



## **THE DIRUHI MATEVOSIAN LIBRARY Biography & Library Dedication**

**September 13, 2012**

Diruhi Matevosian-Nalbandian (later Mattian) was born in Yerevan, Armenia in 1953. She graduated from Moscow State University with a degree in Neurolinguistics. With her husband and two young daughters, she moved to Boston, Massachusetts in 1989. She went on to earn a Master of Social Work degree from Simmons College, one of America's top social work programs. She became a Licensed Independent Clinical Social Worker (LICSW) and began working at McLean Hospital, a psychiatric hospital in Boston that is consistently ranked as one of the nation's best hospitals for mental health care and research. After McLean, she worked for Family Continuity Programs where she became a director in 2001. In the meantime, she also opened a private practice and worked in several other mental health facilities as a psychotherapist.

Diruhi was well respected for her work with adolescents, adults, couples, and families. She specialized in treating psychological trauma, mood disorders, depression, anxiety spectrum disorders (panic disorders, phobias, obsessive compulsive disorder) and used numerous treatment approaches including EMDR, IFS, DBT, and CBT.

Diruhi was a source of inspiration and strength not only to her family, but also to her colleagues and all those whose lives she touched. She was a woman of uncommon valor and strength of character, fiercely combating the forces of darkness in the lives of those suffering from mental illness, trauma and clinical depression. She was deeply committed to her mission of helping at risk youth and their families. Her friends, family, colleagues and patients remember her as kind, compassionate, deeply faithful and nurturing – a consummate mother, gentle yet determined; a woman dedicated to her family and her profession, both of which she took very seriously.

Due to her untimely death, she was unable to fulfil her unwavering desire to return to Armenia and continue her work in the field of mental health and social work, especially with youth. This library is bestowed by her family, friends and colleagues in the hope that her mission will be continued in Armenia for years to come.