

CURRICULUM VITAE

Dr. Manal Mohamed Mahdy Omar, M.D.

Assistant Professor of Psychiatry,

Faculty of Postgraduate Childhood Studies

Ain Shams University

Tel: +(2012) 733-4381

E-mail: psychmmo67@yahoo.com

Official mail: manalomar@chi.asu.edu.eg

EDUCATION

- **M.D. in Psychiatry;** (*April 2002*), Ain Shams University, Faculty of Medicine Thesis: “Single Brain Photon Emission Tomography in Pervasive Developmental Disorder”.
- **D.P.P. (Diploma in Psychiatric Practice);** (*Summer 1999*), The Conjoint Board of United Medical and Dental Schools, London, and Ain Shams University’s Faculty of Medicine, Cairo.
- **Master of Science in Neurology and Psychiatry;** (*May 1996*), Ain Shams University, Faculty of Medicine - Thesis: “Conduct Disorder in a Sample of Epileptic Egyptian Adolescents”- with grade “Excellent”.
- **M.B.B.CH;** (June 1991) – Ain Shams University, Faculty of Medicine– with grade “Very Good”.

TEACHING EXPERIENCE

- **Assistant Professor of Psychiatry** - Faculty of Postgraduate Childhood Studies -Ain Shams University; (25/10/2021- Present)
 - Lectures in child Psychiatry to Master and PHD degrees students.
 - Lectures in Clinical Psychology to Master and PHD degrees students.
 - Lectures in Psychophysiology to MS and PHD degrees students.
 - Lectures in Pediatric Neurology to MS and PHD degrees students.

- **Lecturer of Psychiatry** - Institute of Postgraduate Childhood Studies - Ain Shams University; (2006-25/10/2021)
 - Lectures in child Psychiatry to Master and PHD degrees students.
 - Lectures in Clinical Psychology to Master and PHD degrees students.
 - Lectures in Psychophysiology to MS and PHD degrees students.
 - Lectures in Pediatric Neurology to MS and PHD degrees students.
- **Consultant of Psychiatry** - Department of Neuropsychiatry, Faculty of Medicine - Suez Canal University; (2004-2006):
 - Teaching general Psychiatry to undergraduate students
 - Initiating, developing, and managing child psychiatry outpatient clinic
- **Consultant of Psychiatry** - Finnish-Egyptian Project; (2004-2005)
- **Mental Health Program (Alexandria and Sohag)**
 - Provided training courses for primary health care groups (family doctors, nurses, social workers) in early detection of childhood disorders.
- **General Secretariat of Mental Health (various governorates); (2004-2005)**
 - Provided training courses for general practitioners in child psychiatry disorders and addiction in childhood and adolescents.

PROFESSIONAL EXPERIENCE

- **Institute of Postgraduate Childhood Studies: Childhood Counseling**

Unit; (2006 - 2011)

- Initiated, developed and managed the “Liaison psychiatry clinic” for diabetic, hemophilic and epileptic children.
- Initiated, developed and managed the “Clinical Neuro-psychology” assessment unit.
- Initiated, developed and managed the “Three-month training

Program” counseling clinic, for Autistic children’s, families, living in other governorates (than Cairo/Giza).

- Running the child psychiatry outpatient clinic (twice weekly). (2007-2011)

- **faculty of Postgraduate Childhood Studies: Special Needs Center; (2006 - present)**

- Supervising and training the therapist in the habilitation Unit of Autistic children (2006-2011).
- Running the child psychiatry outpatient clinic (once/week). (2007-2011).
- Initiated and Head of weekly minor conference of child psychiatry unit. (2013- present).
- Head of child psychiatry clinic in FPGCS (2014 – present).
- Initiated and Head of psychoanalytical psychotherapy unit (2014-present).
- Initiated and Organized the Grand monthly conference, of the 3Departments FPGCS, Ain shams univ (2015- present).
- Initiated and Head of social skills training clinic Based on “Theory of mind” training FPGCS, Ain shams univ (2016 – present).
- Initiated and Head of specific learning Disabilities unit (Dyslexia – Dysgraphia - dyscalculia), FPGCS (2017 – present).
- Initiated and head of visual processing Sensory-Motor Integration unit (2017 - present).
- Initiated and Head of Auditory processing – sensory – motor Integration unit (2020 – present).
- Initiated and Head of Executive functions of the Brain (Assessments/ Training) (2021 – present).

- **Organizer of contineaus Education FPGCS and workshops (2009 – present).**

- Organizer of the Department annual conference (Liaison of pediatrics and psychiatry) (2009).

- Integrating Medical & psychological Treatment for Diabetic children (2009), (2010) (as Lecturer) in Diabetes International day with prof. Mona Alsamahi – Paediatric Hospital - Ain shams university.
- Social Development & Autism (2009) (4 days' workshop) with Dr. Kathleen Cain Department of psychology Gettysburg college - USA Fulbright scholar, IPGCS Ain shams university. (Lectuer/Organizer) (16-23/11/09) (7-14/12/09).
- Mental Retardation from the Bio – psycho – social Perspectives (4 days' workshop) (Lecturer/ organizer) IPGCS Ain shams university (2010).
- Children`s social, psychological, cognitive and Moral development (for orphanages Institutes Teachers) with Dr. Michael Sobhi (lecturer), IPGCS Ain shams university (2017).
- **General Secretariat of Mental Health; (2006- 2009)**
 - Member of the team of consultants assigned to develop child psychiatry units in mental hospitals all over Egypt as replicas of the Abbasia Hospital unit (El Khanka, Helwan, Assuit, A1 Ma'moura Mental Hospitals).
 - Currently Assuit Mental Hospital Child Psychiatry Unit; (2007 - present).
 - Searching and constructing introduction of other types of psychotherapy for children, music therapy, art therapy, drama therapy.
- **A1 Abbasia Hospital; (2002- 2007)**
 - Initiated, developed, and managed the outpatient clinic for child psychiatry.
 - Initiated, developed, and managed play therapy sessions for behavioral modifications of P.D.D. and A.D.H.D. children.
 - Initiated, developed, and managed of day unit of child psychiatry for ADHD& PDD children.
- **Institute of Psychiatry, Ain Shams University; (1993 - 2006)**
 - Running the outpatient and counseling clinic of P.D.D.; (2002-2006)
 -

- Running the rehabilitation section of the child psychiatry unit; (2002- 2006)
- Running the outpatient clinic of general psychiatry; (1993 - 2002)
- Running the counseling clinic of schizophrenic males; (1996 - 2002)
- Emergency room doctor: Certified as having done the full assignments of a resident doctor; (1993 - 1996)
- **Finnish-Egyptian Project, Finland; (May 2004)**
 - Senior member of the team running the monthly video conference between Abbassia Mental Hospital and Oulu University Child Psychiatry Department; (2006 - present).
 - Supervisor on PhD thesis of an Egyptian Candidate, as senior staff member representing the Egyptian Party in conjoint with Oulu University - Finland; (2006 - present).
- **Mental Health Program**
 - Senior member on a study tour of Child and Adolescent Psychiatry Departments and hospitals in:
 - o Faculty of Medicine, Helsinki University
 - o Faculty of Medicine, Oulu University
- **National Council on Childhood and Motherhood; (2006)**
 - Lecture presentation on early detection of autism
 - Lecture presentation on the association of autism with other medical problems
- **Sadat City Language School (Monofia Governorate)**
 - Child Psychiatry consultant (1999-2001).

PROFESSIONAL AFFILIATIONS:

- Egyptian Psychiatric Association; (1996 - present)
- Member of Egyptian child and Adolescent psychiatry (2012 – present).
- International Pan-Arab Congress of Psychiatry; (1994).

- World congress of psychiatry (10th) Madrid; (1996).
- Pan Arab Conference of Neurology, Psychiatry and Neurosurgery; (1996) - (attendance).
- The first international Pan African Congress of Psychiatry; (1998) - (lecturer).
- The first Egyptian International Congress on Psychiatric education; (1998) - (attendance).
- Egyptian Psychiatric Association congress; (1998) - (attendance).
- Institute of psychiatry - Ain shams University, Training work shop: Primary and relapse prevention of substance abuse; (1999) - (attendance).
- The Egyptian Psychiatric Association; (1999) - (attendance).
- Second conference of psychiatric Department - Mansoura University with the Egyptian Psychiatric Association; (1999) - (attendance).
- American psychiatric Association (154th) Annual meeting New Orleans; (2001) - (attendance).
- American Psychiatric Association Continuing Medical Education Course no. 53: ADD in adults (2001) - (attendance).
- The conjoint board of KCL, Gy's King's and St. Thomas' Hospitals Medical and Dental Schools, London and Ain Shams Faculty of Medicine workshop: Women's Mental Health; (2001) - (attendance).
- Egyptian Pediatric association - Mansoura University; (2003) - (lecturer).
- Egyptian Pediatric association - Mansoura University; (2004) - (lecturer).
- Egyptian Pediatric Association - Mansoura University; (2007) - (lecturer).
- 7th annual Jeddah Psychiatry Symposium; (2007).
- Regular active contribution in the media in understanding childhood care and destigmatizing of the mentally ill; (2007) - (lecturer).

Community Services:

- **Secretary General of Dr. Adel Sadek Friends' Association**

(Together for better mental Health) - (2004-2007),

Aims of the association:

- Elevate the mental stigma.
 - Enrich the cultural background of the junior psychiatrist to have an integral scientific and artistic taste and perception.
 - Intermingle, mental patients in the community.
 - Fund raising to support mental health services.
- Events organized by the association:
 - * In the Egyptian Opera House:
 - September 2005 Event:
 - Morning Event: Invite 400 orphans, spend a day with school students presenting their school performances.
 - Evening Event: Discussion about O.C.D as mental illness.
 - January 2006 Event:
 - Morning Event: Invite 400 Mental patients from Abassia Mental Hospital to spend the day. Abassia Music Quire did the performance.
 - Evening Event: Discussion about the ethics of psychiatry practice.
 - April 2006 Event:
 - Morning Event: Invite 400 Autistic Children and their families to spend the day, the child musical composer of the opera, the American school in Egypt, celebrity share the day.
 - Evening Event: Discussion about the creativity and the Autism and how to intermingle these children in the community.
 - June 2006 Event:
 - Morning Event: Invite the senior citizens (elderly) living in

shelter houses to spend the day. The quire of elderly caring association spends the day with them.

- Evening Event: Discussion about the problems that face the elderly and how to help them.

-

- November 2006 Event:

- Morning Event: Invite the Nubian citizens to spend the day, the Nubian*culture performance share in the day.
- Evening Event: Discussion about the psycho-sexual problems and its impact on the family.

- 20th April 2007 Event:

- Morning Event: Invite 400 students affiliated to the development of 100 school project and 70 autistic children's families to spend the day, the children of the conservatoire, The Ballet Institute and celebrities share with the children.
- Evening Event: Discussion about the street children and the reflection on the society.

- *Events in Al Hanager Theatre:*

- . February 2006: Discussion about sharing in the political life.
- . January 2006: role of women in the society.

- **Member of trustee of the development of one hundred schools project (Heliopolis service Enhancement Society) - (2006 -2011)**

- Member of trustee of the development of one hundred schools project (Heliopolis service Enhancement Society) – (2006- 2011).
- Member of trustee of two schools in ELSalam Region.
 - a. 23 of July Primary school.
 - b. Omar Ebn AlKhatab primary school.

- Organizing events for expanding the cultural exposure for the students.
- Applying psychological assessments on the school students (as pilot study) within collecting the control group of two PhD degrees under my supervision one in Ain Shams University, the other in conjoint with Oulu University (Finland). Assessments used:
 - a. Intelligent Quotient.
 - b. Junior Eysneck Personality Questionnaire.
 - c. Childhood behavioral check list
 - d. Children Apperception Test.
 - e. Abedine parental stress test.
- Preparatory plans for the next school year (2007-2008):
 - a. Mini project to enhance and develop superior and genius students (selected after the psychological assessment).
 - b. Preparing large wall banner to be in school about the “History of the opera house” aiming in desensitizing the defiant attitude of both the teachers and the students towards this culture.
 - c. Preparing “Round table discussion” (25 students and 10 teachers) to meet with one of the celebrities in science - music - art - literature -etc. aiming in influencing them in more intimate but indirect way.
 - d. Screening pre and post tests for the students before and after exposure to the Ballet - concerts - museums – art school – sport club - ...etc. detecting the change in their attitude, personality and way of thinking. Also to detect the most effective and impressive tool.

Public Lectures

- Integrating Medical & psychological Treatment for Diabetic children (2008) Diabetes world's day.
- Identity, values, & vocational choice (2012) (Lecturer), youth union of faculty of Dentist, Ain shams university.
- Ideas, concept, & values (2012) (Lecturer), prince Taz palace Ministry of culture, Cairo.
- Social Development (2012) (Lecturer), youth Assosiation, Ministry of youth, Ismailia, Egypt.
- Out of the city boundaries (2012) (Lecturer), TEDX, Zagazig, Egypt.
- Autononous Vs Shame, (2012) (Lecturer), Graduation Day of Faculty of Engineering, Ain Shams University.
- Identity & Loyalty (2012) (Lecturer), youth Association, faculty of Engineering, Ain Shams University.
- Uncertainty (2012) (Lecturer), TEDX, Cairo, Egypt.
- Altruism, (2013), (lecturer), graduation of faculty of engineering, Ain Shams University.
- Laughter & Humor.
- Semaine Arabe (Rire a L`heure arabe) (Lecturer)
Ecole Normal superieure Paris, France (2013)
- Stress & The work (2014) (Lecturer), DHL, Bahrain.
- Integration vs. Despertion, (2014) (lecturer), graduation day of police academy.
- Organizer of celebration of "Birth of Christ" Sahl El Tina, sainii, ministry of youth (2014).
- Organizer of primary school students visits to police academy (2014, 2015).
- Zone of Development (2015) (Lecturer) catholic school union.
- Cognitive – social – Moral Development (2015), Swedish Institute, Alexandria.
- Harrassment, The Abused & the perpetrator (2015) (T.O.T. I saw Harrasment) Swedish Instite, Alexandria.
- Combating violence against women (2015) (Lectuere)
- Swedish Institute in conjoint with Ministry of Judge, Alexandria.
- Stress & work (2015) (lecturer), police academy (forign candidates).

- Role of women from psychological perspective, (2015) (lecturer), women's day, ministry of youth.
- Language identification (2015) (lecturer), workshop of Arabic talking countries, ministry of youth.
- Organizer of celebration 6th of October victory Tabet El Shagara sainii, ministry of youth (2015).
- Meet the experts, 2017 (lecturer), psychological mental Hospital (Adel sadek's Hospital).

Fund raising (on personal bases):

- To support the child habilitation unit in institute of psychiatry - Ain Shams University.
- To support the child psychiatry clinic in Seuz Canal University.
- To support the day unit in Abassia Mental Hospitals.
- To support the child psychiatry and liaison psychiatry clinic in Institute of Postgraduate Childhood studies.

RESEARCH PRESENTATIONS

- *Omar, M. (1996): Conduct Disorder in a Sample of Epileptic Egyptian Adolescents. Presented to World Congress of Psychiatry, Madrid.*
- *Omar, M. (2002): Single Brain Photon Emission Tomography in Pervasive Developmental Disorder. Presented to World Congress of Psychiatry, Yokohama, Japan.*

Published Researchs

- *Omar, M (2016): Neuro psychological performance of finish and Egyptian children with ASD, International Journal of circumpolar Health.*
- *Omar, M (2017): Neuro psychological performance of Egyptian children with ASD and ADHD, psychology, scientific Research publishing.*
- *Omar, M (2018): Emotion recognition from they eye region in children with and without ASD in Arab and Scandinavian countries, Scandinavian Journal of child and Adolescent psychiatry and psychology.*
- *Omar, M (2020): Effect of social skills training program on Resilience*

among learning Disabled children, SYLWAN.

MS /PhD supervisor

PERSONAL DATA

- **Date of Birth** : 19/09/1967
- **Place of Birth** : Alexandria, Egypt
- **Nationality** : Egyptian
- **Marital Status** : Married with two kids.

REFERENCES

- **Dr. Mostafa Kamel Ismail**
Professor and Ex-Chair, Neuropsychiatry department, Ain Shams University
- **Dr. Zeinab Bishry**
Professor of Psychiatry, Ain Shams University - Ex-Dean, Institute of Post- Graduate Childhood Studies
- **Dr. Mohamed Ghanem**
Professor of Psychiatry, Ain Shams University - Former Secretary General, General Secretariat of Mental Health
- **Dr. Safiya Effat**
Professor of Psychiatry, Ain Shams University - Head of Child Psychiatry Unit, Institute of Psychiatry, Ain Shams University
- **Dr. Irma Moilanen**
Head of Child Psychiatry Department - Oulu University - Finland; email: imoilanen@sun3.oulu.fi
- **Dr. Marja - Maaria Turunen**
Head of Childhood - Assessment Center, Hilsinki, Finland, email: meri