



# DR. MAMOUN MOBAYED

Consultant Psychiatrist

## PROFILE

Last Position :  
Consultant Psychiatrist.

Home address: 4 Thornhill Manor,  
Belfast, Northern Ireland, UK.

Born: Damascus.  
Nationality: Irish

ID Qatar: 25337200023 (Ex 7/5/25)  
Qatar Medical License QMPH:  
P6035 (Ex 27/Sep/ 2026)  
Resident of Qatar & Ireland.

## CONTACT

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## REFERENCES

References from Northern Ireland,  
England, and Qatar are available  
on request.

## EDUCATION

- MD 1972-1978. Damascus Medical School, Damascus University, Syria (Honors in Physiology and Neurology).
- DPM 1986. Diploma in Psychological Medicine. The Royal College of Physicians & The Royal College of Surgeons of Ireland, Dublin.
- MRCPsych (I) 1987. Royal College of Psychiatrists, London. Membership 4652.
- MSc. in clinical Psychiatry. 1993. Trinity College, Dublin. Thesis: "Post Minor Head Injury Depression: Prevalence, Biology and Treatment" supervised by Prof Ted Dinan.
- Cognitive Psychotherapist, member of The British Association for Behavioral and Cognitive Psychotherapies (1998).
- Approved by the UK Home Office in Adapted Sex Offender Treatment Program (ASOTP) (2007).
- Solution Focused Therapist, member of The UK Association for Solution Focused Practice (UKSFP) (2007).
- Approved trainer, Qatar International Office of Civil Society, 2012.

## TRAINING

Qualified Trainer, with a wide experience of training,  
including Training of Trainers.



## SPECIAL INTERESTS

- Post-Traumatic Stress Disorder (PTSD)
- Parenting and family relationship Training
- Sexual Identity Disorders
- Teaching and Training
- Child and Adolescent psychiatry
- Marital Relationships and Marital Therapy
- Addiction and Substance Misuse
- Mental illness in Ethnic Minorities
- Psychological support for the terminally ill
- Medical Ethics
- History of Islamic Medicine
- Islamic Psychology
- Minor Head Injury
- Media
- Grief Counselling and Grief Therapy
- Emotional Development of children
- Eye Movements Desensitization and Reprocessing (EMDR)
- Cognitive Psychotherapy
- Solution Focused Approach
- Biological Aspects of Affective Disorders
- Learning Disability
- Behaviour modification
- Suicide Prevention

I have a special interest in PTSD and psychological aspects of trauma of conflicts and disasters, and training on Psychological First Aid (PFA).

Since 2002 I have visited various conflict and natural disaster areas including West Bank, Gaza, Lebanon, Kashmir, China, Kosovo, Bosnia, and Tunisia /Libya, and currently working with the Syrian refugees in Turkey, Lebanon, and Jordan.

Chairman of the section of Trauma of Disasters with the Federation of Arab Psychiatrists (2012-2017).

President of the Syrian Association for Mental Health (SAMH), registered in UK and Turkey (2016-2020).

## WORK EXPERIENCE

1981 -1993	Psychiatrist in Ireland and Northern Ireland in various sub-specialties including: Children, Adult, Addiction, Old age and Forensic Psychiatry.
1994 - 2010	Associate Specialist Psychiatrist (Learning Disability and Epilepsy, Muckamore Abbey Hospital, Antrim, Northern Ireland.
2010 - 2011	Consultant Psychiatrist, Director of the Research and Studies Dept. Social Rehabilitation Centre "Al-Aween". Doha, Qatar.
2011 – 2/2/2015	Consultant Psychiatrist, Director of Social Awareness Department. Social Rehabilitation Centre "Al- Aween". Doha, Qatar.
2/3/2015 – 31/12/2023	Consultant Psychiatrist, Director of Treatment and Rehabilitation Dept. Behavioural Healthcare Centre, Doha, Qatar. (I was involved in establishing the Centre 2014, and later acquired CARF accreditation). For the last thirteen years, and since moving to Qatar 2010, I have had annual evaluation with "Excellence".

## TEACHING EXPERIENCE

- Lecturer at Queen's University Belfast (2000-2010)
  - Psychiatry
  - History of Islamic Medicine
  - Trans-Cultural Psychiatry
  - Cultural aspects of Medicine
- Professor of Psychology and Social Psychology, at Community Collage Qatar, 2014-2016.
- Regular teaching to junior medical staff, medical students, social workers, nursing staff, chaplains, and community mental health teams/ groups

## PRESENTATION:

- Regular presentations of training workshops and lectures in Northern Ireland, Ireland, UK, Europe, USA, Qatar and the Middle East.
- I have presented many papers/presentations at various local, national and international medical and psychiatric conferences, available on request.



### Media interest

- I was the medical and psychiatric adviser to the production of the British-Irish historical drama film "Hunger" 2008, Directed by Steve McQueen.
- Consultant and Advisor to the Al-Jazeera Children TV (JCCTV), then Children Channel Jeem (2010-2019)
- Over the years, I have taken part in many Radio and TV programs, alive and recorded with the BBC Northern Ireland, Qatar TV and Radio, Al-Jazeera and Jeem TV, and others.

### International work:

- Sept-Dec 2022, I was appointed by WHO as an international expert in order to put a mental health strategy for Libya. I had organized a two-day workshop in Tripoli, Libya.
- Over the years and since 2002 I have visited several troubled countries by conflict and natural disasters including: West Bank, Gaza, Lebanon, Libya, Kashmir, China, Bangladesh, Turkey and Northern Syria.

## MANAGEMENT EXPERIENCE

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- Chairing Ward Rounds, Clinical Reviews and Multi-Disciplinary meetings, in hospitals and in the community.
- Member of the Clinical Ethics Committee, Belfast Health Trust, Northern Ireland (established 2008).
- Member of the Speciality Advisory Committee, Dept of Health, Northern Ireland.
- Member of Victims Unite Committee, Department of Health, Northern Ireland
- Member of the Regional Equality Liaison Panel, Department of Health.
- Member of the Medical Ethics Committee, Belfast Health and Social Services.
- Director of the Research & Studies Dept, Al-Aween Centre, 2010-2011.
- Establishing director of the Program Dept, Al-Aween centre, 2011-2014. This Dept was awarded "The Excellent Department" 2012.
- Supreme Council for Family Affairs, the Qatari Family Survey, 2012-2013.
- President of the Accreditation Committee, Social Rehabilitation centre, 2013-2014.
- Human Resources Committee, Social Rehabilitation Centre, 2012-2014.
- Director of the training program for the psychiatric trainees at Al-Aween. 2012-2014
- Director of the Treatment and Rehabilitation Dept, Behavioral Healthcare centre, 2015- 2023.

## MEMBERSHIP OF ORGANISATIONS

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- The Royal Academy of Medicine in Ireland, 1989.
- The Royal College of Psychiatrists, London (1995) Membership No: 4652
- British Association for Behavioural and Cognitive Psychotherapies, 1998.
- The Irish Neuroscience Group, 1989.
- The Medical Group of Amnesty International, UK, 1990.
- The British Neuropsychiatry Association, 1991.
- British Medical Association (BMA), 1997.
- Overseas Doctors Association, Northern Ireland, 1990.
- The National Organisation for the Treatment of Abusers (NOTA), 2006
- UK Association for Solution Focused Practice (UKASFP), 2007
- Member of EMDR UK & Ireland, (Eye Movement, Desensitization and Reprocessing) 2012.



## EDITORIAL EXPERIENCE

- International Advisory Board, Journal of the International Society for the History of Islamic Medicine. Turkey, 2002-2010
- Editorial Committee, Arabmed Journal. Germany, 2000-2010.
- Waladee, Monthly journal of child psychology, Kuwait, 1998-2012. (Arabic)
- Journal of International Society for the History of Islamic medicine ISHIM- (England/2007-2008).
- The Arabic Journal of Psychiatry. (2023- now)

- Licensing to practice psychiatry by the Supreme Council of Health, Qatar. From 2013. (No 6035)
- Arab Federation of Psychiatrists, 2013.
- Syrian Association for Mental Health (Registered in the UK), 2014. (President 2016-2018)
- I am an advisor to the Qatari Red Crescent on psychosocial issues of traumas,
- I was a temporary advisor to the WHO, and I have done relief work in various conflicts internationally (2009)

## PUBLICATIONS

- I have over 50 publications in various international medical journals, as a single author and co-author with others.
- I have also published many articles on Medical & Cultural Issues in various magazines in Arabic.

### Published Books (in Arabic)

1. A Guide to Psychiatric Illness and Disturbed Behaviour. 1994, (272 p.) (3<sup>rd</sup> print)  
المرشد في الأمراض النفسية واضطرابات السلوك.
2. Our children from birth to youth: Psychological and Behavioural Parenting. 1997, (336p) (5<sup>th</sup> print)  
أولادنا من الطفولة إلى الشباب.
3. Communication in Marital Relationships. 2000. (260p) (3<sup>rd</sup> print)  
التفاهم في الحياة الزوجية.
4. D. Greenberger & C. Padesky (1995). Mind over Mood: Change how you feel by changing the way you think. Translation to Arabic. 2001 (2<sup>nd</sup> print)  
العقل فوق العاطفة.
5. Emotional Intelligence & Emotional Health. 2004. (3<sup>rd</sup> print)  
الذكاء العاطفي والصحة العاطفية.
6. A Guide to Parents on Sexuality of Children. 2005.  
معين الآباء في التربية الجنسية للأطفال.
7. Child's Identity. 2007  
هوية الطفل.
8. Manual of Parenting Training. 2007.  
دليل تدريب الآباء في تربية الأولاد.
9. Psychological Support for Prisoners of Conscience. Published by Qatar Red Crescent. 2009.  
الرعاية النفسية لسجين الرأي والأسير.
10. Distance Psychological Consultation. 2015.  
الاستشارات النفسية والتربوية عن بعد.
11. Brief Introduction to Psychology. 2016  
المدخل المبسّط إلى علم النفس.
12. Al-Jassar (The Bridger) A Novel. 2017  
الجسار (رواية).
13. Solution Focused Therapy. (2018)  
حلول لا مشكلات: مقارنة العلاج القائم على الحلول.
14. Gambling Addiction Disorder (2023)  
اضطراب إدمان القمار.
15. Suicide Prevention (2023)  
الانتحار والوقاية منه.
16. Childhood Sexual Abuse: the victim and the perpetrator (2024)  
التحرش الجنسي بالأطفال: الضحية والمعتدي.
17. Bullying: Understanding, Prevention and Treatment. (2025)  
التنمر: فهما، وقاية، وعلاج.



## BOOK CHAPTERS:

- Mobayed M, Abou-Saleh MT. Crises and Disasters: Mental Health Context and Responses: Syria in Disasters: Mental Health Context and Responses, edited by George N. Christodoulou, Juan E. Mezzich, Nikos G. Christodoulou and Dusica Lecic-Tosevski. (2016). Cambridge Scholars Publishing.
- Mobayed, M., & El-Othmani, S. E. Islam & Psychology. Applied Ethics. Edited by Fethi B Jomaa Ahmed. (Arabic and English) (2017).
- Bullying: Legal Aspects. Yahya, A Y., Mahfouz, A., Hussain, A S, and Mobayed, M. Behavioral Healthcare Center. (2023)

## PUBLISHED ARTICLES:

- Mobayed, M. (1989). Affective "switch mechanisms". *The British Journal of Psychiatry*, 154 (6), 884.
- Mobayed, M. (1990). ECT for pseudodementia. *The British Journal of Psychiatry*, 156(6), 906-907.
- Mobayed. M. Treating head injuries. Psychiatric aspects of head injury need to be taken into consideration. *British Medical Journal*, 01 Dec 2002, 325(7377):1420.
- Mobayed, M. (2007). Psychological Trauma Training in Lebanon. *International Psychiatry*, 4(3). 77-77.
- Public Awareness of the Role of Civic Organizations in Qatar. Mobayed, M., AlBouainain, N., & Mounabbih, H. (2011). And later Poster presentation at Qatar Foundation Annual Research Forum, 2011.
- Abou-Saleh, M T. and Mobayed, M. "Mental health in Syria." *International Psychiatry* 10 (2013): 58 - 60.
- Abou-Saleh, M. T & Mobayed, M. Mental health of Syrian refugees: translating and epidemiology research into policy and practice. 2021. *Arab Journal of Psychiatry*, Vol. 32, Issue 2 (30 Nov. 2021), pp.171-185, 15 p.

I have published many Arabic articles in the local medical journal in Qatar "Journal of Medical Care", including:

- Phobia, its causes, and treatment methods.
- 6 practical steps to help achieve psychological well-being and well-being.
- Psychological trauma, Symptoms and ways to recover from them.
- Thoughts chasing you against your will / obsessive-compulsive disorder. What are its forms and the best ways to treat it?
- anger. When is it an unhealthy feeling and how can it be controlled?



- The blessed Ramadan is a perfect opportunity for behavioral change.
- Psychological First Aid encourages survivors to self-heal.
- How do we face psychological stress and tension during crises?
- Benefits of home gardening in improving mental and physical health.
- After the challenges of a year of "COVID-19", how do we make the year 2021 an opportunity for change and self-improvement!?
- Bullying, important steps to protect and help your child.
- The most important secrets to improving our relationship with self, others and nature.
- After quarantine and return to openness: 8 tips to overcome the anxiety of exiting isolation.
- Addictive behavior, its features, causes and treatment methods.
- How to get rid of smartphone addiction!?
- When should you visit a psychiatrist's clinic?
- Psychological burnout, its symptoms and how to overcome it to restore balance to your life.
- How do you know if you have an illness phobia disorder?
- Phobias, types and effects on personality and behaviour.

## PRESENTATIONS:

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These are some of the presentations and seminars:

- No shame in dealing with matters of the mind- Aljazeera 2013
- 'The Creation of Man between the Qur'an and Embryology, Qatar National Library. 2018.
- "Emotional Intelligence" Qatar National Library. January 2019.
- Ethics and Childhood. Hamad Bin Khalifa University 03/09/2020 -Dr. Mamoun Mobayed, Dr. Mohammed Ghaly, Dr. Nadeem Jilani.
- The Manuscript of Abu Zaid Al-Balkhi "...". Hamad Bin Khalifa University 2020.
- "Manufacturing Children!" Qatar National Library. January 2021.
- Interactive webinar on The Psychology of home gardening during Covid-19 pandemic. 2021.
- Book Review "The Spirit of Kilimanjaro ". Qatar National Library. July 2021.
- Psychological burnout- Aljazeera 01/19/2022.
- DSM-5 for Diagnosis and Behavior Modification. Training (50) school psychologists in the Qatari National Schools, February 2023.