

Okasha Institute of Psychiatry

Department of Neuropsychiatry
Ain Shams University Hospitals
Cairo, Egypt



**WPA Collaborating Center for
Research & Training in Psychiatry**

**WHO Collaborating Center
For Mental Health Research & Training**

Founder of the Institute



Professor
AHMED OKASHA

ABOUT US

Okasha Institute of Psychiatry is a short-term hospital affiliated to Ain Shams University Hospitals in Abbasiya, Cairo. It is located in East Cairo and serves the catchment area of about one-third of Greater Cairo. It serves both urban and rural areas in neighboring provinces. Its central location in the heart of Cairo makes it easily accessible to all areas. Okasha Institute of Psychiatry offers high quality psychiatric care.

Okasha Institute of Psychiatry is a highly specialized educational research institute. It is dedicated to providing the highest levels of education and training in the field of psychiatry. Moreover, it works as a collaborating center for training and research in the field of mental health with the World Health Organization and also with the World Psychiatric Association.

About the Institute

Okasha Institute of Psychiatry was established - at Ain Shams University Hospitals - in 1990 with the efforts of Prof. Ahmed Okasha and a group of professors of psychiatry at that time, and the center continued to provide its services to Egyptian citizens and foreigners residing in Egypt from that time until now. The work in the center is supervised by a leading group of psychiatry faculty members at the Faculty of Medicine, Ain Shams University, and they are assisted by a nursing and technical team at the highest level of professionalism and training.

Our Aim

- The Okasha Institute of Psychiatry aims to provide evidence based high quality services to our patients, not only to treat the disorders, but to help psychiatric patients confront and overcome their disabilities, by offering the optimum psychiatric and rehabilitation services.
- The Okasha Institute of Psychiatry aims to provide up to date, high quality teaching and training activities for both under- and post- graduate students.
- The Okasha Institute of Psychiatry aims to continue as one of the leading research centers in Egypt, Africa and the Middle East conducting researches that eventually can be beneficial in further management of mentally ill patients, putting in consideration the cultural difference.

Our Mission

- The Okasha Institute of Psychiatry is committed to the tripartite mission of providing the highest level of clinical care to all patients, creating new knowledge, conducting innovative research, and educating the new generations who will be the future leaders in the field.

Outpatient Services

- **General Psychiatry Clinics:** Specialized in following up and treating various psychiatric disorders such as schizophrenia, depression, anxiety, obsessive-compulsive disorder, personality disorders, and others.
- **Child and Adolescent Psychiatry Clinics:** It is concerned with treating the age group from one year to 18 years for developmental disorders, autism, hyperactivity, attention deficit disorder and other mental disorders such as conduct disorders, anxiety and depression.
- **Addiction Treatment Clinics and Recovering Clinics:** specialized in the treatment of addiction cases that do not require hospitalization and in follow-up treatment for those who have been discharged from the hospital, in addition to follow-up clinics for recovering adults and adolescents.
- **Dual Diagnosis Clinics:** specialized in treating cases of major mental disorders associated with drug addiction.
- **Memory Clinic and Geriatric Psychiatry clinic**
- **Sleep medicine clinic.**
- **Psychosexual Disorders Clinic.**
- **Psychiatric Eating Disorders Clinic:** Such as anorexia nervosa and bulimia nervosa.
- **Smoking Cessation Clinic.**
- **Women's Psychiatry Clinic.**

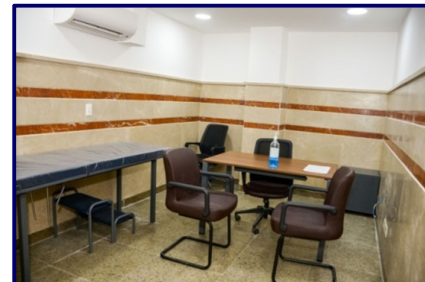


(Outpatient Reception Counter)



(Outpatient Waiting Hall)

- **Clinical psychology services.**
- **Psychotherapy services - individual, group, cognitive behavioral, and others.**
- **Clinical psychological evaluation services and psychological tests:** Such as intelligence tests, Cars test to assess the degree of autism, hyperactivity and inattention tests, adaptive behavior test, and various personality tests. And psychological evaluation batteries to help diagnose medical conditions.



- **Sensory Integration Services:** To treat and rehabilitate patients with autism, learning difficulties, and others.
- **Psychophysiological Unit Services:** It includes Electroencephalography - Sleep lab – repetitive Trans cranial Magnetic Stimulation - Biofeedback.
- **Brain Synchronization Therapy (BST):** (under the supervision of the Anesthesiology Department) for outpatients whose cases require this.
- **Intermediate Psychiatric Care Unit (PICU):** It specializes in closely following up on critical cases and psychiatric emergencies.
- **Telepsychiatry Clinic Services:** It includes all psychiatry specialties, where various services are provided to patients through virtual clinics.
- **Consultation Liaison Psychiatry Services:** The center provides Psychiatric consultation services from all medical and surgical departments in Ain Shams University Hospitals.

Emergency Services

We have a 24-hour emergency service. A well-trained team consisting of a resident physician, a psychiatry specialist, nurses, staff and staff under the supervision of a consultant psychiatrist.



Inpatient Services

- 72 beds are available to reserve patients whose conditions require hospitalization until their conditions stabilize, such as patients with schizophrenia, affective disorders, major depression and other severe mental disorders. The mental state of patients is followed up throughout the day and they are followed up on receiving appropriate drug treatment, psychological treatment and psychological rehabilitation using multiple means. Such as art therapy, sports therapy, and follow-up sessions.



(Day Room)



(Indoor Accommodation Rooms)

- The inpatient department contains a unit for the treatment of addiction patients, as well as patients with a dual diagnosis, whose condition requires hospitalization. The

stages of their treatment consist of supervision, following up their overcoming of the withdrawal symptoms from the substance, followed by the start of psychotherapy sessions for this disorder in the form of individual and group therapy treatment until their conditions stabilize and they are discharged to complete the treatment program in the outpatient clinics.



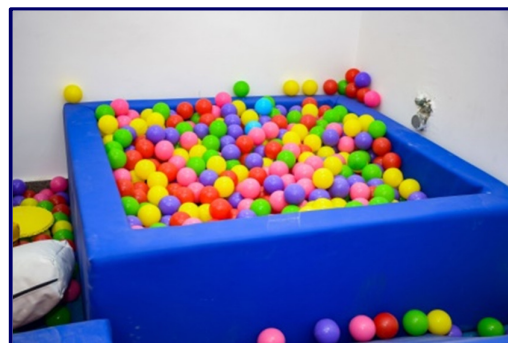
(Anesthesia Devices for Brain Synchronization Therapy (BST) Sessions)



(Intermediate Psychiatric Care Unit)

Therapeutic Units

- General psychiatry unit, geriatric psychiatry and PICU
- General psychiatry unit, consultation liaison psychiatry, and women's mental health program.
- Child and Adolescent Psychiatry Unit and Rehabilitation of Children and Adolescents.
- Addiction treatment and dual diagnosis. Unit
- Reception and emergency unit.
- Outpatient unit.



(Sensory Therapy Rooms)

Auxiliary Medical Units

- Psychophysiology Unit + EEG + Sleep Lab + rTMS Therapy.
- Clinical psychotherapy and Pharmacy.

Educational Facilities

- **Teaching halls**, we have three teaching halls, which are highly equipped by updated educational and audiovisual devices.



(Prof. Ahmed Okasha Auditorium)



(Prof. Adel Sadek Hall)



(Prof. Tarek Asaad Hall)

Scientific Library Services

It contains a number of scientific books covering various topics in psychiatry and related sciences. In addition, a large number of master's and doctoral dissertations, journals and periodicals are available as well as online search.



(Meeting Room)



(Library Hall)

Cafeteria and Sports Area



(Cafeteria)



(Sports Area)



(Back Yard)

Contact Us

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