



BOUCHRA MESSAI

Psychologist/Therapist

EDUCATION

- Bachelor degree of clinical psychology -University of Algiers- 2017
- Master degree in cognitive behavioral therapy (CBT)- university of Algiers-2019

Clinical Experience

- Liscenced clinical psychologist and therapist, **Top Medical Care Complex**, Muscat, 2023 -present.
- Liscenced clinical psychologist, regional health direcotrate accreditation -self owned clinic. **Resilience psychology clinic**, Algeria, 2019-2022.

CONTINUING EDUCATION & WORKSHOP

- Certificate of **Cambridge English level1 certification ESOL international**, Algiers, June 2014.
- Certificate of completion of **WISC intelligence assessment** training, Algiers, February 2018.
- Certificate of Training in **Jacobson Relaxation techninque**, SARP, Algeirs, July 2018.
- Certificate of completion of **Cognitive therapy and psychoeducation of stress management**, by Pr **Philippe Cortten** Mars 2019.
- Certificate of completion of training, **Autisme:diagnosis and evaluation**, septembre 2019.
- Conducted training in **Jacobson relaxation technique for adult and children for psychology students**, AW conseil et formation centre, December 2021.
- Attended training in **PTSD diagnosis and therapy interventions**, June 2022.
- Certificate of workshop **ABA instructor for autisme level 1**, Top Médical Care, March 2024.

Experienced and compassionate psychologist with six year of experience in clinical practice skilled in providing diagnostic and therapeutic services, conducting psychological assessment, developing individual therapeutic plans, facilitating workshops and trainings for psychology students and related specializations, Dedicated and engaged to helping individuals from all ages and improve their overall mental wellbeing and personal growth. Yes

LANGUAGES

English -Fluent
French- Fluent
Arabic - Native

CONTACT

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- Certificate of attendance of “**Psychomotor disorders by Anne Vachez-Gatcel**”, Algiers, April 2017.
- Certificate of attendance of “**Psychiatry National Days**”, Algiers, May 2017.
- Certificate of attendance in “**The international Congress of Memory**”, Algiers, April 2018.
- Certificate of participation in “**psychology congress, EMDR technique**”, University of Algiers, April 2018.
- Certificate of attendance in The “**Tunisian national days for Angelman and Rett Syndromes**”, Tunisia, November 2018.
- Certificate of attendance in “**Conference Sensory Disorders and Comorbidities in Autisme and Trisomia, French-Algerian Union of Lorraine**”, Algiers, December 2018.
- Participation in “**Youth Psychology Organisation**”, Gulf College, Muscat, October 2024.
- Certificate of Participation of “**mental health awareness month days**”, University of engineering and applied science UTAS, Shinas, October 2024.
- Participation in “**Mental health exhibition**”, Al Bayan College, Muscat, October 2024.

PROFESSIONAL SKILLS

- **Clinical skills:** psychological assessments, diagnostic and evaluations. Intelligence assessment.
- **Therapy techniques :** CBT therapy- Jacobson progressive relaxation technique.
- **Teaching and training skills :** conducting workshops, mentoring students and interns in psychology.