

# FACULTY'S BIOGRAPHIES



**A/Prof Zubaidah Jamil Osman**

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Dr. Zubaidah Jamil Osman is currently an Associate Professor at the Faculty of Allied Health Sciences, Cyberjaya University College of Medical Sciences (CUCMS), Malaysia. She obtained her doctoral degree in Clinical Psychology from the University of Melbourne in 2003 and did her attachment with the Pain Research Unit, Royal North Shore Hospital, Sydney, Australia in 2009. Her main area of interest is Chronic Pain Management – focusing on the psychosocial issues experienced by patients as consequences of their persistent pain. She has been appointed as a Visiting Consultant Psychologist in Hospital Selayang since 2006, where she has been working closely with the Pain Management Team in Hospital Selayang. Her tasks are mainly conducting psychological assessment on chronic pain patients and conducting Pain Management Program – MENANG (an abbreviation of Program MENANGani Sakit), a self-help, psycho-educational, group-based program, using Cognitive Behavioural principles in helping the patients to cope and manage their pain in a more holistic and effective manner. She is also actively involved in the education of pain management from non-pharmacological perspective to other allied health professionals in Malaysia.