

Alaa Ahmed, MD, a Psychiatrist with SIH Medical Group at Center for Medical Arts

Get to know Psychiatrist Dr. Alaa Ahmed, who serves patients in Carbondale, Illinois.



New York City, New York Dec 17, 2021 ([Issuewire.com](https://www.issuewire.com)) - A prominent psychiatrist, Dr. Ahmed is affiliated with SIH Medical Group at Center for Medical Arts in Carbondale, Illinois.

The people of Southern Illinois Healthcare, a not-for-profit health care system, are dedicated to promoting the health and well-being of all of the people in the communities they serve. Their mission is guided by their values: compassion, collaboration, quality, stewardship, integrity, accountability, and respect.

Throughout her academic career, Dr. Ahmed graduated with her medical degree from Alexandria University Faculty of Medicine in Egypt. Upon graduation, she started working in the biggest psychiatric governmental hospital in her hometown Alexandria, Egypt for 3 years before she decides to pursue more training to better serve her patients, this ambition lead her to Hamad Medical Corporation in Qatar, the only tertiary teaching hospital in the area and it is affiliated with Weill Cornell Qatar, where she served this community and learned how culture affects psychiatric conditions and how different yet universal a human experience can be. Dr.Ahmed has a passion for psychotherapy and that passion drove her to relocate once again this time to the United States where she completed her residency in psychiatry at the Albert Einstein Medical Center, trained in psychodynamic psychotherapy in the psychoanalytic Center of Philadelphia, and became a member of it, she was also trained in DBT (Dialectical behavioral therapy) and CBT (Cognitive Behavioral Therapy) as well as motivational interview techniques.

She is medically trained to work with kids, adolescents, adults, and geriatric patients as well as special populations like people struggling with addiction. Dr. Ahmed believes in a holistic approach when it comes to mental health. She listens to her patients and guides them through their journey. She conducts thorough psychiatric evaluations to diagnose different psychiatric and mental illnesses and maladaptive behaviors develop a personalized treatment plan including medications and therapy and evaluates treatment results. She is a strong advocate for mental health and works actively to improve the stigma attached to it.

Dr. Ahmed speaks Arabic, French, and English fluently. In addition, she enjoys spending time with her dog.

Dr. Ahmed is a live example of a persistent, hard-working, and compassionate female physician who overcame multiple life challenges to make her dream of being a highly trained psychiatrist to help her patients attain their fullest potentials.

Learn More about Dr. Alaa Ahmed:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83833364-Alaa-Ahmed-Psychiatrist> or through SIH Medical Group at Center for Medical Arts, <https://www.sih.net/providers/alaa-ahmed-md>

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Source : Alaa Ahmed, MD

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