

DR. FEBNA MOORKATH

PSYCHIATRIC SOCIAL WORKER | MENTAL HEALTH PROFESSIONAL | RESEARCHER

Psychiatric Social Work | Clinical Assessment & Therapy | Supervision & Training | Community Mental Health | Research & Publications



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 Dubai, UAE

 [DR. FEBNA MOORKATH](#)

CDA-approved Psychiatric Social Worker with over 10 years of combined academic and professional experience, including 5+ years of post-PhD clinical and supervisory practice in mental health care. Currently serving as Head of Department of Psychiatric Social Work, providing clinical assessments, psychosocial and psychotherapeutic interventions, and supervising multidisciplinary mental health teams. Strong background in community mental health programs, training of professionals, and evidence-based therapeutic approaches including CBT, family therapy, and psychosocial rehabilitation. Published researcher with multiple Scopus-indexed articles and recipient of international research awards. Seeking opportunities in Dubai within CDA-licensed mental health and community organizations.

AREA OF EXPERTISE

Psychiatric Social Work Practice
Clinical & Psychosocial Assessment
Individual, Family & Group Therapy
Case Supervision & Clinical Governance
Community Mental Health Programs
Suicide Prevention Interventions

TECHNICAL EXPERTISE

Cognitive Behavioral Therapy (CBT)
Treatment Planning & Progress Monitoring
Mental Health Evaluation & Case Documentation
Evidence-Based Psychotherapy Techniques
Ethical & Legal Compliance in Mental Health Care
Academic Writing & Research Methodology

WORK EXPERIENCE

2024 –
Present

HEAD OF DEPARTMENT – PSYCHIATRIC SOCIAL WORK IMCH HOSPITAL & NEURO PSYCHIATRY CENTER | TIRUR, KERALA, INDIA

Role Summary: Lead psychiatric social work services within hospital and outpatient mental health settings, overseeing clinical assessments, therapeutic interventions, professional supervision, and community mental health programs while ensuring ethical standards and multidisciplinary coordination.

KEY RESPONSIBILITIES:

- Conduct comprehensive psychosocial and psychiatric assessments.
- Deliver evidence-based therapeutic interventions (CBT, family therapy, psychosocial rehabilitation).
- Supervise psychiatric social workers, counselors, and interns.
- Coordinate with psychiatrists, psychologists, and nursing staff for integrated care.
- Plan and conduct training programs for mental health professionals.
- Lead community mental health outreach and awareness initiatives.
- Maintain clinical documentation and case review protocols.

KEY ACHIEVEMENTS:

- Promoted to Head of Department based on clinical leadership and performance.
- Improved case management efficiency through structured supervision models.
- Strengthened multidisciplinary coordination and patient follow-up systems.
- Expanded community outreach programs improving service accessibility.

Key Skills: Clinical Leadership | Psychiatric Assessment | CBT | Family Therapy | Case Supervision | Multidisciplinary Coordination | Program Development

2023
2024

CLINICAL SUPERVISOR – PSYCHIATRIC SOCIAL WORK MAS MEDICAL CENTER | KERALA, INDIA

KEY RESPONSIBILITIES:

- Provided clinical supervision and quality oversight to ensure effective, ethical mental health care.
- Conducted comprehensive clinical assessments and developed individualized treatment plans.
- Mentored and trained counselors and psychiatric social workers to enhance professional performance.
- Led multidisciplinary case reviews to improve treatment consistency and outcomes.
- Strengthened community mental health engagement through outreach programs & awareness initiatives.

2022 – 2023

SENIOR THERAPIST

BETTER FLY COUNSELLING CENTER | KOTTAKKAL, KERALA, INDIA

KEY RESPONSIBILITIES:

- Delivered specialized psychotherapy services, including CBT, family therapy, and individual counseling.
- Conducted psychosocial assessments and developed structured therapy plans.
- Supervised therapy cases and provided guidance to junior therapists to ensure quality care.
- Monitored client progress and treatment outcomes to support recovery and retention.
- Maintained accurate clinical documentation & strengthened client engagement in therapy programs.

2016 – 2019

SENIOR RESEARCH FELLOW & JUNIOR PSYCHIATRIC SOCIAL WORK CONSULTANT

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCES (NIMHANS) | BENGALURU, INDIA

KEY RESPONSIBILITIES:

- Integrated clinical service delivery with academic research in psychiatric social work.
- Provided supervised psychotherapy and psychosocial interventions across diverse settings.
- Trained and mentored pre-doctoral scholars, earning recognition for academic supervision excellence.
- Conducted & published peer-reviewed, Scopus-indexed research on mental health & social determinants.
- Coordinated community mental health programs in collaboration with government bodies and NGOs.

2014 – 2016

JUNIOR RESEARCH FELLOW – PSYCHIATRIC SOCIAL WORK

NIMHANS | BENGALURU, INDIA

KEY RESPONSIBILITIES:

- Delivered supervised psychotherapy and psychosocial interventions in hospital-based psychiatric settings, completing over 2,400 clinical hours.
- Conducted detailed psychiatric assessments, case documentation, and participated in multidisciplinary ward rounds and reviews.
- Contributed to psychiatric research projects while supporting patient follow-up and rehabilitation planning.

2014

LECTURER – SOCIOLOGY

AL SALAMA INSTITUTE OF ARCHITECTURE | KERALA, INDIA

KEY RESPONSIBILITIES:

- Taught sociology to undergraduate architecture students, integrating social and behavioral science concepts into the B.Arch curriculum.
- Developed course materials, assessed student performance, and maintained high levels of engagement and academic outcomes.

EDUCATION, CERTIFICATIONS & MEMBERSHIPS

- Ph.D. in Psychiatric Social Work, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, 2021.
- M.Phil. in Psychiatric Social Work, National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, 2016.
- Master of Social Work (MSW), University of Calicut, Kerala, 2013.
- Bachelor of Arts in Sociology, University of Calicut, Kerala, 2011.
- CDA Approved Social Worker, Community Development Authority, Dubai (Initial Approval – CDA/OUT/2025).
- Registered Psychiatric Social Worker, Kerala State Mental Health Authority (SW63/2022/SMHA).
- UGC NET Qualified – Eligibility for Assistant Professor, University Grants Commission, India (2013).
- Associate Life Member (LM-979), Indian Society of Professional Social Work (ISPSW).

RESEARCH PUBLICATIONS

Scientific Research Publications (Scopus)

- Moorkath, F., Vranda, M. N., & Naveenkumar, C. (2018). Lives without roots: Institutionalized homelesswomen with chronic mental illness. *Indian Journal of Psychological Medicine*, 40(5), 476.
- Moorkath, F., Vranda, M. N., & Naveenkumar, C. (2019). Women with mental illness – An overview of sociocultural factors influencing family rejection and subsequent institutionalization in India. *Indian Journal of Psychological Medicine*, 41(4), 306.
- Moorkath, F., Vranda, M. N., & Naveenkumar, C. (2020). Profile of women with mental illness admitted in sheltercare homes; a co-relational description of changing sociocultural scenario in India. *Indian Journal of Community Medicine: Official Publication of Indian Association of Preventive & Social Medicine*, 45(3), 287.
- Moorkath, F., Vranda, M. N., & Naveen Kumar, C. (2022). Eventful past, stagnant present, and hopeful future: A time order analysis of experiences of homeless women with chronic mental illness residing in shelter care homes. *International Journal of Social Psychiatry*, 68(8), 1790–1794.

Other Publications

- Moorkath, F., & Narasimha, V. M. (2018). Suicide an alarming need to go beyond medication – An exploration of primary care scenario. *Indian Journal of Psychiatric Social Work*, 9(1), 12–17.
- Moorkath, F., & Vranda, M. N. "A Stitch in Time Saves Nine": Reflection of General Practitioners' attitude towards suicide prevention. *Journal of Mental Health Education*.
- Moorkath, F., Vranda, M. N., & Naveenkumar, C. (2018). Homelessness and Mental Illness: Lived Experiences of Institutionalized Women in India (e-Publication, Conference Proceedings, ISBN No. 978-605-82433-3-0).
- Moorkath F, Ragesh G, Hamza A. (2019). Strength-based approach in dealing with severe mental illness. *Open Journal of Psychiatry & Allied Sciences*.
- Nair, V. S., Moorkath, F., & Vranda, M. N. (2020). Effect of socio-cultural factors in therapeutic intervention. *Open Journal of Psychiatry & Allied Sciences*, 11(1), 26–30.
- Vranda, M. N., Kumar, C. N., Febna, M., Ammapattian, T., & Shiri, S. S. (2022). Perceived difficulties of the family member of a survivor of rape with multiple disabilities in accessing care and support. *Telangana Journal of Psychiatry*, 8(2), 107–109.
- Vranda, M. N., Ranjith, J., Febna, M., & ss, S. (2021). Reintegration of Homeless Patients with Mental Illness (HPMI) in the Community—Challenges Faced During COVID-19 Pandemic. *Indian Journal of Psychological Medicine*, 0253717621999575.
- Vranda, M. N., & Febna, M. (2020). Response to sexual and gender-based violence against women during CoViD-19. *Indian Journal of Psychological Medicine*, 42(6), 582–584.
- Moorkath, F., Vranda, M. N., & Naveenkumar, C. Predictors of longer duration of homelessness among women with chronic mental illness residing in shelter care homes (Under review).

CONFERENCES, WORKSHOPS & TRAINING

- Socioint2018 5th International Conference on Education, Social Sciences and Humanities held at Dubai, UAE on July 2018. Presented paper titled "Homelessness and Mental Illness; Lived Experiences of Institutionalized Women in India".
- Attended 3 months (1st August 2016 – 31st October 2016) PhD course work, a comprehensive module which includes research and statistics, basic science, neuroscience and behavioral science.
- 35th Annual National Conference of Indian Society of Professional Social Work, on February 2017 at Chandigarh, India. Presented paper titled "General Practitioners' Knowledge matters in suicide prevention; Exploring primary care scenario in India".
- Participated in the workshop on "Qualitative research methods and applications; in-depth exploration of phenomenology and grounded theory" held on June 2018, organized by Department of Psychiatric Social Work, NIMHANS, Bengaluru.
- XXXVII Annual National Conference of Indian Society of Professional Social Work on January 2019 at Bengaluru, India. Presented paper titled "Institutional care for homeless mentally ill women: unveiling the struggles and challenges of service providers".
- Attended one day workshop on addressing domestic violence/intimate partner violence using survivor centric approach, held on 27th February 2019 at NCWB, Bengaluru.
- Attended 21 days residential training program in communication skills in English and basic IT skills conducted by the Higher Education Department & General Education Department, Government of Kerala under Additional Skill Acquisition Programme (ASAP) on June 2013.
- Workshop on "Promotion of Mental Health and Psychological Well-Being of Adolescents using Life Skills Approach" on 24–26 October 2016 held at Department of Psychiatric Social Work, National Institute of Mental Health and Neuro Sciences (INI), Bengaluru.
- Organizing committee member of one day symposium on "Addressing the Mental Health Issues of Women with Domestic Violence/Intimate Partner Violence" on 10 November 2017, held in collaboration with Department of Psychiatric Social Work and Department of Mental Health Education, NIMHANS, Bengaluru.
- Co-coordinator of 3 days workshop on "Promotion of Mental Health and Psychological Well-being of Adolescents in Schools using Life Skills Approach" held on 24–26 August 2018 at Department of Psychiatric Social Work, NIMHANS.
- Unit level coordinator – Poster Preparation for "National Science Day Celebration" on 27–28 February 2018 at Convention Center, NIMHANS, Bengaluru, India.
- Co-coordinator of workshop on "Promotion of mental health and psychological well-being of adolescents using life skills approach" on 4–6 October 2018 held in Department of PSW, NIMHANS, Bengaluru, India.
- Resource person for the workshop on "Promotion of mental health and psychological well-being of adolescents using life skills approach" on 21–24 January 2019 at Calicut, India.
- Resource person for the workshop on "Promotion of mental health and psychological well-being of adolescents using life skills approach" on May 2019 at Dharamshala, Himachal Pradesh, India.

RESEARCH FELLOWSHIPS & ACADEMIC RESEARCH

- Ph.D. Research (2020): Homeless Women with Chronic Mental Illness Placed in Shelter Care Homes – An In-Depth Analysis of Social and Clinical Outcomes; supported by UGC Senior Research Fellowship (2016–2019).
- M.Phil. Research (2016): Attitude and Knowledge of General Practitioners' regarding Suicide Prevention; supported by UGC Junior Research Fellowship (2014–2016).
- MSW Research (2013): A Study on Child Abuse, University of Calicut.

PERSONAL DETAILS

- Name & Nationality: Dr. Febna Moorkath, Indian | DOB: 13 March 1990 | Marital Status: Married
- Location: Currently in Dubai, UAE
- Languages: Malayalam (Native), English (Expert), Kannada (Conversational), Arabic (Read & Write)