

Personal Details:

Name : Dr. El Zain Abbas Omara
Nationality : Sudanese
Date of Birth : 1939
Marital Status : Married
Sex : Male
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Medical qualifications:

- M.B.B.S : Faculty of Medicine – Khartoum University- 1965
- D.P.M : London University- Institute of Psychiatry 1972
- M.R.C Psych : The Royal College of Psychiatry – UK 1974
- FRC Psych : The Royal College of Psychiatry- UK
Membership ID: 809830
- APA Membership : American Psychiatric Association- USA
Membership ID: 69987

Awards / Certificates:

- WHO'S WHO in the World –Biography Pulication-13th Edition -1996
- Recipient of (New Century Award) (The Global 500)-, Medal & Trophy, Nov. 2000 –USA
- Recipient of US Information Agency (USIA) Educational Grant-International Visitor Program- Meridian House-Washington DC US Embassy Abu Dhabi- UAE 1991
- Recipient of Certificate of Distinction (Distinguished Professor) -Institute for Global Advancement of Science (IAGPS) USA -2003

Training & Previous Posts:

- Currently Senior Consultant Psychiatrist, Head Psychiatry Department – Al Noor Hospital Abu – Dhabi.
- Consultant Psychiatrist, Director –New Psychiatric Hospital, Abu Dhabi 1995 - 2003
- Head, Psychiatric Dept. -Al Gazeira & Central Hospital, Abu Dhabi 1987 – 1995

Training & Previous Posts (Continued):

- Locum Consultant Psychiatrist-Lincolnshire Area Health Authority –July 76 - Oct 76-UK
 - Locum Consultant Psychiatrist-(LAHA) 14th July 77 - 28th July 77
 - Consultant Psychiatrist -Child Guidance Clinic, School Health Abu – Dhabi 1976 – 1986
 - Consultant Psychiatrist -Psychiatric Hospital, Bahrain 1975-76
 - Consultant Psychiatrist -Kosti General Hospital, Sudan1974
 - Consultant Psychiatrist –St. John & Rauceby Hospital, Lincolnshire Area Health Authority, UK- 1973-74
 - Psychiatric Registrar - St. John Hospital Oxford, UK 1971 – 1972
 - Clinical Assistant - Maudsley Hospital London University, UK 1970 – 1971
 - Residency in Psychiatry -Khartoum, Khartoum North and Wad- Madani Teaching Hospital, Sudan 1965 – 1970
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Membership & Association:

- ⊕ GMC Registration 1966 – Sudan
- ⊕ Emirate Medical Association –Abu Dhabi –UAE
- ⊕ The Royal College of Psychiatrists –UK
- ⊕ American Psychiatric Association (APA) 1989
- ⊕ The New York Academy of Science –New York -1992
- ⊕ American Association for advancement of Science (AAAS) Washington DC -1994
- ⊕ Membership of World Psychiatric Association (WPA)
- ⊕ Foundation member of Pan – Arab Psychiatric Association (PAPA)
- ⊕ Member World Federation for Mental Health (WFMH)
- ⊕ Member of Child Psychiatry Specialist Section, Royal College of Psychiatrists, UK 1976
- ⊕ Member of International Association for Suicide Prevention (IASP) Vienna Austria, since 1990; National Representative of UAE since 1992

Membership & Association (Continued):

- ✦ Short – term consultant for Economic Socio – Commission for Western Asia (ESCWA) – WHO
 - ✦ Member of Parent Resources Institute of Drug Education (PRIDE), Atlanta – USA
 - ✦ Member of Arab League for Arts & Literature Society
 - ✦ Member of Islamic Association of Mental Health
 - ✦ Member of Teaching Staff – Psychiatric Dept., Faculty of Medicine- University of Khartoum – 1983
 - ✦ Member of Centre for Strategic Security and Training Studies in Riyadh, K.S.A
 - ✦ Member of Teaching Staff of Faculty of Education (Psychology Dept.), Part – Time Lecturer of Psycho – Physiology, 1979 – 1986, UAE University.
 - ✦ Part – time Lecturer, Forensic Psychiatry - (Abu – Dhabi Police Academy) General Police Directorate –1985-87
 - ✦ Mental Illness Awareness Partner, Division of Public Affairs, American Psychiatric Association- APA – Washington
 - ✦ Part – time Lecturer (School Teachers Training Center) Ministry of Education-Abu Dhabi - 1983 – 87
 - ✦ Vice-Chairman, Psychiatric Division, Emirates Medical Association UAE -1988-2003
 - ✦ Representative – International Network for Medical Health Programme
 - ✦ American Psychiatric Association (APA)– 1990
 - ✦ Chairman, Medical Board for Mentally Ill Offenders(M.O. H)-UAE- 1994
 - ✦ Chairman, Forensic Psychiatry Appeal Committee(M.O.H) 1998-2003
 - ✦ Chairman, Central Psychiatry Register,(M.O.H)1999-2003
 - ✦ Chairman, Medical Ethics Committee, Abu – Dhabi Medical District- 1999-2003
 - ✦ Chairman, Quality Assurance Committee M.O.H –Abu Dhabi 1999
 - ✦ Member of Central Mental Health Committee, M.O.H
 - ✦ Member of National Multi-sectoral Committee on Drug & Alcohol Control-UAE
 - ✦ Mental Health Advisor - M.
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Previous & Current Administrative Experience:

- ✿ Establishment of First Psychiatric Unit in Wad – Madani General Hospital – Sudan 1967
- ✿ Establishment of First Psychiatric Unit in Kosti General Hospital – Sudan – 1974
- ✿ Establishment of First Child Guidance Clinic in Al – Salmiyah Hospital, State of Bahrain 1975
- ✿ Establishment of First Child Guidance Clinic in School Health Service(M.O.H.) UAE, 1976
- ✿ Planning Demographic Study for(Psychiatric Morbidity Among School Children in UAE) “A National Survey”, 1977
- ✿ Project proposal for(Mental Health Service Planning)For School Children with Ministry of Education, 1987
- ✿ Liaison Psychiatric Services For Child And Adolescent Population Multi – Sectoral Committee with Ministries of Interior, Education, Labour and Social Affairs – Project Coordinator 1978
- ✿ Conducting Medical Education Courses for Psychiatric Disorders in Children for Doctors In School Health, Primary Care Centre And General Practitioners in Abu – Dhabi Central Hospital, Nov. 1979
- ✿ Designing a Workshop for Mental Health Planning for “ At risk group of population” in UAE- Mentally Handicapped Centre – Juvenile Delinquent Centre, Child Guidance Clinic, Dec. 1980
- ✿ Designing Liaison Programme For Early Detection And Intervention In (Gluesiffing Problem Among School Children) Committee Co-ordinator, 1980
- ✿ Project Planning of Public Awareness Programme for School Health Doctors in Northern Emirates, CME courses, Sharjah Nov. 1981
- ✿ Preparation of Legislation: Mental Health Act, Federal Law No. 28, 1981UAE for (Detection & Treatment of Mental Disorders) Committee Coordinator.
- ✿ Formation of the Gulf Psychiatric Association State of Bahrain – Committee Member 1982
- ✿ Adhoc Committee Member of (Prevention & Control of Drug Abuse), M.O.H representative – Ministry of Interior 1983
- ✿ School Curriculum Appraisal Committee – Ministry of Education - (M.O.H)Representative – 1984
- ✿ Legislative Committee of the Law of Drug Abuse Control – Ministry of Interior 1984 – 85, Advisory Member.
- ✿ Coordinator of Advisory Committee for Mental Health planning in UAE Prof. N. Wig, Prof. J. Cooper.

Previous & Current Administrative Experience (Continued):

- ✿ A workshop – Integration of Mental Health into Primary Health Care Prof. N. Wig, Local Coordinator.
- ✿ Established a Local Training Programme For Under – Graduate –UAE University- Psychologist, Social Workers, Nurses and General practitioners, 1986 to 2003
- ✿ Designing a Plan for New Comprehensive Psychiatric Services Complex with Multi Disciplinary Units, 1987 for Abu – Dhabi Psychiatric Dept., Central Hospital. This included :
 - 1.) Adult General Psychiatry Unit
 - 2.) Child & Adolescent Psychiatry Unit
 - 3.) Drug – Dependency Unit
 - 4.) Forensic Psychiatry Unit
 - 5.) Day Hospital
 - 6.) Community Rehabilitation unit (CCMT) Committee Coordinator
- ✿ Training Programme for Medical Students, FM&HS , UAE University, Junior and Senior rotation Clerkship in clinical training
- ✿ Conducting a Workshop of (Current Status of Mental Health Services in UAE) in Affiliation with W.H.O – (EMRO) advisor Prof. J. Cooper
- ✿ Chairman, Steering Committee for Study of Man power Supply, Recruitment and Medical Equipment for the New Psychiatric Unit in Abu – Dhabi Central Hospital, M.O.H
- ✿ Establishment of Drug – Dependency Units in Psychiatric dept. in Central Hospitals of Abu –Dhabi, Al Ain & Dubai. Feb. 1987
- ✿ Chairman, Review committee of Federal Law no. 4, 1983 – Pharmaceutical Profession and Institution. (1988 – 1990)
- ✿ Chairman, Steering Committee for Operational Policy of New Psychiatric Dept. Central Hospital

Scientific Interests:

- 📄 Child and Adolescent Psychiatry – Member of Child Psychiatry Division of the Royal College of Psychiatrist 1976
- 📄 Substance – abuse Rehabilitation Programme: Member of International Council for Drug and Alcoholism (ICDA)
- 📄 In charge of Chemical – Dependency Unit Abu – Dhabi Central Hospital 1987 – to 2003
- 📄 In – charge of EEG unit – Abu –Dhabi Central Hospital

Scientific Interests (Continued):

- Advisory member, Board of Arab Journal of Psychiatry, 1987
 - Editor – in – Chief, (Bulletin of Psychiatry) New Psychiatry Hospital) Abu Dhabi – UAE.1996 – 2003
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Special interests:

Publications in Medicine, Literature & Arts:

- Author of:
 - Nine volumes – Complete Works in Poetry
 - Introduction to Psychological Medicine vol.
 - Highlights on Human Nature vol.
 - Selective Articles in Medicine & Literature
 - Psychology of Child Care
 - Lecture Notes in Psychiatry
 - My journey with Psychiatry
 - Bibliographer –WHO'S WHO in the World -13th Ed. 1996
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Under Publication:

- ◆ Child Psychiatry in the Gulf Region
 - ◆ Human Relations In Hospital Setting
 - ◆ The Social Impact Of Immigration
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Conference, Symposia & Workshops:

- ⊕ Epidemiology of Psychiatry Disorder in Sudan, 1974
 - ⊕ International Conference on Alcoholism & Drug – addiction, (ICAD) Bahrain, Nov., 1975
 - ⊕ International Conference on " Youth and Mental Health" Arab League of Nations, Cairo – Egypt Dec. 1975
- Full – time course on Clinical Neurology, Institute of Neurology, London University 1978, UK
- ⊕ First UAE Psychiatric Conference, Dubai – UAE, 1981
 - ⊕ Meeting of Gulf Psychiatric Association – Bahrain " Status of Child Psychiatry in the Gulf Region " 1982

Conference, Symposia & Workshops (Continued):

- ✦ Full –time courses on EEG – Neurophysiology Dept., Royal Free Hospital, London – UK 1985
- ✦ The Arab Federation of Psychiatrist, 3rd Pan- Arab Congress on Psychiatry, Amman 14 – 16 April 1987 – Jordan
- ✦ Cairo World Congress on Psychiatry, Cairo 18 – 22, Oct. 1987 – Egypt
- ✦ The 2nd International Egyptian Congress in Psychiatry – Cairo, March 1988
- ✦ World Federation for Mental Health, (WFMH) (Mental Health and Community Violence) Conference, Cairo 5 – 7 April 1988
- ✦ Celebrating the W.H.O 40th year, Proceeding, Abu – Dhabi UAE, 1988
- ✦ V111 World Congress of Psychiatry, Athens, Greece 1989
- ✦ Symposium: (Mental Health for all), Dammam, K.S.A – Feb. 1989
- ✦ 4th Pan – Arab Congress on Psychiatry Sana'a – Yemen 5 – 7 Dec. 1989,
- ✦ ILO Workshop on drug abuse, Amman 11 – 15 Nov. 1989, Jordan
- ✦ A New approach to Depressive Therapy: Opinion leader programme- Indiana –USA- May 1989
- ✦ American Psychiatric Association Annual Meeting, San – Francisco, May 1989, USA
- ✦ 2nd Health Care Conference for GCC States, Bahrain, Oct. 1989
- ✦ 2nd UAE Psychiatric Conference Abu Dhabi –May 1990 –
- ✦ American Psychiatric Association Annual Meeting, New York, May- 1990 USA
- ✦ Full – time CME Course of APA on “ Management of Difficult Children and Adolescent ” May 1990 USA
- ✦ Third International Egyptian Congress of Psychiatry, Cairo June 1990 – Egypt
- ✦ International Symposium on Drug Addiction, Security Forces Hospital, Riyadh 22 – 23 May 1990, K.S.A
- ✦ Panel Discussion Participant :(Drug – Free Society) , March 1990, Abu – Dhabi- UAE
- ✦ International Conference for World Federation of Biological Psychiatry, Florence 3- 6 June 1991 Florence –Italy

Conference, Symposia & Workshops (Continued):

- ⊕ American Psychiatric Association Meeting, New Orleans, May 1991 – USA
- ⊕ Drug Education & Prevention Programmes, International Visitor Programme, Meridian House sponsored by,(USIA), US Embassy -26 July to 23rd August, 1991. (UAE Representative)
- ⊕ GCC Conference on “ Rehabilitation of multiple Handicaps in Children” Sharjah Centres for Humanitarian Services – Nov., 1992
- ⊕ International Neuropsychopharmacology (CINP) Congress, June 12, Florence- Italy
- ⊕ American Psychiatric Association Annual Meeting, Washington D-C- USA 1992
- ⊕ Full day CME course by APA on(Structural & Functional Brain Imaging) Washington D –C, May 1992
- ⊕ Full – day CME course by APA on(Medicine of Sleep Disorders), Washington D.C May 1992
- ⊕ World Psychiatric Association & Egyptian Psychiatric Association Regional Symposium, Cairo 16 – 18 Jan 1992 – Egypt
- ⊕ 18th International Neuropsychopharmacology (CINP) Congress- Nice -France, June 1992
- ⊕ 5th Pan – Arab Congress of Psychiatry, Casablanca- Morocco - Nov., 1992.
- ⊕ International Conference of Drug Experts, Ministry of Interior – Abu – Dhabi, Oct. 1992, UAE
- ⊕ NAAP Programme Workshop, Cairo, April 1993 – Egypt
- ⊕ 6th European Congress of the European College of Neuropsychopharmacology (ECNP) Budapest ,Hungary - Oct. 1993 – Hungary
- ⊕ Symposium (Prevention of Drug and Alcohol Addiction)- Al Amal Hospital- Al – Dammam, KSA, 29 – 31 March 1994
- ⊕ Symposium (Road Traffic Accidents in UAE: Problems & Solutions), Centre of Security and Strategic Studies – General Police Directorate, Abu – Dhabi, Ministry of Interior, 5 – 6 April 1994
- ⊕ International Medical Conference – Psychiatry, May 18 – 21, 1994, Indianapolis – Philadelphia, USA. CME Programme – A Series of Five Seminars on (Recent Developments in Depression).
- ⊕ Sesquicentennial Celebration 1844 – 1994, 14th Annual Meeting of American Psychiatric Association, Philadelphia – PA May 21 – 26, 1994, CME Programme, A Series of Four

Conference, Symposia & Workshops (Continued):

Symposia About (Special Challenge and Strategies in the Treatment and Anxiety and Mood Disorders).

- ⊕ Annual Psychiatric Meeting – American Psychiatric Association:
 - May 1995 New York-USA
 - May 1996 San Diego- USA
 - May 1997 Neorleans -USA
 - May 1998 Toronto- Canada
 - May 1999 Washington -USA
 - May 2000 Chicago -USA
- ⊕ Annual Meeting (Arab Psychiatric Association) 1996 – Lebanon
- ⊕ Annual Meeting (Arab Psychiatric Association) 1997 – Bahrain
- ⊕ Annual Meeting Royal College of Psychiatrist, Edinburgh – UK 1999
- ⊕ Congress of International Neuropsychopharmacology (CINP) Brussels -June 2000
- ⊕ X111 World Psychiatric Congress in Yakohama – Japan – 2002
- ⊕ Annual Meeting of The Royal College of Psychiatry – London, June 2003
- ⊕ International Workshop – Miami – Florida – USA ,Sept. 2003
- ⊕ Annual Meeting of Royal College of Psychiatry - Edinburgh – UK 2004
- ⊕ The 9TH World Congress Total Quality Management, TQM 27 – 29 Sept. 2004, Abu – Dhabi
- ⊕ Sudanese Association of Psychiatric 4 - 6 March, 2005, (Mental Health and Peace)
- ⊕ New Strategies on Antidepressant, 10 – 14 March, 2005 London
- ⊕ National Symposium on Depression 05 / 05 / 05 Tawam Hospital Al Ain - UAE
- ⊕ 5th Best Practice Conference 30 / 05 / 2005 Dubai
- ⊕ The Annual Meeting of the Royal College of Psychiatrists, Edinburgh 23 – 29 June 2005 Edinburgh U.K
- ⊕ X111 Worlds Psychiatric Congress, 10 – 15 Sept. 2005, Cairo, Egypt.
- ⊕ 1st. International Conference (The Study Of Obesity In Medical Practice) –Al Noor Hospital 18-20 April 2006 ---Accredited by The American Academy of continuous Medical education (AACME)
- ⊕ Expert Opinion Symposium (Bipolar Disorder) Beirut –Lebanon 23-23 May 2006

- ✦ The Annual Meeting of the Royal College of Psychiatrists, Glasgow 10-13 July 2006 (U.K)
- ✦ New Challenges in Psychiatric Disorders) Jansen*Cilag Symposium –Cairo 14-17 Nov 2006 Egypt
- ✦ The New Trends in the Management of Dementia—Lundbeck Stand alone Symposium -22-27 Nov 2007 -Singapore

Paper presentation:

- (The Role of Child Guidance Clinic in Mental Welfare of School Children in Bahrain), Presented At International Conference on Youth and Mental Health, Arab League of Nations, Cairo, Dec. 1975 – Egypt
- (Status of Child Psychiatry in Gulf Region), Presented At Gulf Psychiatric Association Meeting 1982 – Bahrain
- (Demographic Data of Substance – Abuse among School Children in UAE), Presented at 1st UAE Psychiatric Conference, Dubai – UAE 1980
- (The Need for a Mental Health Act), Presented at 3rd Pan – Arab psychiatric Congress on Psychiatry, Amman – Jordan 1987
- (American University of Beirut –Mental Health Development Project)- Abu – Dhabi, UAE, School of Nursing – MOH “ Continuing Nursing Education Programme” Oct. Dec. 1987
- A Sceptical Approached To Substance – abuse: A Therapeutic Model : A one year follow – up study, presented at 2nd international Egyptian congress on Psychiatry, March 1988 – Cairo, Egypt, - Published in Emirates Medical Journal.
- (Community Follow up: A key to Rehabilitation Programme), Presented at Symposium: (Mental Health For All), Dammam, Feb 1989 – KSA
- (Suicidal Behaviour, Madness or Badness), a four year follow – up study, Presented at 4th Pan – Arab Psychiatric Congress at Sana'a- Dec. 1989 Yemen
- (Essentials of Psychiatric Care for Mentally ill & Drug Dependent Persons in Abu – Dhabi), A four year follow – up study 1985 – 1988, presented at the 2nd UAE Psychiatric Conference, Abu – Dhabi May 1990 – UAE

- (Heroin Epidemic, The Need for Re – evaluation of Existing Policies), presented at the 3rd International Egyptian Congress of Psychiatry, Cairo June 1990 – Egypt
- (Evaluation of Existing Treatment Programmes In Chemical Dependency Units In Abu – Dhabi), Presented At International Symposium on Drug Addiction, Security Forces Hospital, Riyadh 1990 – KSA
- (Review of Current Services For Rehabilitation of Mentally Handicapped Children in UAE), presented at GCC Conference – Sharjah Centres for Humanitarian services – Nov. 1992
- (The Need for New Approaches for Rehabilitation in UAE), presented at the International Conference of Drug Control Experts, held at Ministry of Interior – Abu – Dhabi, Oct. 1992, UAE
- (The Current Status of Substance Abuse Disorders in UAE), An Approach To Social Re – Integration, An (ESCWA)study in collaboration with the W.O.H.(EMRO) Nov. 1991

Paper Presentation (Continued):

- (The Role of Current Legislation's In the Gulf Region in the Treatment and Rehabilitation of Substance Abuse). A National Survey in Collaboration with W.H.O Study on Policies Legislation & Programmes on Dependence and Harmful Use of Drug & Alcohol. Oct. 1993
- Advisory Report, (The Narcotics Abuse Problem in UAE), presented at the US Embassy's Annual Narcotic Report Oct. 1993 – UAE
- Organizer of workshops, (Anxiety Awareness Programme in Primary Health Care) Abu – Dhabi UAE, 17th Jan. 1994
- Organizer of Workshop for General Practitioners on (Anxiety Disorders - A new Approach to Diagnosis And Management), Abu Dhabi - UAE 27th Jan., 1994
- (Current status of substance – abuse disorders in UAE)" Five years follow – up study", presented at Al Amal hospital, Al Dammam, 29 – 30 March, 1994
- (Accident Proneness Among Substance Abusers), Presented at Symposium: Centre For Strategic Studies in Abu Dhabi - Nov 1994
- CME – Programme : Al Noor Hospital: 2004
 - Thursday weekly clinical meeting (CME), AL Noor Hospital – Abu Dhabi 2004-2006
 - Paper Presentations in Psychiatry:
 - 1) Management of depression
 - 2) Management of Anxiety disorders
 - 3) Good Mind for Good Body
 - 4) Obsessive Compulsive Disorder
 - 5) Differential Diagnosis of Memory Disorders
 - 6) Psychiatric Sequelae of Epilepsy
 - John Hopkins, Medicine International Certificate (Monthly Teleconference) Jan. 2005 – to date

- Johns Hopkins Medicine International Certificate -30th October 2006 (The Global Burden of Depression)
-

References:

- ✿ Melvin Sabshin , MD
Former Medical Director
American Psychiatric Association,
1400 k Street N. W
Washington DC 20005, USA
- ✿ Dr. Christopher Mamer
Consultant Psychiatrist
Wedgwood House,
West Suffolk Hospital
Bury St. Edmunds IP33 2QZ UK
- ✿ Prof. J.E Cooper
Emeritus Professor of Psychiatry,
University of Nottingham,
Nottingham, UK