

Dr Mowadat Hussain Rana, MBBS, MCPS, FCPS, DCPS-HPE, MCPS-HPE, MRCPsych (UK), FRCPsych (UK), D-CBT (Oxford), Professor of Psychiatry and Behavioural Sciences, is the Patron of EMDR Pakistan, Board Member of EMDR Asia, and Chair of Pakistan Red Crescent's Task Force for Disaster Response. He is Member, National Task Force for Mental Health, The Government of Pakistan; Chairman, The Healing Triad-Pakistan, the Honorary Chair of Department of Behavioural Sciences, and Adjunct Professor at University of Health Sciences, Lahore. He is a Consultant and Advisor to Army Public Schools and Colleges System, and Member of the WHO's Technical Committee on Mental Health.

Formerly, Chief Editor of the Journal of Pakistan Psychiatric Society, Chairman, and Honorary Professor at Robert Gordon University, United Kingdom, and founding Secretary General of EMDR Asia, he is a Consultant to World Health Organisation, and various national and international academic and research bodies. Prof Rana is a visiting faculty and a trainer at National School of Public Policy, National Institute of Management, Peshawar, and Islamabad for the last 18 years. He also lectures at the National Defence University, Bahria University, LUMS, NUST, Khyber Medical University, and the National University of Medical Sciences. He has been the guest speaker at Fazayia Medical College and University on several occasions alongside his constant engagement with PAF, Pakistan Navy, and Pakistan Army's premier training institutions.

An author of twelve books, and more than seventy national and international publications, he was declared the Best University Teacher in the field of Medicine by Higher Education Commission, Pakistan, in 2007, and is the recipient of Sitara e Imtiaz (Star of Excellence) award by the Government of Pakistan. He is a two-time winner of the coveted Avicenna Award. Professor Rana retired from Pakistan Armed Forces as a Brigadier after holding various academic, clinical, and teaching positions including Advisor in Psychiatry and the founding Commandant of Armed Forces Institute of Mental Health. He remained the Dean of Faculty of Psychiatry of College of Physicians, and Surgeons, Pakistan for ten years.

Professor Rana continues to teach, train, and undertake research, and clinical and educational work both locally and abroad.