



# AMAL MAGBOOL AL GHAMDI

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## SENIOR HEALTHCARE MANAGEMENT PROFESSIONAL / CONSULTANT PSYCHIATRIST

High-performance professional offering outstanding experience in assessing and examining patients to make a diagnosis; caring for patients from various cultural backgrounds and experiences. Skilled in putting patients at ease and inspiring their trust.

### PROFICIENCY MATRIX

An accomplished, experienced, and diligent Medical / Healthcare Professional / Psychiatrist Expert with extensive exposure of over 16 years in the diagnosis and treatment of mental health disorders. Possesses an integrated set of competencies in conducting psychiatric interviews and psychological testing to help diagnose mental health conditions and determine treatment needs. Verified proficiency in providing counseling services to patients with various issues, including stress management, family conflict, counseling, and substance abuse problems.

*Strong aptitude in maintaining a compassionate & honest approach to inpatient care. Providing medical care by designing treatment and plans and keeping track of patient progress to determine what needs to be done. Skilled in providing both medication and therapy to patients.*

Leveraged prowess & perspective in performing initial assessments of patient needs and determining appropriate treatment plans; Conducting psychiatric interviews and psychological testing to help diagnose mental health conditions and determine treatment needs; performing research on new treatments for mental illnesses and sharing findings with other professionals in the field. Demonstrated ability to deliver quality patient care; commitment to quality improvement for better health outcomes.

### CORE SKILLS



### ACCOMPLISHMENTS

- Acted as a head of the department in the Qatif Central Hospital, transformed the place into a department, and brought policies, organization, and procedures. Expanded the clinic into an entire department in 2017
- Worked in Erada Complex (Mental Hospital) and got promoted to emergency department head after two months. I worked there for 6 months before being promoted again to Dammam Medical Complex to establish their psychiatry department; I acted as the head of the department and started the department from nothing. Presently, serves as the head of and set is considered one of the best departments in Dammam Medical Complex and is connected to Erada.

### EMPLOYMENT OUTLINE

June 2018-Present || Al-Amal Complex as Head of The Emergency Room Department

Head of Psychiatry Department at Qatif Central Hospital

2015-2016 || UCSD clinical research fellowship program in consultation-liaison

2013 || Al Qatif Central Hospital as a Consultant Psychiatrist

2010-2013 || Saudi Arabia threw in Residency Training Program

Took training in different hospitals, including:

- Al Amal Mental Hospital for around two years
- King Fahad Specialist for about one year, including seven months in Liaison consultation.
- King Fahad University for about nine months.

2009 || Short Training course that helped me to work in a psychiatry clinic in primary health care

2006-2008|| General Practice physician in primary health care in Dammam

Key Deliverables:

- Diagnosing and treating mental illnesses and disorders.
- Contributing to assessing the patients through interviews, observations, tests, and medical history reviews.
- Diagnosing, preventing, and treating a host of mental disorders and problems.
- Developing comprehensive treatment plans and prescribing medication as needed.
- Formulating diagnosis and treatment plans for individuals following psychiatric evaluation and providing supportive psychotherapy and psychopharmacology as appropriate. Diagnosing patients accurately.
- Carrying out patient evaluations and developing treatment plans that fit their needs, and following the best practices
- Thoroughly documenting each patient's diagnosis, symptoms, medication, treatment effectiveness, etc.
- Providing patients with emotional support and strategies to help manage their disorder.
- Assessing patients, diagnosing or ruling out mental disorders, prescribing treatments, and conducting regular follow-up appointments to monitor the patient's progress. Maintaining the patient's information for future reference.
- Exploring the patients' past experiences to learn how they affect their current state of mind and behavior

## □ EDUCATION CREDENTIALS

- Bachelor's degree from medical school King Faisal University in Dammam, Saudi Arabia
- Double Board Certified Psychiatrist:
  - Arab Board Certificate in 2013 - 4/3/1435.
  - Saudi Board Certificate in 2014
- Clinical-Research fellowship program in consultation-liaison psychiatry from UC San Diego in 2016
- Attended and participated in the APA annual meeting in New Orleans for "social determinants of health"

## □ PERSONAL DOSSIER

**Language Proficiency:** English and Arabic | **Address:** Dammam. Eastern Zone, Saudi Arabia

**Date of Birth:** 6<sup>th</sup> December 1974