

Resume



Eman Abd Al Raheem Abd Al Badeea Abd Al Raheem

**Consultant and Lecturer of Psychiatry,
Faculty of Medicine, Cairo University
Somnologist- ESRS certified expert in clinical sleep medicine
International Master of Advanced Studies in Sleep Medicine.
University of Bern, Switzerland(Enrolled, expected completion 2027)**

PERSONAL HISTORY:

Date of Birth: 12/12/1988

Status: Married with two children

Nationality: Egyptian

Business Address:

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EDUCATION/QUALIFICATION:

- **Graduate Qualifications:**

- ✓ International Master of Advanced Studies in Sleep Medicine.
University of Bern, Switzerland (Enrolled, expected completion 2027)
- ✓ M.D. degree in Psychiatry, Faculty Of medicine, Cairo University 2023 with good grades thesis was titled “Prevalence and Severity of Insomnia in Adult Outpatients Attending Kasralainy Psychiatry and Addiction Treatment Hospital”.
- ✓ Master’s degree in Psychiatry 2018 with very good grades, thesis was titled “sleep-in adolescent females with borderline personality (March 2018)”.
- ✓ SOMNOLOGIST – Expert in Sleep Medicine Passed ESRS examination in sleep medicine (2021).
- ✓ Bachelor’s degree in internal medicine and surgery class 2012, Kasr Al Aini with excellent grades and degree of honors.

- **School Qualifications:**

- ✓ **1995-1999** Fatimah al Zahraa primary school.
- ✓ **2000-2002** Asmaa Bent Abi Bakr preparatory school.
- ✓ **2003- 2006** Bigam secondary school graduated with certificate of general secondary education, science section with success percent of 100.2 %.

PROFESSIONAL EXPERIENCE

- **March 2013 – March 2014:**

- ✓ House officer in kasralainy hospital.

- **April 2014 november 2014:**

- ✓ General practitioner at Egyptian ministry of health.

- **December 2014 till December 2017:**

- ✓ Resident of psychiatry at department of Psychiatry, Cairo university.

- **May 2016 till January 2018:**

- ✓ Trainee at The Cairo Center for Sleep Disorders (Dr, Shahira Loza)

- **June 2018 till September 2019:**

- ✓ Specialist of Psychiatry at The Cairo Center for Sleep Disorders (Dr. Shahira Loza).
- ✓ Specialist of psychiatry at Egyptian Ministry of Health.
- ✓ Specialist of psychiatry at Malaz hospital for psychiatry and addiction medicine.
- ✓ Medical manager of the department of United Nations High Commissioner for Refugees patients (Malaz hospital).

- **June 2018 till present:**

- ✓ Specialist of psychiatry and co-founder at Harmony Psychiatry Clinic.
- ✓ Specialist of psychiatry at U-turn hospital for addiction rehabilitation treatments for females.

- **October 2019 till December 2023:**

- ✓ Assistant lecturer, Psychiatry department, Faculty of medicine, Cairo university.

- **November 2021 till present:**

- Staff Psychiatrist at Banati Foundation "An Egyptian foundation working with children in street situations. "

- **December 2021 till now:**

- ✓ Sleep consultant and the director of the sleep lab unit in ENT clinic Egypt.

- **December 2023 till present:**

- ✓ Lecturer of psychiatry, Department of Psychiatry, Faculty of Medicine, Cairo University.
- ✓ Consultant of psychiatry and co-founder at Harmony Psychiatry Clinic.

- ✓ Consultant Psychiatrist, Malachite Institute.

- Member of The American Psychiatric Association.

- Member of The European Sleep Research Society.

- Member of the American Academy of Sleep Medicine.

- Member of International Society of Substance Use Professionals.

- **January 2024 TILL NOW**

- Lecturer in the Sleep Medicine Diploma program at the Faculty of Medicine , Cairo University

- **September 2024 till now:**

- Lecturer of Psychology at Faculty of Pharmacy, October University for Modern Sciences and Arts (MSA University)

PROFESSIONAL ACTIVITIES:

Clinical Experience:

- ✓ Two months in each internal medicine and general surgery, gynecology and obstetrics, pediatrics and emergency department, one month in each of psychiatry and ophthalmology departments as a house officer.

- ✓ Residency in psychiatry department where I passed eighteen months in adult psychiatry unit, and adolescent psychiatry unit, three months at neurology department, three months at internal, medicine department and six months at child psychiatry unit, three months at geriatric psychiatry unit and six months in addiction psychiatry unit.
- ✓ During my work as psychiatry resident, I had a daily outpatient clinic six day per week, where I used to meet around 60/ day patients between new cases and follow up cases.
- ✓ I had two emergency shifts per week where I used to manage all psychiatric emergencies: agitated patients, suicidal patients, psychotic patients etc, all addiction emergencies: substance withdrawal, substance craving, diagnosing and referring substance overdose if ICU is needed.
- ✓ I managed 5 neuroleptic malignant syndrome patients with 0 mortality.
- ✓ I was responsible for average 8 inpatients daily and 150 inpatients on my 24-hour shifts.
- ✓ I had a weekly case presentation at the hospital staff members weekly conference.
- ✓ I held a weekly matrix addiction group for addiction in patients.
- ✓ I held a weekly family counselling group for addiction patients' families.
- ✓ I had at least 4 ongoing individual psychotherapies.
- ✓ I held a weekly play therapy session for child psychiatry unit.
- ✓ As a lecturer of psychiatry, Faculty of Medicine, Cairo University, I'm working in the psychiatric outpatient, inpatient unit and emergency unit,
- ✓ I'm also working in the digital EEG, sleep lab and the outpatient sleep clinic of Psychiatry and Addiction Medicine Hospital, Cairo university.
- ✓ I'm sharing in the teaching process of both undergraduate and postgraduate students.
- ✓ I held multiple sessions and workshops in the field of sleep and general psychiatry teaching other colleagues.

Individual psychotherapy experience:

- Cognitive behavioral therapy techniques

- Dialectical behavioral therapy
- Supportive psychotherapy
- Dynamic psychotherapy
- Play therapy for children
- EMDR therapy
- Cognitive behavioral therapy for insomnia (CBT-I)

Group psychotherapy experience:

- Co therapist with prof Yehia al Rahway group for one year started July 2017 till June 2018.
- Matrix group for patient with substance use disorder.
- Main therapist at DBT groups (adults and adolescents).
- Main therapist at CBT group therapies for OCD.
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Research experience and training courses:

- MD in psychiatry with thesis titled “"Prevalence and Severity of Insomnia in Adult Outpatients Attending Kasralainy Psychiatry and Addiction Treatment Hospital ".(January 2023).
Asal et al. Middle East Current Psychiatry (2024) 31:90
<https://doi.org/10.1186/s43045-024-00478-7>
- MSc degree in psychiatry with thesis titled “sleep-in adolescent females with borderline personality” (March 2018).
- Attendance of the 9th ESF Sleep Medicine School held from 31/03/2025 to 03/04/2025 at the University of Cyprus, Shakolas Educational Centre for Clinical Medicine.
- Attendance of 3rd ESF sleep medicine summer school held from 10/7/2023 to 13/7/2023 at the Università della Svizzera italiana (USI)
- Cognitive behavioral therapy training course (The Malachite Institute for behavioral health. LLC, 2018).
- Dialectical behavioral therapy intensive training course (Linehan institute, Washington, 2020).
- EMDR Europe standard accredited training course (Trauma AID UK Organization, 2022).

- European sleep research society Pediatric sleep school held at Bertinoro Castle, Italy 2024
- 3rd Sleep Medicine Summer School held at the Università Della Svizzera Italiana (USI) (2023)
- Basic Certificate in medical education course (Faculty of Medicine -Cairo University – Medical Education development center (MEDC) (2022).
- Sleep Medicine Workshop (Department of Neurophysiology, faculty of medicine – Cairo University 2017).
- Pediatric EEG training course (Department of Neurophysiology, faculty of medicine – Cairo University 2018).
- Trauma psychotherapy course (The Malachite Institute for behavioral health. LLC 2016).
- Psychodynamic psychotherapy training course (The Malachite Institute for behavioral health. LLC 2017).
- Object relation psychotherapy training course (The Malachite Institute for behavioral health. LLC 2017).
- Couple therapy training course (The Malachite Institute for behavioral health. LLC 2017).
- Attended annual conference of Kasralainy Psychiatry Department (2013-2019).
- Speaker at annual conference of Kasralainy Psychiatry Department (2020-2025).
- Speaker at ENT clinic Egypt Conference (2023-2025).
- Basic life support course (Faculty of Medicine -Cairo University – Medical Education development Center, 2014).
- Infection control (Faculty of Medicine -Cairo University – Medical Education development Center, 2014)

- Advanced life support (Faculty of Medicine -Cairo University – Medical Education development Center, 2014)

Para-medical courses:

- Fundamentals of digital transformation certificate (2023)
- Time management courses(2013)
- Medical ethics (2014)
- Evidence based medicine (2017)
- Scientific writing (2017)
- Medical statistics (2017)

Awards:

- Nashat awards for the best research for the youth psychiatrist (2019)

Interests:

- Academic: Teaching/ training
- Nonacademic:
 - Reading
 - Music
 - Travelling

Skills:

- ✓ Excellent at Arabic (writing and speaking).
- ✓ Excellent at English (writing, listening and speaking).
- ✓ Excellent at word, Excel and PowerPoint.