



Warsaw University  
of Life Sciences-Poland



Cihan University-Erbil  
Kurdistan Region-Iraq



University of Babylon  
College of Medicine-Iraq

**The 5<sup>th</sup> International Conference on Biomedical and Health  
Sciences (CIC-BIOHS'2024)**

***Certificate of Attendance***

**This certificate is awarded to**

***Najat Jabbar Ahmed***

**For Attending the International Workshop entitled**

***Mastering Stress: Cognitive Behavioral Therapy  
(CBT)***

***For Managing Stressful Thoughts***

**During the 5th International Conference on Biomedical and  
Health Sciences, Joint with Warsaw University of Life Sciences  
and College of Medicine-University of Babylon.**

**Cihan University-Erbil, Kurdistan region –Iraq**

**On March 6<sup>th</sup>-7<sup>th</sup>, 2024**

**Prof. Dr. Amjad Saber Al-Delawi  
President of Cihan University-Erbil  
Conference Chairman**