

Dr. Wydad Hikmat is a psychiatrist and a cognitive behavioral therapist, specializing in psychosocial rehabilitation, who studied in France and Morocco where she graduated in 2016 from the Mohamed IV Marrakech Medical University.

She has since then focused on cognitive therapy and psychoeducation, with several university degrees in cognitive remediation, cognitive behavioural therapy and psychoeducation.

She is now coordinating the Profamille network for the Maghreb region, a French psychoeducational program first developed in 1987 in Quebec for caregivers of people suffering from schizophrenia spectrum disorders.

She is a member of the World Association of Social Psychiatry (WASP) section on family intervention programs and the vice president of Chams, a charity supporting people suffering from mental health issues in Morocco.

Dr. Hikmat is also giving lectures on cognitive remediation and cognitive therapy, in Morocco and France, most notably via the AFTCC, the largest French association of cognitive behavioural therapy.