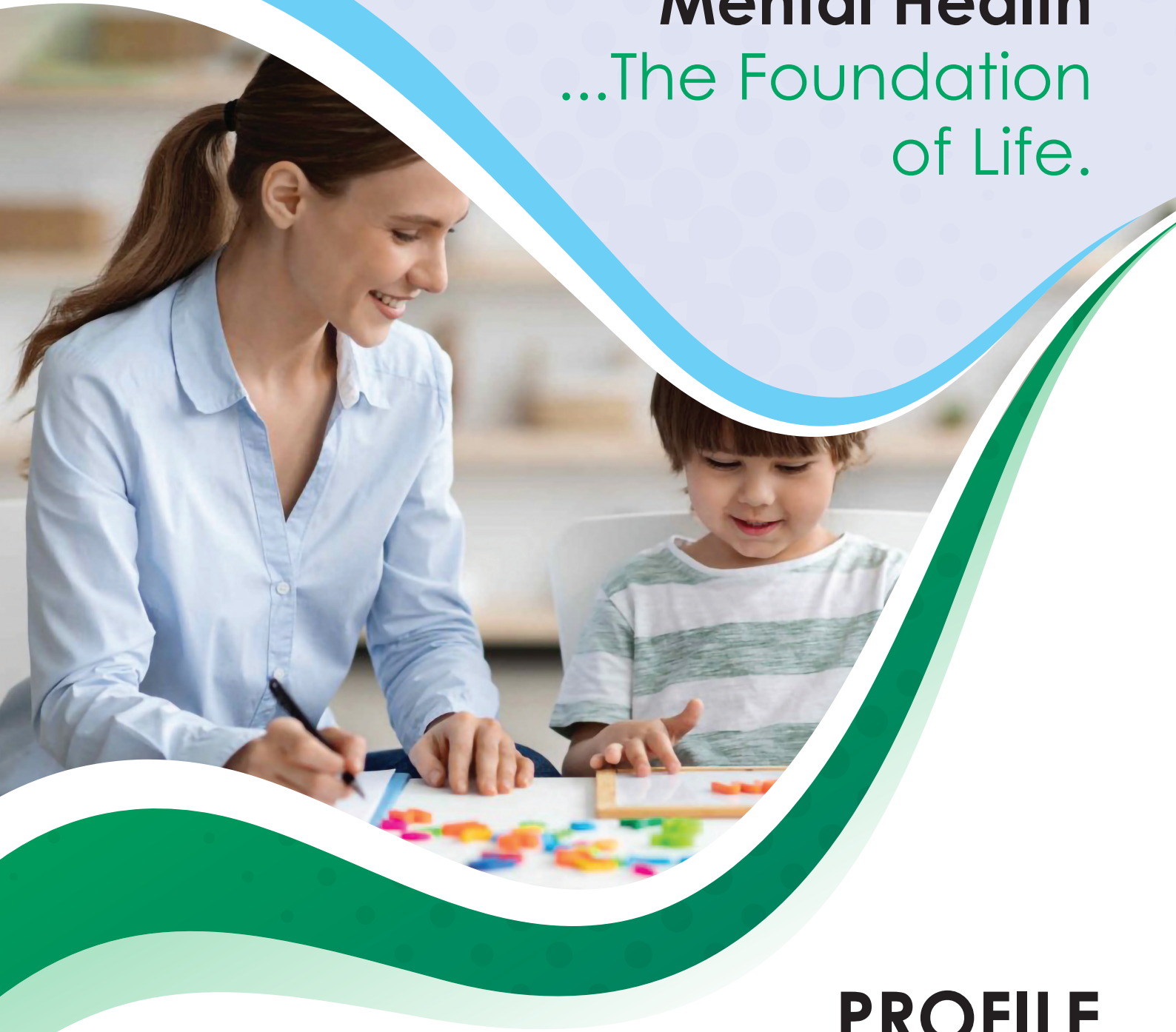


Mental Health ...The Foundation of Life.



PROFILE 2026



Located in the heart of Al Soor, Sharjah, Al Soor Specialist Clinic is a trusted provider of expert mental health care in a compassionate, confidential, and supportive environment. Over the years, we have helped more than 30,000 individuals take meaningful steps toward better mental health and well-being.

Today, our multidisciplinary team provides care to over 125 patients every day, offering a wide range of personalized mental health services tailored to meet each individual's unique needs. At Al Soor Specialist Clinic, we are committed to delivering high-quality, evidence-based mental health care that empowers individuals and families to lead healthier, more fulfilling lives.

Mental Health



SERVICES AT AL SOOR SPECIALIST CLINIC



Psychiatry

Psychiatry focuses on diagnosing and treating mental, emotional, and behavioral disorders. At Al Soor Specialist Clinic, our MOH-licensed psychiatrists offer expert care for all age groups. Each patient receives a detailed assessment and a personalized treatment plan. We manage conditions like depression, anxiety, bipolar disorder, schizophrenia, OCD, ADHD, and more. Our team works closely with psychologists and therapists to provide well-rounded care.



Clinical Psychology

Our Clinical Psychology Department offers therapy for children, teens, and adults dealing with anxiety, depression, trauma, stress, and emotional or relationship difficulties. We use evidence-based methods such as CBT, DBT, and play therapy, tailoring each session to the person's needs. Our psychologists also conduct assessments for learning issues, ADHD, autism, and personality concerns. We aim to build resilience, insight, and well-being.



Psychotherapy

Psychotherapy is a structured, evidence-based, collaborative process with a trained professional to understand thoughts, emotions, and behaviours. Modern therapy is goal-focused, time-structured, and tailored, helping children and adults reduce distress, build coping skills, improve relationships, and strengthen long-term emotional resilience in a confidential, supportive space for healing and personal growth.



Cognitive Behavioral Therapy (CBT)

CBT is a short-term, structured therapy that helps people manage emotional difficulties by changing negative thinking patterns. It is effective for treating anxiety, depression, OCD, PTSD, eating disorders, and insomnia. CBT teaches practical coping strategies and encourages clients to face challenges with greater control and confidence. Our trained therapists guide clients through goal-oriented sessions to build lasting skills.



Marital Therapy

Marital or couples therapy helps partners resolve conflicts and improve their emotional bond. It can address infidelity, poor communication, parenting stress, financial issues, and intimacy concerns. Our therapists use proven techniques to help couples express their needs, rebuild trust, and reconnect emotionally and physically. Therapy can strengthen relationships at any stage—whether dating, engaged, married, or in long-term partnerships



Child Guidance Clinic

Our Child Guidance Clinic supports children and adolescents with behavioral, developmental, emotional, or academic concerns. A team of specialists—including psychiatrists, psychologists, speech therapists, and occupational therapists—works together to assess and treat each child. Issues we manage include ADHD, autism, anxiety, depression, learning disorders, and social difficulties. We also provide parenting support and school collaboration to ensure progress at home and in class.



Occupational Therapy

Our Pediatric Occupational Therapy team helps children develop independence in daily tasks like dressing, eating, writing, and playing. We work with children who face challenges with fine and gross motor skills, movement, coordination, attention, or sensory processing. Therapy sessions are play-based and engaging, and plans are tailored to each child's needs. Parents are closely involved to reinforce progress at home and school.



Speech Therapy

Speech Therapy helps children with speech and language difficulties that affect their ability to communicate, learn, and interact socially. We address articulation issues, stuttering, voice problems, and language delays. We also support children with special needs using AAC tools. Therapy is based on a thorough evaluation, and we involve parents and teachers to ensure success across all areas of the child's life.



Psychiatric Social Work

Psychiatric Social Work plays a vital role in mental health care by addressing the social, emotional, and environmental factors affecting well-being. Through psychosocial assessment, psychotherapy, family support, and community coordination, psychiatric social workers bridge clinical treatment and real-life recovery, helping individuals and families achieve meaningful, sustainable mental health outcomes.



Neurodevelopmental Assessment

Neurodevelopmental assessment helps identify conditions affecting a child's learning, communication, behavior, and development. Through developmental history, observation, and standardized testing by a multidisciplinary team, clinicians understand the child's strengths and challenges. This evaluation guides accurate diagnosis and personalized intervention, enabling early support and improved developmental outcomes for children and families.



Parental Training Program

Our Parental Training Program equips parents with practical, evidence-based strategies to support children facing behavioral, emotional, or developmental challenges. It focuses on improving parenting skills, communication, and behavior management. By strengthening the home environment, the program helps parents guide their children confidently and promotes healthier emotional and behavioral development.



DOCTORS AT AL SOOR SPECIALIST CLINIC



Dr. Balan Vijay Kumar
MBBS, DPM, MD (Psychiatry)

SPECIALIST PSYCHIATRIST
(MOH: D21205)

Dr. Balan Vijay Kumar, MBBS, DPM, MD (Psychiatry), is a Specialist Psychiatrist (MOH: D21205) at Al Soor Specialist Clinic. He completed his MBBS from Goa Medical College in 1985 and MD in Psychiatry from the Central Institute of Psychiatry, Ranchi in 1991. He has previously served at NIMHANS, CMC Vellore, and KMC Manipal. Dr. Balan has been practicing in the UAE since 1998. His areas of interest include Psychopharmacology and Cognitive Behaviour Therapy.

Languages : English, Hindi, Malayalam & Tamil.



Dr. Elizabeth Kurian
MBBS, MD (Psychiatry)

SPECIALIST PSYCHIATRIST
(MOH: D17910)

Dr. Elizabeth Kurian, MBBS, MD (Psychiatry), is a Specialist Psychiatrist (MOH: D17910). She earned her MBBS from Government Medical College, Kottayam in 2004 and MD from St. John's Medical College, Bangalore in 2009. She served as Assistant Professor at Pushpagiri Medical College and has over 12 years of UAE experience. She specializes in adult, child, and adolescent psychiatry.

Languages: English, Hindi, Malayalam & Tamil



Dr. Thenral Munusamy
MBBS, MD(Psychiatry),
MRCPsych(UK)

SPECIALIST PSYCHIATRIST
(MOH: D71184)

Dr. Thenral Munusamy, MBBS, MD (Psychiatry), MRCPsych (UK), is a Specialist Psychiatrist (MOH: D71184). She completed her MBBS from Thanjavur Medical College in 2004 and MD from Stanley Medical College, Chennai in 2009. She is a Member of the Royal College of Psychiatry, UK. She worked as faculty at Shri Sathya Sai Medical College and moved to the UAE in 2021. Areas of interest include adult psychiatry, women and adolescent mental health.

Languages: English, Hindi & Tamil.



Dr. Jeena Fiji
MBBS, DPM, MRCPsych(UK)

GENERAL PRACTITIONER
(PSYCHIATRY)
(MOH: D18737)

Dr. Jeena Fiji, MBBS, DPM, MRCPsych (UK), is a GP (Psychiatry) (MOH: D18737). She earned her MBBS from Terna Medical College in 2000 and a Diploma in Psychiatry from Sion Hospital, Mumbai in 2003. She became a member of the Royal College of Psychiatry, UK in 2025 and has been practicing in the UAE since 2011. Her interests include adult psychiatry, stress management, and child behavioral issues.

Languages: English, Hindi & Malayalam.



Dr. Lakshmi Jogi
MBBS (AIIMS), MD (PSYCHIATRY)

SPECIALIST PSYCHIATRIST
(MOH: D-101263)

Dr. Lakshmi, is a Psychiatrist trained at AIIMS Raipur and NIMHANS Bengaluru, with a Post-Doctoral Fellowship in Schizophrenia. She has experience in adult, child & adolescent psychiatry, psychotherapy, teaching, and research. She offers personalised, evidence-based care.

Languages: English, Malayalam, Hindi, Tamil, and Kannada.



Dr. Sakshi Rai

M.A., M.Phil.(Clinical Psychology), Ph.D.

CLINICAL PSYCHOLOGIST
(MOH: T76202)

Dr. Sakshi Rai, M.A., M.Phil., Ph.D., is a Clinical Psychologist (MOH: T76202). She completed her MA from BHU, M.Phil. from CIP Ranchi, and Ph.D. from Ranchi University. She has held faculty positions at CIP Ranchi and CMC Vellore. Her clinical interests include CBT, personality assessment, and child/adult mental health. She is RCI-registered and a member of professional associations

Languages: English, Hindi, Malayalam & Bangla.



Lakshmi Vipin Krishnan

MSc(Clinical Psychology)

CLINICAL PSYCHOLOGIST
(MOH: T46611)

Lakshmi Vipin Krishnan completed her BA (Psychology) from Christ College, Bangalore in 2005, and MSc (Clinical Psychology) from Montfort College, Bangalore in 2007. Since then, she has worked with various NGO's, Special Needs Centres, Schools and Clinics in India and the UAE.

Her clinical expertise includes various Psychotherapies (Cognitive Behaviour Therapy, Solution Focused Brief Therapy) and Psychological Assessments.

Languages: English, Hindi, Tamil, Kannada & Malayalam.



Hima Jayakaran

B.OT.(Bachelor of Occupational Therapy)

OCCUPATIONAL THERAPIST
(MOH: T78271)

Hima Jayakaran, B.OT., is a Pediatric Occupational Therapist (MOH: T78271). She graduated from SRM College of Occupational Therapy and has over 18 years of experience. She specializes in sensory integration, motor development, and handwriting therapies. She is certified in OPT, Sensory Integration, and HWT.

Languages: English, Tamil, Hindi, Malayalam.



Sneha Abraham
MALSP (Audiology and
Speech Language Pathology)

SPEECH THERAPIST
(MOH: T-81681)

Sneha Abraham, BALSPP, MALSP, is a Speech and Language Therapist (MOH: T81681). She completed her degrees from Mangalore University. She treats ASD, ADHD, language delays, and other disorders. She is certified in Oral Placement Therapy (Level 1) and holds licenses from MOH and RCI.

Languages: English, Hindi & Malayalam.



Mathew Kunnath John
MSW, MPhil (Psychiatric Social Work)

PSYCHIATRIC SOCIAL WORKER
(MOH: T102037)

Mathew Kunnath John, is a Psychiatric Social Worker with over 15 years of experience in psychotherapy, family therapy, and psychosocial rehabilitation. Trained at MG University and CIP Ranchi, he has worked in clinical, academic, and humanitarian settings including MSF. His approach focuses on individual strengths and life experiences to guide care.

Languages: English, Malayalam, Hindi, and Tamil.



Neenu Sebastian
B.Sc. Nursing

CLINIC MANAGER

Neenu Sebastian, is the Clinic Manager at Al Soor Specialist Clinic with over 12 years of dedicated service. She oversees daily operations, administration, and patient coordination, ensuring smooth clinic functioning and quality care. Her experience and commitment play a vital role in maintaining efficient services and a patient-friendly environment.

Take the First Step Toward Mental Wellness

At Al Soor Specialist Clinic, your mental health matters. Whether you're seeking guidance, treatment, or simply a safe space to talk-we're here for you.
Connect with Us Today.

Visit mentalhealthwithaloor.com or call us to book your appointment. Let's work together towards mental health.



Al Soor Specialist Clinic,
Sharjah, UAE

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