



Dr.Yousra Moghani

PhD Researcher in Psychology & Trauma-Informed Therapist

Iraqi - Netherlands

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Who is Dr.Yousra Moghani

Dr. Yousra Moghani is an Iraqi psychologist and researcher based in the Netherlands, holding a PhD in Psychology. Her professional practice is dedicated to helping individuals recover from psychological trauma, with a focus on Post-Traumatic Stress Disorder (PTSD), depression, anxiety, and personality disorders. Dr. Moghani utilizes advanced, evidence-based therapeutic modalities, most notably Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS), which are highly effective for processing painful memories and their lasting impact. Alongside her clinical work, Dr. Moghani is an active advocate for mental health awareness on social media, where she creates educational content primarily in Arabic. Her content delves into profound psychological concepts such as the "Inner Child" and "Shadow Work," guiding her audience to understand their behavioral patterns and deep-seated motivations. Through online workshops and courses, she aims to empower individuals with the necessary tools for self-healing and personal growth, specifically reaching the Arabic-speaking community worldwide.

Achievements of Dr.Yousra Moghani

Dr. Yousra Moghani specializes in the application of advanced therapeutic protocols, including Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS). These methodologies have enabled her to achieve significant positive outcomes with clients suffering from the effects of deep and complex trauma. She has successfully built an influential Arabic-language digital platform for mental health awareness, offering specialized content on complex psychological concepts like the "Inner Child" and "Shadow Work." Her videos and posts contribute to educating a broad audience on pathways to healing and coping with psychological challenges.

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