



Dr Valeria Risoli

Clinical Psychologist

Dr. Valeria Risoli is a licensed Clinical Psychologist, Forensic Psychologist, and Family Mediator with almost 20 years of international experience in Italy, the Seychelles, and the UAE.

She works with adults, children, couples, and families, specializing in Cognitive Behavioral Therapy (CBT), psychological assessment, forensic evaluations, family mediation, and developmental and neuropsychological assessments.

Her areas of expertise include anxiety and mood disorders, stress, burnout, grief and loss, self-esteem, relationship difficulties, personality disorders, ADHD, neurodivergence, SLD, and developmental and learning concerns.

Dr. Valeria holds a Degree in Clinical and Social Psychology from the University of Parma and postgraduate qualifications in Clinical Psychology and Counselling, Clinical and Forensic Psychodiagnostics, and Family Mediation, with extensive specialist training in CBT through the Beck Institute.

Dr. Valeria is licensed by the Dubai Health Authority (DHA) as a Clinical Psychologist and is registered with the Italian Psychologists Board. She is also a member of the American Psychological Association (APA) and the American Psychology-Law Society (AP-LS). Based in Dubai, she provides consultations in English and Italian and is also an international speaker and media contributor on mental health, emotional wellbeing, relationships, and resilience.

Works with Patient:

Children. Adults. Family.

Languages:

Italian - English

Setting:

Clinical setting / room.



Biopsychosocial Health Centre FZ-LLC.

Commercial License Number: 105944

DKP, Block 11, Office 114, Dubai, UAE

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Services Offered:

Assessments (for children and adults): psychological, cognitive, educational, neuropsychological.

Individual counselling / CBT for children and adults.

Couple counselling.

Family Mediation.

Forensic psychological evaluations.

Presenting Concerns for Children (General and Specific):

ADHD / Neurodivergence. Academic challenges. Learning Specific Difficulties.

Anxiety. Mood difficulties. Family dynamics / relationships. Self

esteem. Behavioural and emotional issues.

General and Specific Concerns for Adults:

Anxiety. Mood disorders. Personality disorders. Relational difficulties.

ADHD / Neurodivergence. Stress. Burn out. Grief.

Marriage difficulties. Parenting challenges. Family dynamics difficulties

Qualifications:

DPsy Clinical Psychology

Specialising post grad course in Communication

Level II Specialising Master in Clinical Counselling

Level I Specialising Master in Family Mediation

Level II Master in Clinical and Forensic Psychodiagnostic

Intensive Training CBT Beck Institute

Memberships:

Italian Board Psychologists

DHA Medical License Clinical Psychologist

Member of APA American Psychological Association

Member of AP-LS American Psychology-Law Society