

Dr Roberta Fedele

Clinical Psychologist

Dr. Roberta Fedele has been a licensed clinical psychologist since 2005, bringing over a decade of experience, including more than 10 years of practice in Dubai and the GCC region. She specialises in psychodynamic and relational psychotherapy, working with both adults and children to address a variety of challenges, including anxiety, depression, trauma, and relationship difficulties.

Dr. Fedele holds a Bachelor of Science (BSc) in Clinical Psychology from the University of Naples and a Master of Science (MSc) in Dynamic and Clinical Psychology from La Sapienza University of Rome. She further advanced her expertise by completing a specialisation (PsyD) in Clinical Psychology and Psychoanalytic Psychotherapy at the Immaculate Dermopatic Institute in Rome (IDI). Additionally, she has completed advanced training in clinical psychodiagnostics assessment and family mediation.

In addition to her clinical practice, Dr. Fedele contributed to the academic community at La Sapienza University of Rome from 2005 to 2012, serving as a lecturer, clinical and research supervisor, exams assistant, and program coordinator. Her work has significantly contributed to research in the field.

Before her current role at BPS—BioPsychoSocial Clinic, Dr. Fedele worked at the American Centre for Psychiatry and Neurology (ACPN), The Lighthouse Arabia—Centre for Wellbeing- and The Free Spirit Collective.

The therapeutic approach employed is grounded in psychodynamic and relational psychotherapy, with a focus on facilitating patients' exploration of the underlying factors contributing to their behaviours and emotions. The practice underscores the significance of comprehending and processing emotions as a means to promote personal development and self-awareness.

Generally, the initiation of a client's therapeutic program involves a series of preliminary exploratory meetings aimed at understanding the issues at hand, as well as collaboratively establishing a treatment framework, attainable goals, and milestones to track progress.

This approach is particularly suited for individuals who are inclined to gain deeper insights into themselves and their behaviors, as well as those who are interested in investigating the root causes of their emotional experiences and the roles these emotions play in their lives. Conversely, it may not align with the needs of individuals seeking specific tools, strategies, techniques, or exercises, particularly those who prefer a cognitive-behavioural therapy (CBT) model.



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For children and adolescents under the age of 14, the therapeutic program is categorized as the "5 Under Teen Service," which is detailed further in the service section. For clients aged 15 and older, the necessity of a parent intake interview will be assessed on a case-by-case basis, and the timing of the restitution session with parents will also require discussion.

Works with Patients:

Children (5 yrs+), Adolescents, Adults (18 yrs+)

Languages:

English, Italian

Setting:

- In-person
- Online (minors excluded)

Services Offered:

- Parent Intake
- Individual Therapy for Adults and Children
- Psychodynamic and Relational Therapy
- Divorce Mediation, Parenting Plans, and Post-Divorce Mediation
- Psychoeducational and Parental Guidance
- Emotional and Behavioral Assessment for Children
- Play Therapy

Presenting Concerns for Children (General and Specific):

- Anxiety/Panic Attacks/Social Anxiety/Separation Anxiety
- Low Mood, Depression, Withdrawal, and Isolation
- Self-Harming
- Adjustment Issues Related to Recent Life Events
- Anger, Irritability, Emotional Outbursts, and Severe Mood Swings
- Situation-Specific Fears and Phobias
- Behavioral and Emotional Issues, including Lack of Impulse Control, Video Game Addiction, Kleptomania, Truancy, Bullying, Lying, Inhibited Introverted Behavior, Inappropriate Childish Behavior, Tantrums, and Emotional Detachment
- Trauma Therapy Following Physical and Sexual Abuse

General and Specific Concerns for Adults:



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- Generalized anxiety and panic attacks
- Adjustment disorder due to recent life events or circumstances
- Obsessive-Compulsive Disorder (OCD)
- Bipolar disorder
- Depression and low mood
- Relationship difficulties
- Personality disorders
- Psychosis and delusions
- Challenges in dealing with childhood trauma and experiences
- Personal growth and self-improvement
- Pre- and post-adoption support, as well as support for coping with parental divorce
- Parental guidance

Qualifications and Memberships:

- BSc in Clinical Psychology, University of Naples, Italy
- MSc in Dynamic and Clinical Psychology, La Sapienza University of Rome, Italy (cum Laude)
- PsyD in Clinical Psychology and Psychoanalytic Psychotherapy, Immaculate Dermopathic Institute, Rome, Italy
- II Level master's in clinical Psychodiagnostic Assessment, ISCA Institute for Applied Cognitive Sciences, Italy
- Advanced Course in Family Mediation, Family Conflicts, and Parental Responsibility, University of Naples Federico II, Italy
- Winner of [specific award]
- Licensed Clinical Psychologist and Psychotherapist in Italy (license number:31-34)
- Registered with the Dubai Health Authority (DHA) (registration number: DHA-P-0109471)



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