

**SALUTATION:PROF DR  
FIRST NAME:FIRDAUS  
LAST NAME (SURNAME):MUKHTAR  
INSTITUTION/HOSPITAL:UNIVERSITI PUTRA  
MALAYSIA  
SPECIALTY:CLINICAL PSYCHOLOGY**

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## **Brief CV**

Please provide a short CV within this page. (Arial font, size 12)

**PROFESSOR DR FIRDAUS MUKHTAR** qualified as a clinical psychologist in 2003 and currently hold a post as a Deputy Dean at School of Graduate Studies, Universiti Putra Malaysia. She is currently the President of Asian Cognitive Behavior Therapy Association (2021-2024). She was graduated from University of Queensland, Brisbane (PhD, 2007), University of Edith Cowan, Perth (Master of Clinical Psychology, 2003), and International Islamic University Malaysia (BHSc Psychology, 1999). She was the first secretary in Malaysian Society of Clinical Psychology. In 2011-2013 she was appointed as WHO CBT Consultant for the country to develop a CBT manual to manage chronic medical illness at primary care and gave intensive CBT training to Family Medicine Specialists. In 2012, L'oreal Malaysia has awarded her as Young Women Scientist for her vast contribution in research related to depression, anxiety and weight management.

Since 2000, she has trained both Cognitive Behavior Therapy and Dialectical Behavior Therapy, and parenting skills to many psychiatrists, clinical psychologists, counsellors, medical specialists (Family Medicine, Paediatrics, Otorhinolaryngology etc), allied health professionals, undergraduate and postgraduate trainees, and community at large, not just in Malaysia but also in some other countries in South East Asia. She has published over 80 scientific articles and CBT books and has been appointed as Subject Matter Expert by many government and private industrial collaborators.