



---

**Bruna Moubarak is a US-trained Counseling Psychologist and Trauma Psychotherapist providing psychotherapy and psychological assessment for adolescents and adults.**

She supports individuals experiencing a broad range of emotional and psychological concerns, including anxiety, depression, trauma, Complex PTSD, neurodivergence, personality disorders, and other complex psychological presentations.

Her work integrates psychodynamic, trauma-informed, somatic, and nervous system-informed therapies, allowing treatment to be tailored to each individual's unique experiences, needs, and goals.

Much of Bruna's clinical work focuses on survivors of interpersonal violence, domestic abuse, developmental trauma, and dissociation. She also works with individuals experiencing attachment difficulties, personality disorders, and longstanding relational patterns that often emerge following early adverse experiences.

Bruna's work is grounded in the understanding that psychological symptoms are not experienced in isolation, but are shaped by an individual's history, relationships, personality structure, and nervous system. She views many emotional and behavioural responses as adaptations that developed to help a person cope with overwhelming, unsafe, or prolonged experiences. Her approach therefore supports clients in understanding the deeper patterns behind their difficulties while also developing greater safety, regulation, and emotional resilience.

Her clinical approach is further informed by an understanding of personality organisation and the ways in which underlying personality structure can influence identity, emotional wellbeing, relationships, and patterns of relating to oneself and others. This allows treatment to move beyond symptom management towards a deeper understanding of the individual as a whole.

Bruna earned her Master's degree in Counseling Psychology from New York University (NYU). She went on to complete a postgraduate certification in Integrated Trauma Studies and has



pursued advanced training in Eye Movement Desensitisation and Reprocessing (EMDR), psychodynamic psychotherapy, Internal Family Systems (IFS)-informed therapy, Autism Spectrum Disorder assessment, and somatic and nervous system-informed approaches to trauma treatment.

Fluent in English, Arabic, and French, Bruna is committed to providing compassionate, culturally sensitive, and collaborative care. She strives to create a therapeutic space where clients feel safe to explore their experiences, better understand themselves, and work towards meaningful and lasting change.

### **Qualifications**

- \* Master of Arts in Counseling Psychology – New York University (NYU)
- \* Community Development Authority (CDA), Dubai
- \* Postgraduate Certificate in Integrated Trauma Studies
- \* EMDR Level I & II
- \* Advanced Training in Psychodynamic Psychotherapy
- \* Internal Family Systems (IFS)-Informed Therapy
- \* ADOS-2 Administration Training
- \* Advanced Training in Somatic and Nervous System-Informed Approaches to Trauma

### **Professional Memberships**

- \* International Society for the Study of Trauma and Dissociation (ISSTD)
- \* International Society for Traumatic Stress Studies (ISTSS)
- \* American Counseling Association (ACA)
- \* American Psychological Association (APA)