

Guidelines in Seeing a Mental Health Expert



Is this your first visit?

here is all you need to know

Mental health challenges varying a great deal. Starting from mild depression symptoms to severe panic symptoms to debilitating psychotic episodes.

Mental health disorders are increasingly common nowadays due to many factors including the stressful modern lifestyle. The good news is, advances in research allowed for the development of numerous many evidence-based approaches to support every individual and lead to recovery.

Does therapy work?

Yes, a very large body of research has shown that psychotherapy alone or combined with medication are effective across all mental health disorders and in alleviating symptoms and achieving recovery. Depending on the symptoms, life condition, and your preference, therapy can be with or without medication.

Shall I see a psychiatrist first or psychologist?

Psychiatrist

A psychiatrist is a medical doctor trained in diagnosing and treating mental illness; his or her therapeutic approach is primarily with medication. This approach is ideal for someone who is struggling with severe and disabling symptoms that are interfering with his lifestyle. This is also a good approach for someone who is not able at the

moment to come in for weekly sessions or to proactively learn the skills needed to face the challenges.

Psychologist

A psychologist will approach the problem from another perspective, he or she will not prescribe medication but will instead talk with you and use the latest therapeutic approaches which have been repeatedly scientifically proven to work for your specific needs. He will work with you on developing the necessary mindset, skills and motivation to meet your challenges and be successful in whatever you choose to do. Psychotherapy is a process may take few weeks to help you cope with a short term situations or, it may last longer for long standing problems and symptoms. It can take 6 to 12 sessions on average per issue, the benefits once gained

Neurologist

A neurologist is a medical doctor or osteopath who has trained in the diagnosis and treatment of nervous system disorders, including diseases of the brain, spinal cord, nerves and muscles. Neurologists perform neurological examinations of the nerves of the head and neck; muscle strength and movement; balance, ambulation, and reflexes; and sensation, memory, speech, language, and other cognitive.

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WELCOME Aboard!



Dr. Taoufik Alsaadi
Consultant & Chairman of
Neurology Department, Chief
Medical Officer

Dr. Taoufik Alsaadi had his training in Epilepsy and Clinical Neurophysiology at the University of California, San Francisco (UCSF), where he also held a position of a research fellow in epilepsy. He is board certified by the American Board of Psychiatry and Neurology (ABPN), the American Board of Clinical Neurophysiology and the American Board of Neurology in Clinical Epilepsy. Dr. Taoufik joined American Center for Psychiatry and Neurology and now seeing patients in Abu Dhabi Branch and Dubai. [Read more...](#)



Ms. Paula Soriano Lluch
Clinical Psychologist

Ms. Paula Soriano Lluch came to the ACPN from Spain where she worked as a Clinical Psychologist for more than five years. She obtained a Bachelor of Science in Psychology from the Autonomous University of Barcelona (UAB), Spain, in 2010, and her Master's Degree in Clinical Psychology at the Cognitive Behavior Therapy Center of Valencia (CETECOVA) in 2011, Spain. In 2013, Ms. Soriano decided to expand her knowledge and completed her second Master's Degree in Educational Guidance at the International University of Valencia (VIU). Ms. Soriano joined American Center for Psychiatry and Neurology and now seeing patients in Abu Dhabi Branch and Dubai branches. [Read more...](#)

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