

# **DR JAVERIA GAUHAR**

Psychiatry Registrar

IMC: 524927

MRCPsych-A (UK)

MD Psychiatry

## **INTRODUCTION**

Hi, I'm Dr Javeria Gauhar, a highly motivated and passionate Psychiatry Registrar with experience and competence in adolescent, adult and geriatric psychiatry. My expert areas include psychological as well as psychiatric assessment and management of mental disorders, personality disorders and addiction with a holistic approach, keeping in view the biopsychosocial model.

## **LANGUAGE OF CONSULTATION**

- English
- Urdu
- Punjabi

## **TYPE OF PATIENT**

- Adolescent
- Adult
- Geriatric
- Couple
- Family

## **EXPATRIATION EXPERIENCES**

- Ireland
- Pakistan

## **EDUCATION AND QUALIFICATIONS**

- 2022- Member Royal College of Psychiatrists UK - A (MRCPsych A)
- 2019- MD Psychiatry 1
- 2018 – Housejob
- 2017 – Bachelor of Medicine, Bachelor of Surgery (MBBS)

## **SPECIALIZATION**

- Addiction Treatment
- Alcohol Addiction Treatment
- Anger Management Counselling
- Bipolar Disorder
- Body Dysmorphic Disorder
- Borderline Personality Disorder (BPD)
- Other Personality Disorders
- Chronic Fatigue Syndrome (CFS)
- Depression
- Dissociation
- Eating Disorders
- Health anxiety
- Obsessive Compulsive Disorder
- Panic Attacks
- Phobia
- Paranoia, Schizophrenia and Psychosis
- Post-Traumatic Stress Disorder (PTSD) and Trauma
- Self-Harm
- Smoking cessation
- Social Anxiety Management
- Stress Management
- Generalised Anxiety Disorder (GAD)/ Worry

## **THERAPEUTIC EXPERTISE**

- Cognitive Behavioural Therapy

- Psychodynamic Therapy
- Interpersonal Therapy
- Acceptance and Commitment Therapy
- Metallization Based Therapy
- Systematic Desensitization
- Electroconvulsive Therapy

## **WORK EXPERIENCE**

- January, 2025 to date – Psychiatry Registrar in Highfield Healthcare, County Dublin, Ireland
- December, 2024 to January, 2025 – Locum NCHD in Adult Mental Health Unit, Mayo University Hospital, Castlebar, County Mayo, Ireland
- September, 2024 to January, 2025 - Clinical Tutor in Psychiatry, Mayo Medical Academy, Castlebar, County Mayo, Ireland
- April, 2021 to July, 2024 – Postgraduate Trainee in Psychiatry – Sheikh Zayed Hospital, Lahore, Pakistan
- September, 2024 to date – Tele psychiatry in European Countries from a platform based in France (EUTELMED).
- April, 2021 to July, 2024 – Active Member of Mind Organization (Tele psychiatry + in-person consultations in different urban regions) Lahore, Pakistan
- July, 2020 to November, 2022 – General Practitioner – Zafar Bashir Hospital, Lahore, Pakistan
- July 2015 (1 month) – Observership in Clinical Psychology – Shaukat Khanam Memorial Hospital, Lahore, Pakistan

## **EXTRA-TRAINING AND COURSES**

- HSE course on ‘Mental Health Act 2001’
- HSE course on ‘communicating effectively through open disclosure’
- HSE course on ‘Fundamentals of GDPR’
- HSE course on ‘An Introduction to Children First’
- HSE course on ‘AMRIC Basics of Infection Control and Prevention’
- HSE course on ‘Manual Handling and People Handling e-learning Theory Module’
- Workshop on ‘Skills in Information Technology’
- Workshop on ‘Skills in Communication’

- Workshop on 'Basic Biostatistics and Research Methodology'
- Workshop on 'Skills in Synopsis and Thesis Writing'
- Workshop on 'Forensic Psychiatry'
- Workshop on 'Ethics and Professionalism'
- Seminar on Psychiatry and Medicine (SZH)-Facilitated
- Researches (published in wjpmr)
- Audits (unpublished)

## **ACHIEVEMENTS**

- sole female representative of Pakistan in Lawn Bowling World Cup 2013, Australia
- sole representative of Pakistan as a Youth Humanitarian Actor in Global Consultation (WHS) 2014 held in Doha, Qatar
- Student of the Batch 2011 - 2016
- Best Athlete (11 years)
- Sports Secretary, FMU
- Parliamentary debater

## **ETHICAL REFERENCES**

The code of medical ethics

## **PUBLICATIONS**

- 2 Researches (published in wjpmr)
- 2 Audits (unpublished)

## **HOBBIES**

- sports: I enjoy playing all sorts of sports especially badminton
- Arts: I have keen interest in miniature arts and craft
- Travelling: I love to travel and visit places
- Reading: I like reading motivational literature & watching documentaries

- Urdu poetry: I immensely enjoy reading and writing poetry; got my first book of Urdu poetry published at the age of 16