Hind Odeh

Dr. Hind Odeh founded the Step Center for Psychological Counseling in Jordan, a specialized institution providing mental health support, family guidance, and training. The center offers services to help clients navigate various psychological challenges and improve their quality of life. She launched and developed the "Toxic Relationship Recovery Program," a comprehensive online training course designed to help participants understand the dynamics of abusive relationships, develop healing strategies, and build healthier future connections. The program has been widely received and has assisted many individuals in regaining their psychological well-being. Dr. Odeh is a prominent media guest in the field of mental health, having appeared on numerous talk shows on influential television channels. Her appearances include programs like "Donia Ya Donia" on Roya TV and "Beit Yacoubian" on Al-Hadath TV, where she discusses complex psychological issues and offers expert insights to the Arab public.

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