



Masar Center

For Mental Health and Addiction
Treatment Services

A JOURNEY TO A NEW LIFE



“ Working in the field of addiction treatment and mental health, alleviating patients’ suffering, and giving them a new chance at life is one of the noblest and most honorable professions.

We contribute to a remarkable mission that breathes life into the entire community, restores hope to patients’ families, and brings smiles back to their faces.

As a team, we aspire to provide exceptional, patient-centered service. We dedicate all our efforts and energy to achieving this noble goal.”

Abdullah bin Raddah Al Gethami
CEO



Who are we?



Masar is the first private fully comprehensive center for mental health and addiction treatment in Saudi Arabia and the Gulf countries, headquartered in Jeddah. It offers a range of comprehensive services including: outpatient clinics for mental health and addiction, emergency services, rehabilitation for addiction patients, detoxification, dual diagnosis, and After care programs.

The center is staffed by a distinguished team of consultants and specialists, with diverse specialties and high international expertise.

The medical team uses the latest evidence-based therapeutic methods for treating mental disorders and addiction cases, providing unique care to those seeking recovery throughout their treatment journey, with the utmost privacy and confidentiality.





01



Vision

To be pioneering leaders in mental health and addiction treatment in Saudi Arabia and the Middle East, offering a beacon of hope and a transformative path toward recovery.



02



Mission

Our mission is to provide comprehensive mental health and addiction services, through scientific, culturally sensitive care transforming lives and improving mental health .



Goals



To provide community services aligned with Saudi Vision 2030 to enhance individual quality of life, and to help educate families and stakeholders to raise mental health awareness and foster a vibrant and productive community.



Our Values

01



Patient-Centered Care

02



Integrity

03



Confidentiality

04



Teamwork

05



Excellence

06



Respect

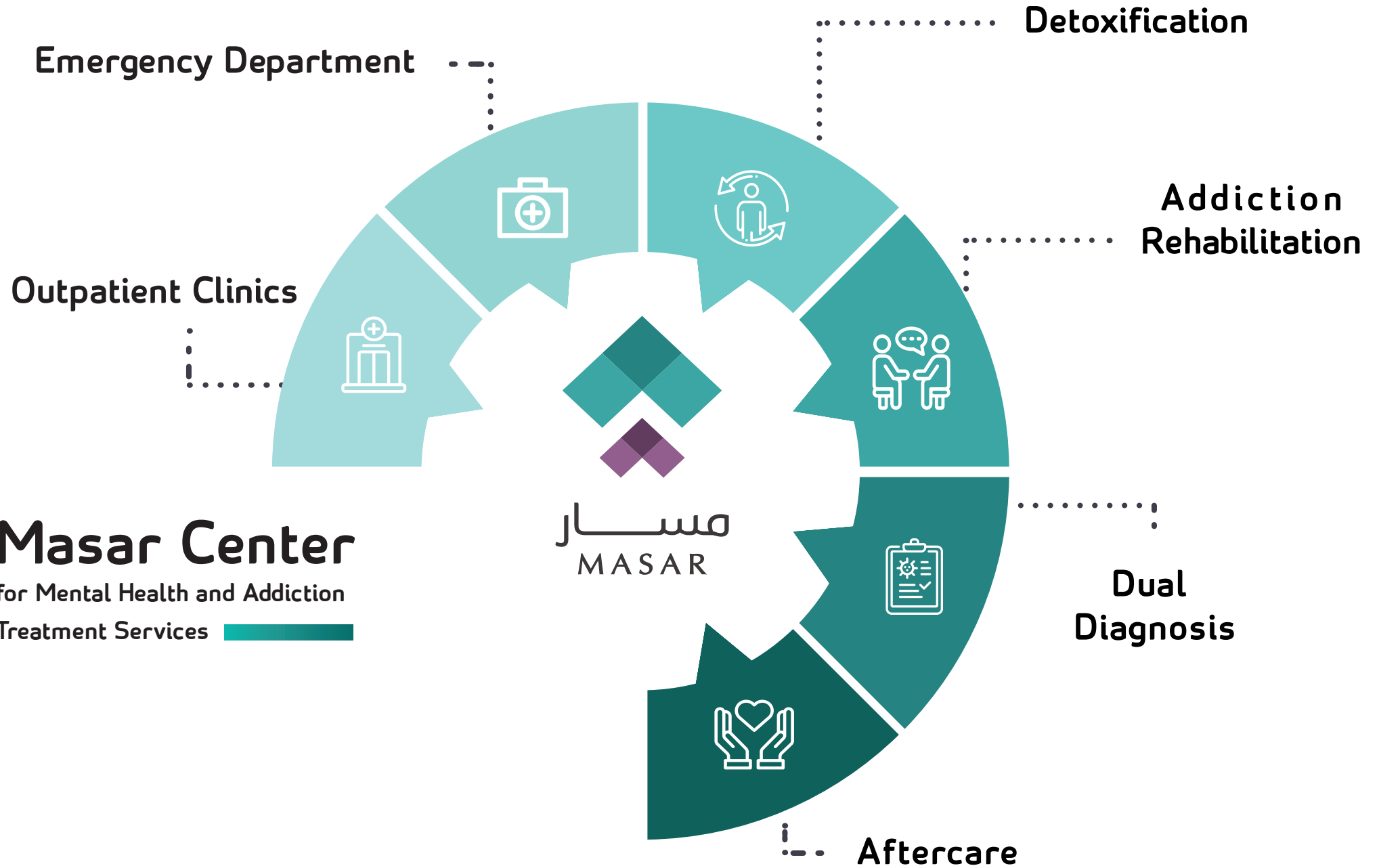
Why Masar?

At Masar, we deeply understand the complex interplay between mental health and addiction, along with the challenges faced by patients and their families. That's why we are committed to providing comprehensive care for mental health disorders and addiction. Our approach is specialized, offering each patient a personalized treatment program that addresses their psychological, social, and spiritual needs, leading to high recovery rates.





Our Services



Masar Center

for Mental Health and Addiction

Treatment Services

Outpatient Clinics

- ✓ We are pleased to offer comprehensive mental health and addiction services, with a focus on patient-centered care.
- ✓ Our outpatient clinics are led by a team of experienced consultants, senior registrars in psychiatry, and psychologists with international expertise.
- ✓ We provide accurate diagnoses of mental health and addiction disorders, offering comprehensive care that integrates psychotherapy and medication treatments.



- ✔ Our services adhere to the highest standards, using evidence-based protocols and the latest technologies.
- ✔ We offer a supportive and safe environment for those seeking recovery, guaranteeing maximum confidentiality and addressing all inquiries and concerns transparently.
- ✔ We provide a variety of behavioral therapy programs, including motivational interviewing, cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and couples and family therapy.
- ✔ Appointment scheduling is flexible, with options available through our app, call center, or website, making it easy and convenient for our clients

Detoxification

- ✓ The first step in addiction treatment, detoxification aims to safely manage withdrawal symptoms and remove toxins without distress.
- ✓ We utilize the latest techniques to detoxify from all types of substances, including drugs, alcohol, sedatives, and sleeping medications.
- ✓ Patients are admitted to our center under continuous medical supervision, with a focus on providing mental peace and physical comfort throughout the treatment period.
- ✓ The duration of detoxification ranges from 7 to 30 days, depending on the substance involved.





Emergency Room

- ✓ We handle all emergency cases related to addiction and mental health, including drug and alcohol intoxication of various kinds.
- ✓ Our professional medical team is available 24/7, equipped with all necessary resources to manage drug intoxication and severe nervous and psychological distress.
- ✓ Upon arrival of an emergency case, our team immediately assesses the situation and determines the appropriate treatment protocol.



Dual Diagnosis

- ✓ Our Dual Diagnosis program is designed for individuals facing addiction combined with mental health issues like schizophrenia, or bipolar disorder. This integrated approach treats both addiction and mental health disorders simultaneously, enhancing treatment effectiveness and improving outcomes.
- ✓ The program combines psychotherapy and medication treatments within a rehabilitation framework. Care is provided by a skilled, multidisciplinary team with extensive experience in managing chronic conditions.

The Treatment Journey

For

Dual Diagnosis

1. Understanding the problem and the mental health condition the beneficiary is experiencing.
2. Conducting a comprehensive psychological assessment using specialized diagnostic tools.
3. Collecting necessary information from the family to complete the medical history.
4. Reaching an accurate diagnosis.
5. Designing a personalized treatment plan tailored to the needs of each case.
6. Implementing the treatment plan with the involvement of a multidisciplinary team.
7. Providing health education programs for the beneficiary and their family.
8. Ensuring regular follow-ups and periodic reviews at the clinics after completing the program.

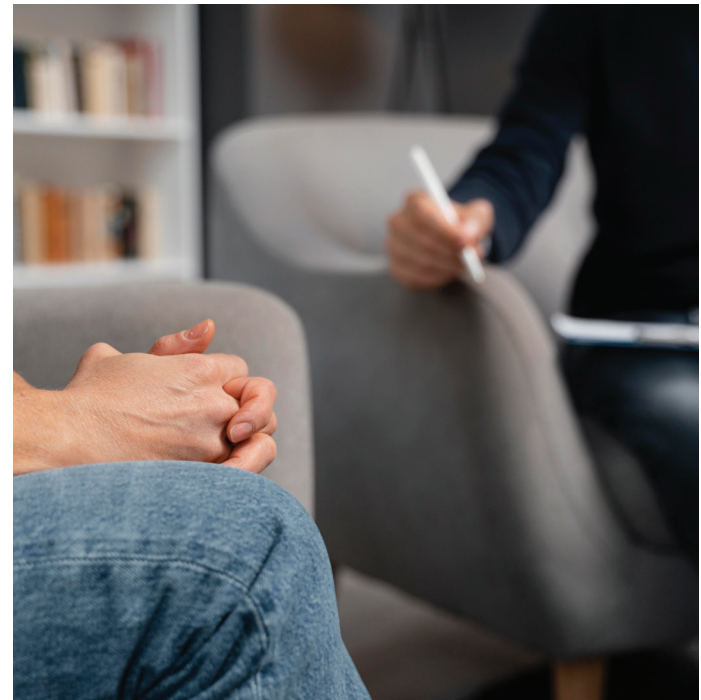


Addiction Rehabilitation Program



At Masar, we offer a holistic treatment approach based on evidence-based practices that address psychological, social, and spiritual aspects. Our flexible treatment plans are customized to meet each individual's unique needs.

- ▶ We place special emphasis on involving patients' families in the treatment process through effective communication and regular updates on the patient's progress.
- ▶ Our diverse, multidisciplinary medical team brings together specialized expertise, ensuring a cohesive approach that enhances the effectiveness of our treatment program.



Rehabilitation Program Objectives

Fostering motivation
for recovery and change

01

Achieving abstinence
from substances
and prevent relapse

02

Developing a new, organized,
and productive lifestyle

03

Rebuilding
relationships with
others

04

Personal growth and skill
acquisition

05

Reintegrating into
the community

06



Psychological Techniques

Cognitive Behavioral Therapy (CBT)

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An effective technique for treating many mental health disorders, including depression, anxiety disorders, substance abuse, and severe mental disorders. CBT is particularly useful for addiction, as it helps regulate thoughts and behaviors associated with cognitive distortions, correcting irrational beliefs that skew the addict's perception of reality.





Dialectical Behavior Therapy (DBT)

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A comprehensive therapeutic program using a cognitive-behavioral approach to teach individuals how to reduce intense emotions, improve emotional regulation, and manage relationships effectively.

Art Therapy



A therapeutic system encouraging patients to express and understand their emotions through creative arts such as drawing or sculpting. It aims to help patients manage their emotions and feelings.



The Matrix Model



An intensive therapeutic program designed to help individuals recover from substance addiction. Used for over 30 years, it includes practical skills training to overcome drug dependence, enhances social support, and reduces relapse chances.



12-Step Program

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One of the most recognized addiction treatment programs, this approach incorporates twelve spiritual and guiding principles designed to help modify patients' behaviors. It supports individuals in overcoming substance abuse, offers behavioral and psychological rehabilitation, and minimizes the risk of relapse.



Aftercare

- ✔ Aftercare is an essential and ongoing part of addiction recovery. Our comprehensive aftercare program aims to prevent relapse and maintain therapeutic gains for as long as possible.
- ✔ The program is designed for individuals who have successfully completed rehabilitation or dual diagnosis treatment, offering continued support and care. It includes regular visits to addiction clinics without the need for hospitalization, as well as sessions with the treatment team, including psychologists, recovery counselors, and social workers.
- ✔ Additionally, the program provides individual and group therapy sessions to address challenges and obstacles encountered by individuals reintegrating into society after completing their rehabilitation or dual diagnosis treatment.



Our Team



Dr. Syed Abd El-Kader

- Chief Medical Officer
- Consultant in Psychiatry and addiction treatment
- Canadian Fellowship in Psychiatry
- Canadian Board Certification in Psychiatry (FRCPC)
- Member of the American Psychiatric Association
- Member of the Canadian Psychiatric Association
- Member of the Saudi Psychiatric Association
- Over 30 years of experience in psychiatry and addiction field



Dr. Nasr Abu El-Dahab

- Consultant in Psychiatry and Addiction Treatment
- Professor at Al-Azhar University
- Ph.D. in Psychiatry and Addiction Treatment
- Diploma in Neurological and Psychological Sciences (Romania)
- Master's in Psychiatry and Addiction Treatment
- Over 17 years of experience in addiction field



Dr. Hadi Tawfik

- Consultant in Psychiatry and Addiction
- Egyptian Fellowship in Psychiatry and Addiction Treatment
- Over 13 years of experience in psychiatry, addiction treatment, and dual diagnosis



Dr. Ibtihaj Fallatah

- Consultant Psychiatrist
- Saudi Board Certification in Psychiatry
- Member of the Scientific Council for Psychiatry Fellowship
- Bachelor's in Medicine and Surgery, King Abdulaziz University, Jeddah
- 18 years of experience in psychiatry

Our Team



Dr. Ahmed Al-Ghannam

- Senior Registrar in Psychiatry and Addiction
- Egyptian Fellowship in Psychiatry and Addiction Treatment
- Diploma in Cognitive Behavioral Therapy, Al-Maamoura Psychiatric Hospital
- Diploma in Scientific Research , Ain Shams University
- Over 10 years of experience in psychiatry and addiction field



Dr. Mohamed Badawi

- Senior Registrar in Psychiatry and Addiction
- Egyptian Fellowship in Psychiatry and Addiction Treatment
- Member of the American Psychiatric Association
- Diploma in Cognitive Behavioral Therapy, Beck Institute, California
- Over 10 years of experience in addiction field



Dr. Riham Al-Hijawi

- Senior Specialist in Psychiatry and Addiction Treatment
- Jordanian Board Certification in Psychiatry
- Diploma in Motivational Interviewing
- Bachelor's in Medicine and Surgery, Misr University for Science and Technology
- 7 years of experience in psychiatry and addiction treatment



Our Team



Dr. Eyad Yusuf

- Resident Physician in Psychiatry and Addiction Treatment
- Bachelor degree of Medicine, University of the Gezira, Sudan
- Holder of the International Society of Addiction Medicine Certification
- 20 years of experience in addiction treatment in Saudi Arabia



Dr. Mohamed Ibrahim El-Saidi

- Resident Physician in Psychiatry and Addiction Treatment
- Master's in Neurology, Psychiatry, and Addiction Medicine, Ain Shams University
- Basic Psychological Support Course, General Secretariat for Mental Health, Egypt
- 8 years of experience in psychiatry and addiction



Dr. Omar Ashraf Ajlan

- Resident Physician in Psychiatry and Addiction Treatment
- Master's in Neurology, Psychiatry, and Addiction Medicine, Al-Azhar University
- Diploma in Cognitive Behavioral Therapy, Al-Maamoura Psychiatric Hospital
- 8 years of experience in psychiatry and addiction



Dr. Al Sayed Samir

- Specialist in Internal Medicine
- Master's in Internal Medicine, Alexandria University
- 12 years of experience in internal medicine

Our Team



Dr. Azhar Hussein

- Specialist in Internal Medicine
- Master's in Internal Medicine, Minia University
- 17 years of experience in internal medicine



Dr. Mohamed Salah

- Specialist in Internal Medicine
- Master's in Internal Medicine, Minia University
- 8 years of experience in internal medicine



Dr. Hussam Hassan

- Resident Physician in Internal Medicine
- Master's in Internal Medicine, Al-Azhar University
- 5 years of experience in internal medicine



**Dr. Mohammed Ayman
Arqsoosi**

- Consultant in Psychotherapy
- Ph.D. in Clinical Psychology
- Fellowship in Psychotherapy and Family Therapy, University of Malaya
- Certified Trainer in Psychotherapy and Addiction Treatment
- 32 years of experience in psychotherapy and addiction treatment

Our Team



Ms. Sandra Saadeh

- Senior Clinical Psychologist
- Master's in Clinical Psychology, Holy Spirit University, Lebanon
- Diplomas in Cognitive Behavioral Therapy and Addiction Treatment
- 15 years of experience in addiction treatment and rehabilitation center management



Mr. Mohammed Mahmoud

- Clinical Psychologist
- Master's in Psychology, Ain Shams University
- Diploma in Mood Disorders, Lundbeck Institute
- Diploma in Psychological Counseling, Association of Psychologists
- Member of the American Psychological Association
- 10 years of experience in psychotherapy and addiction treatment



Ms. Talah Waddu

- Senior Clinical Psychologist
- Master's in Clinical Psychology with a specialization in Addiction, King's College London



Mr. Shalewih Al-Harbi

- Clinical Psychologist
- Bachelor's in Clinical Psychology
- Over 5 years of experience in treating mental disorders and addiction
- Specialized in treating depression, social anxiety, relapse prevention programs, and motivation enhancement



Ms. Amna Yamani

- Clinical Psychologist
- Master's in Positive Psychology, East London University

Our Team



Mr. Ahmed Al-Ghamdi

- Recovery Counselor
- International Diploma in Addiction Behavior Management
- Canadian Board Diploma in Addiction Behavior Management
- Canadian Board Diploma in Psychology
- Canadian Board Diploma in Behavioral and Human Sciences
- 5 years of experience in addiction treatment



Dr. Hesham Khalil

- Religious guide
- Ph.D. in Addiction Treatment with Religious Content
- Over 29 years of experience in addiction treatment



Mr. Mohamed Makin

- Recovery Counselor
- International Diploma in Addiction Behavior Management, Recovery Counseling, King Abdulaziz University



Mr. Ahmed Al-Ahmadi

- Occupational Therapist
- Bachelor's in Applied Medical Sciences, King Saud bin Abdulaziz University for Health Sciences

Our Team



**Ms. Dananeer
Al-Husseini**

- Social Worker
- Master's in Family Guidance and Reform
- Over 4 years of experience in addiction treatment



Mr. Rayan Al-Asmeri

- Social Worker
- Bachelor's in Social Work, Umm Al-Qura University
- Over 2 years of experience in addiction treatment



Mr. Hesham Afifi

- Head Nurse
- Bachelor's Degree in Nursing
- Master's Degree in Psychiatric and Addiction Nursing - Ain Shams University
- Hospital Management Diploma
- 12 years of experience in mental health and addiction



Mr. Al-Asaad Al-Ash

- Head of Nursing for Rehabilitation
- Over 26 years of experience in addiction treatment

Discover Masar





Outpatient Clinics



Emergency Department



Detoxification



Addiction Rehabilitation

Single Room



Double Room



VIP Suite



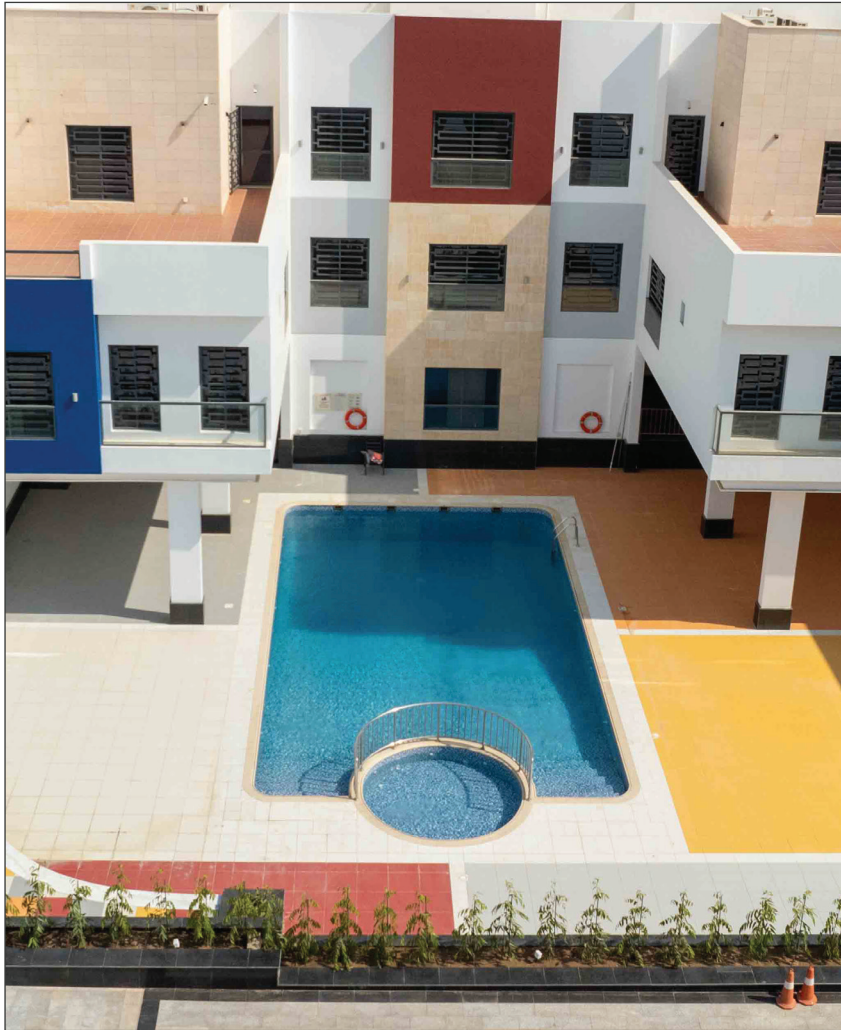
Royal suite



Activity Hall

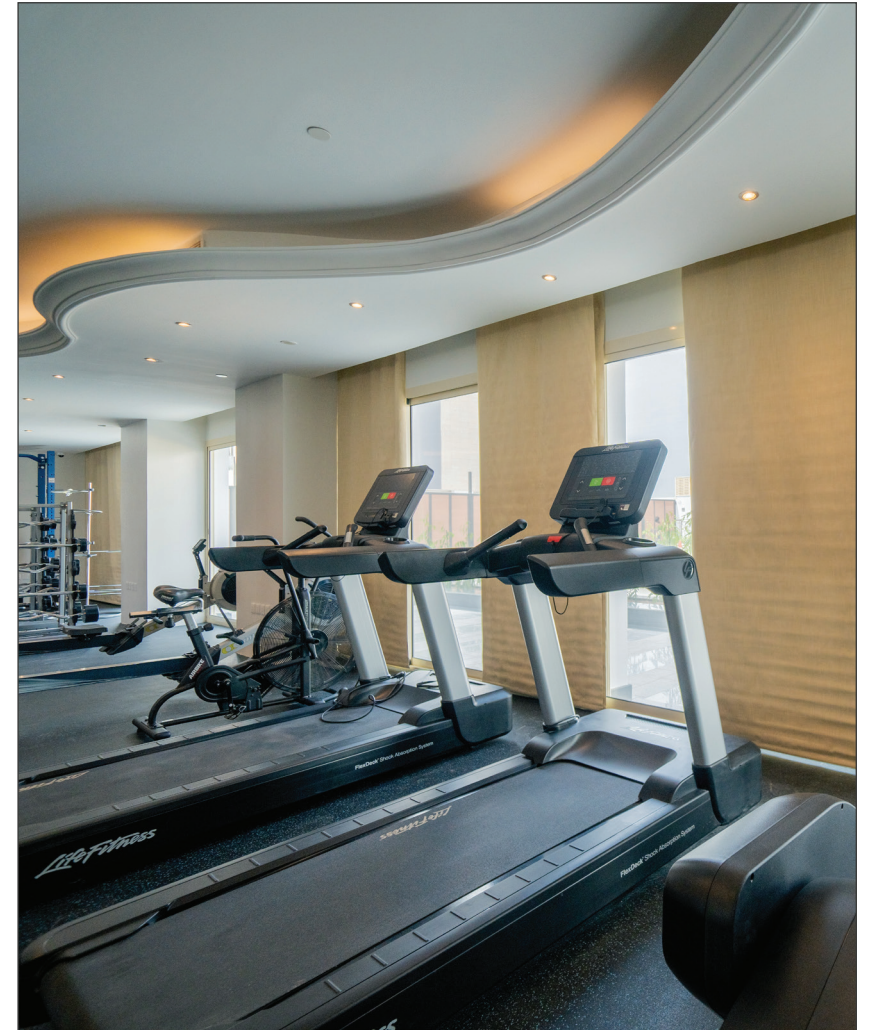


Swimming Pools

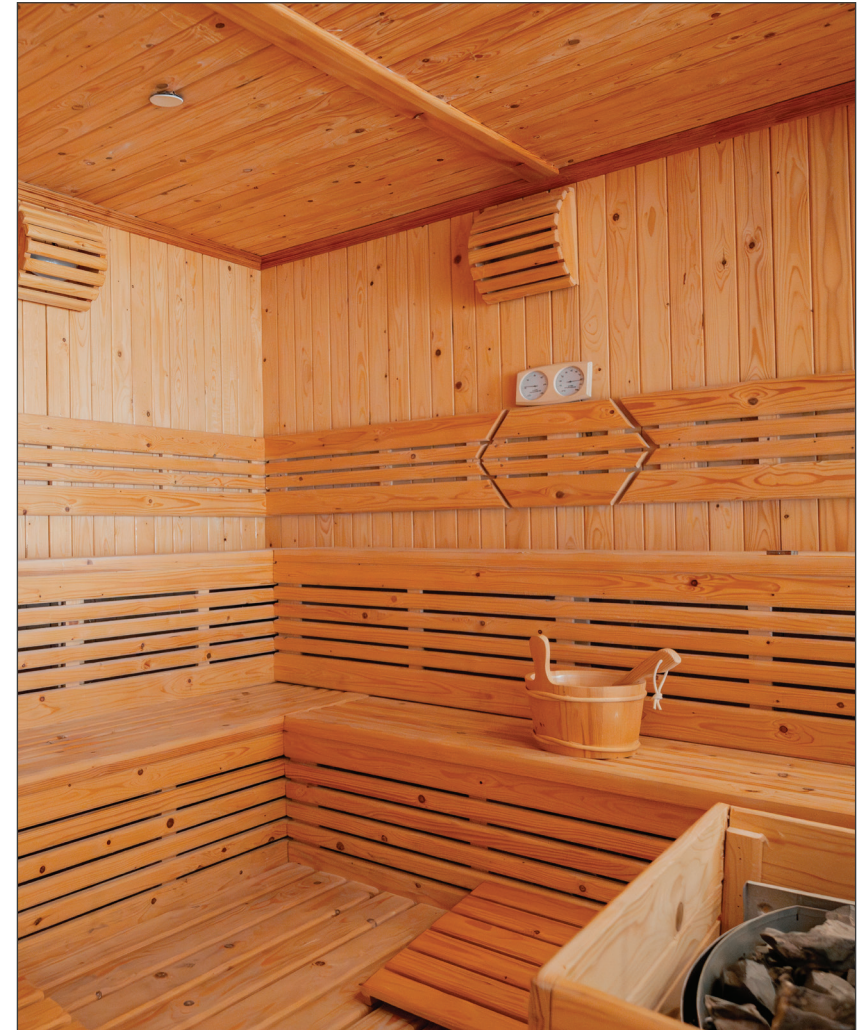


Community Center

Gym



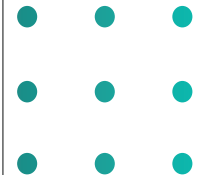
Sauna



Message



Multi-sport Court



Contact Us



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