



Dr Valentina Faia

Specialist Psychiatrist

Dr Valentina Faia is an Italian-trained and certified Specialist Psychiatrist and Psychotherapist, currently based in Dubai, UAE licensed since 2017. With over two decades of experience in Private Practice, she is renowned for her compassionate, integrative and ethical approach to mental health care.

Dr Valentina's main areas of expertise include Neurodivergence (ADHD- Autism-Giftedness), Mood and Anxiety Disorders, Bipolar Disorder, PTSD and Sleep issues. She is particularly sought after for her empathetic treatment of women navigating emotional and hormonal transitions during the different stages of life.

As a proponent of Integrative Medicine, she emphasizes the therapeutic relationship and the use of lifestyle interventions alongside psychotherapy and medication.

Passionate about integrating scientific research into clinical practice, she has developed research protocols in different areas and enjoys continuing education and contributing to the scientific debate.

Dr Valentina is also an advocate for community-based mental health care, inspired by the "Trieste model", which emphasizes dignity, human rights, and patient empowerment, aiming to restore in her patients their sense of agency and overall wellbeing.

Fluent in English and Italian, Dr Valentina is committed to fostering deep and meaningful connections with her patients, in hope to be of service to their mental health.

Works with Patients:

16 and above

Languages:

English, Italian

Setting:

- In-person
- Online (minors excluded)



Biopsychosocial Health Centre FZ-LLC.

Commercial License Number: 105944

DKP, Block 11, Office 114, Dubai, UAE

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Services Offered:

- Psychodiagnostics' assessment of ADHD in adults
- Individual Therapy for Adults and children 16 and above
- Psychodynamic and Relational Therapy
- Medications revision
- Individualised therapeutical plans for adults and young adults
- Pre-marital consultations

Qualifications and Memberships:

Medical Degree cum laude

Specialisation in Psychiatry cum laude

Member of the European Psychiatric Association

Italian Board, Rome Section n°49958

UK General Medical Council, n°7516014

Dubai Health Authority, 00225033-003



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