



Liaison Psychiatry Congress
Optimizing Mental and Physical Health Integration

RAK Hilton Garden Inn, Ras Al Khaimah, UAE

February 15th 2025

Supported by: EHS & Maudsley Health

Hosted by: Ibrahim Bin Hamad Obaidallah Hospital





Dr. Sean Cross

Managing Director of Maudsley Learning and Maudsley Enterprise

Dr Sean Cross is a consultant liaison psychiatrist and a visionary leader in mental health education and training. As the Managing Director of Maudsley Learning, he drives its mission to deliver world-class mental health and well-being education globally. Sean is passionate about using high-quality training to improve care and the experiences of service users, bringing his expertise and vision to lead an award-winning team.

Sean co-founded the national award-winning Maudsley Simulation with James Pathan, the UK's first simulation training programme dedicated to mental health. This innovative initiative has set new standards for training in the field, further solidifying his dedication to advancing mental health education.

Clinically, Sean works at King's College Hospital and serves as Clinical Director for King's Health Partners' Mind and Body programme, a pioneering initiative enhancing the training and coordination of mental and physical healthcare professionals. His leadership encompasses multi-million-pound change programmes across Guy's, St Thomas', King's, and Maudsley hospitals.

A past recipient of the Royal College of Psychiatrists' Trainer of the Year award, Sean is also a Visiting Senior Lecturer at the Institute of Psychiatry, Psychology & Neuroscience at King's College London, further contributing to the field through education and mentorship.



Prof David Forbes Ph.D.

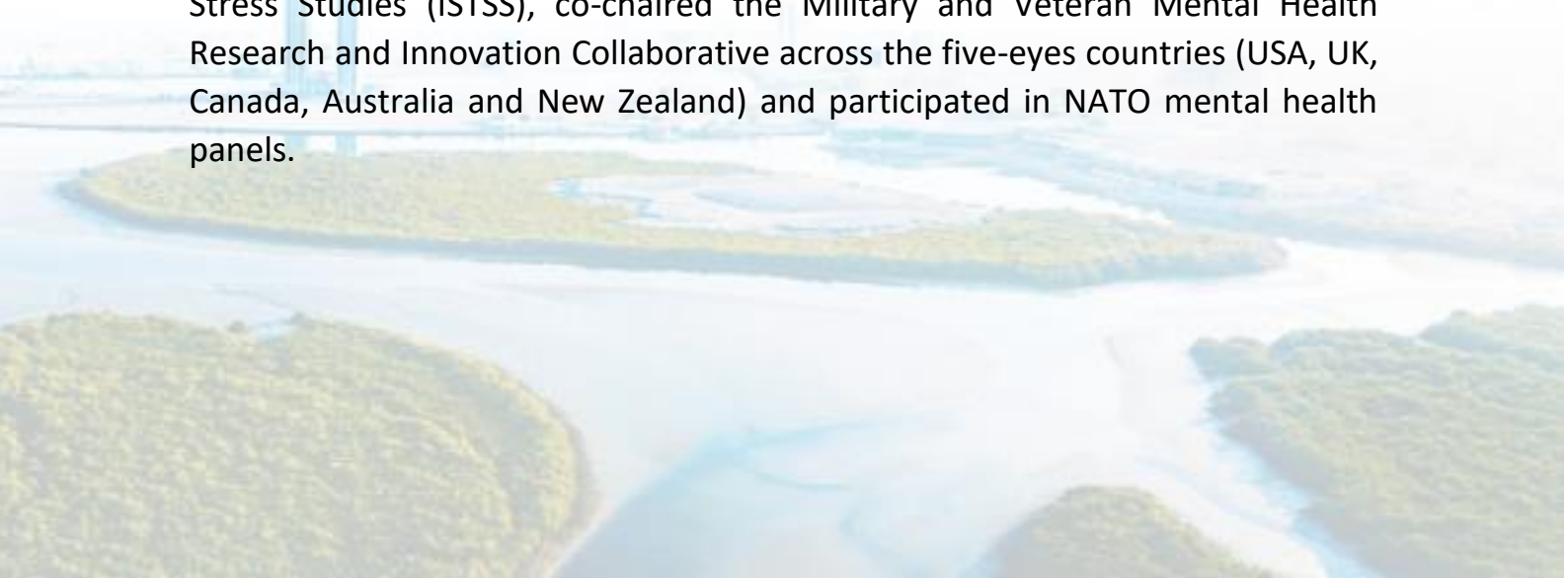
Academic Director, Maudsley Health, UAE



Prof David Forbes Ph.D. is the Academic Director, Maudsley Health, UAE and Professorial Fellow at Phoenix Australia Centre for Posttraumatic Mental Health, Department of Psychiatry, at the University of Melbourne. Professor Forbes completed his clinical training (MA Clinical Psychology) and PhD at the University of Melbourne. He has over thirty years' experience in the assessment and treatment of mental health problems in trauma survivors, with a specialty in military, veteran, emergency services and disaster mental health. He is also a specialist in the area of trauma-related problematic anger.

Professor Forbes is an international expert in posttraumatic stress disorder (PTSD) and military mental health, with strong national and international links with other researchers and experts in the field.

Internationally, Professor Forbes is the Chair of the prevention and treatment of PTSD clinical guidelines committee for the International Society for Traumatic Stress Studies (ISTSS), co-chaired the Military and Veteran Mental Health Research and Innovation Collaborative across the five-eyes countries (USA, UK, Canada, Australia and New Zealand) and participated in NATO mental health panels.





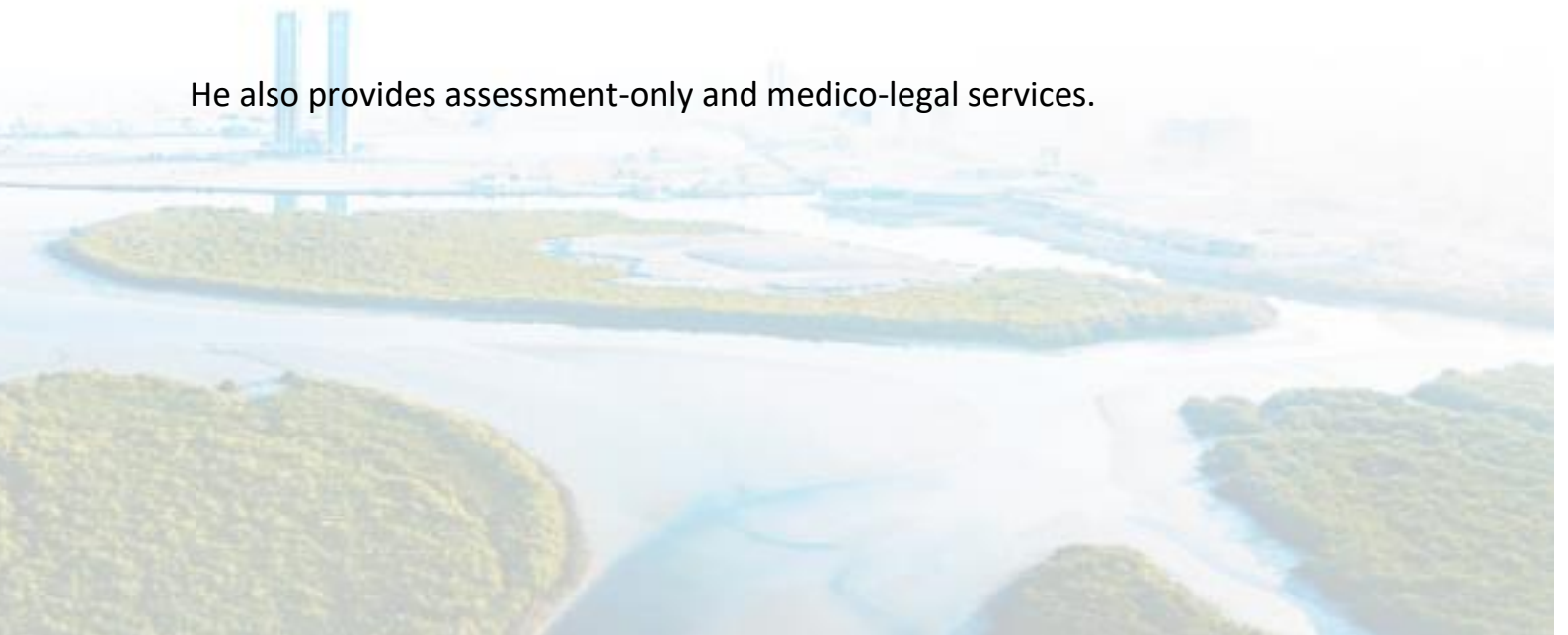
Dr Daniel Zahl

Consultant Clinical Psychologist, The Manor Hospital , Headington, Oxford

Consultant Clinical Psychologist. He specializes in delivering evidence-based treatments for mental health problems including OCD, Post Traumatic Stress Disorder (PTSD), health anxiety, social phobia, low self-esteem, perfectionism and other mood problems/disorders. He frequently works with people where difficulties associated with Asperger's syndrome contribute to problems as well as those with health problems such as chronic fatigue and type 1 diabetes.

He has a reputation for achieving excellent outcomes for those who have complex problems that have not responded to therapy previously. He holds consultant positions in the NHS in specialist Diabetes and Long Covid services, and has extensive experience working with people with chronic fatigue syndrome (ME/CFS) and other medically unexplained symptoms. He works as part of the Bariatric surgery service based at The Manor for many years providing pre and post-operative services.

He also provides assessment-only and medico-legal services.





Dr Hamid Alhaj

Associate Professor, Consultant Psychiatrist and Chair of the Department of Family and Community Medicine and Behavioural Sciences at the University of Sharjah, United Arab Emirates.

He is Director of Research for the National Association of Psychiatric Intensive Care in the UK. He has worked in the UK for over 20 years, both academically and clinically and his most recent roles included being Consultant Psychiatrist and Director of Medical Education at Sheffield Health and Social Care NHS Foundation Trust, PLAB Examiner for the General Medical Council (UK) and Foundation Training Programme Director for Health Education England.

Dr Hamid obtained his MD from Aleppo University and PhD in psychiatry from Newcastle University. His clinical research interests are focussed on understanding common and severe mental health problems such as mood and psychotic disorders and developing innovative approaches to manage them. His academic distinction has been recognised by a number of awards, including the Erwin Stengel Memorial Prize for academic excellence in psychiatry and Royal College of Psychiatrists Margaret Slack Fellowship.



Dr Madonna Hany Youssef Yanni

Consultant Psychiatrist at Maudsley Health/ Al Amal Hospital in Dubai

I am the lead physician responsible for managing a 12-bed inpatient unit, working closely with a multidisciplinary team, including occupational therapists, psychologists, specialists, and interns.

I coordinate the psychiatry rotations of 180-200 students annually, overseeing their allocation, clinical teaching, and feedback.

In addition to clinical responsibilities, I am involved in research and mental health advocacy, hosting my own Arabic-language podcast on mental health topics. I was featured in an RCPsych podcast to discuss the destigmatization of women's mental health in the Middle East. I also contribute to strategic planning for clinical services, including establishing a community clinic in Sharjah for people of determination, and manage acute perinatal mental health crises presenting to our facility as part of a MDT.



Dr Mehnaz Zafar Ali

Consultant Community Psychiatrist at Al Amal hospital, Emirates Health Services (EHS) and Associate Professor of Psychiatry at Sheikh Mohammed Bin Rashid University and University of Sharjah.

She serves as Director, World Federation of Mental Health, Middle Eastern representative for World Health Organization and Co-Chair of Women Mental Health section at World Psychiatry Association. She is Accreditation surveyor for specialty residency and fellowship programs at National Institute for health specialties, UAE and International Advisory Board member for Journal of Psychiatry and Clinical Neurosciences. Her key interests includes expanding rehabilitation oriented and recovery focused community mental health services across Emirates, promoting early intervention services, mental health research, digital innovations and mental health advocacy around the globe.





Professor Tareq Qassem



Psychiatrist and academic focused on old age psychiatry. He leads the Mental Health of Older Age Clinical Academic Group at Al Amal Psychiatric Hospital in Dubai and serves as an Adjunct Professor of Psychiatry at Mohammed Bin Rashid University, Dubai. He is also affiliated with the South London and Maudsley NHS Foundation Trust in the UK as a Consultant Psychiatrist and an Honorary Consultant Psychiatrist.

Professor Qassem completed his primary medical education in Egypt, where he obtained his medical degree, a Master's degree in Psychiatry and Neurology, and a Doctorate in Addiction Psychiatry. He later advanced his specialization by pursuing further training in Old Age Psychiatry in the UK, his primary area of expertise.

With over 15 years of experience, Professor Qassem initiated the first older adults mental health service in the UAE. His research has been published in journals including The British Journal of Psychiatry and The BMJ



He has held academic positions as a Senior Lecturer at the University of Warwick and Aston University in the UK. Professor Qassem has developed educational programs such as a Master's program in addiction clinical practice and the Arab Fellowship in Old Age Psychiatry. He has also designed and delivered training programs for mental healthcare in the UAE.



Dr Wahba Hassanein

Clinical Psychologist with a PhD earned in 2018 in trauma and PTSD, following a Master's degree in 2014 and a Clinical Diploma in 2013. With advanced training from the prestigious Beck Institute in Cognitive Behavioural Therapy (CBT), as well as extensive expertise in Eye Movement Desensitisation and Reprocessing (EMDR), Dialectical Behaviour Therapy (DBT), Acceptance and Commitment Therapy (ACT) and Psychodynamic therapy, Dr. Wahba Hassanein brings a comprehensive approach to mental health care.

In addition to his clinical practice, Dr. Wahba Hassanein serves as a clinical supervisor in psychiatric hospitals, guiding and mentoring other mental health professionals. He has also held significant leadership roles, including Mental Health Director and Mental Health Activities Manager and Mental health consultant, across several organisations and currently head of psychology department, where he has been instrumental in shaping mental health programmes and services.

Dr. Wahba Hassanein has significant experience in both individual and group therapy settings, with a particular focus on trauma and trauma-related disorders, including Post-Traumatic Stress Disorder (PTSD). His clinical expertise extends to treating depression, anxiety, panic attacks, Obsessive-Compulsive Disorder (OCD), and a range of personality disorders, especially Borderline Personality Disorder. Additionally, He has substantial experience working with psychosis.



Dr Mohamed Bahgat Abdel-Maksoud

Consultant Psychiatrist, Chief Medical Officer (CMO) for Maudsley Health UAE

Assistant Director for Medical Affairs, Al Amal Psychiatric Hospital, Dubai, UAE.

As part of the senior management team of Maudsley Health, I am currently based in Dubai undertaking an Assistant Director for Medical Affairs (i.e. Medical Director) role for Al Amal Psychiatric Hospital which is part of the Emirates Health Services in Dubai. I was initially appointed as the Clinical Director for Maudsley Health Dubai and later took the role of the CMO for Maudsley Health UAE.

I report directly to the managing director for Maudsley Health UAE and the Hospital Director of Al Amal Psychiatric Hospital in Dubai.

Al Amal Psychiatric Hospital is a 276-bed standalone psychiatric facility that provides inpatient psychiatric services to 6.5 million population residing in Dubai and the Northern Emirates. Currently, there are 206 active beds and there is a service development plan to further expand our services to the full operation capacity in future.