



## SPECIALISMS

Anxiety  
Attachment  
Capacity  
Depression  
Learning disabilities  
Personality Disorders  
PTSD  
Self harm  
Trauma  
Suicidal Ideation

## CASE TYPES

Capacity Certificates  
Cognitive Assessments  
Immigration & Asylum  
Litigation Capacity  
Road Traffic Accidents

## PROFESSIONAL PROFILE

Highly qualified and skilled Chartered Counselling Psychologist with over 15 years' experience working within the United Kingdom National Health Service (NHS). My current role is as a Principal Psychologist with the East London NHS Foundation Trust working in acute mental health

## SKILLS PROFILE

- Highly experienced Counselling Psychologist
- Psychological assessment & treatment
- Clinical supervision
- Extensive psychological treatment knowledge base
- Teaching/lecturing
- Integrative approach
- Staff recruitment, training and management
- Clinical research
- CBT, Solution focused therapy, group therapy
- Experience of working on womens only ward for 3 years
- Use of Psychometrics

## PROFESSIONAL MEMBERSHIPS

British Psychological Society (BPS)  
Health and Care Professions Council (HCPC)

## PROFESSIONAL QUALIFICATIONS

- 2003 to 2006**      **City University, London**  
*Course:*            Post MSc Chartership in Counselling Psychology  
                                 (Doctoral equivalent)  
                                 Msc Counselling Psychology  
                                 Pg Dip Counselling Psychology
- 2002 to 2003**      **City University, London**  
*Course:*            Graduate Certificate in Counselling Psychology
- 1998 to 2001**      **University of Reading**  
*Course:*            BSc Psychology (2:1)

## PERSONAL AND PROFESSIONAL DEVELOPMENT COURSES

- 2021**            **East London NHS Foundation Trust**  
                         Behavioural Family Intervention
- 2021**            **East London NHS Foundation Trust**  
                         Trauma Informed Care
- 2020**            **British Isles DBT Training**  
                         DBT Skills Training
- 2019**            **Camden and Islington NHS Foundation Trust**  
                         Systemic Therapy Level 1





## PERSONAL AND PROFESSIONAL DEVELOPMENT COURSES Contd.

- 2018**      **Helen Bamber Foundation**  
Expert Witness report writing skills
- 2017**      **Improvement Academy**  
Gold and Silver level training in Quality Improvement
- 2017**      **Institute for Healthcare Improvement**  
Quality Improvement training
- 2017**      **Tavistock and Portman**  
Perinatal psychology training
- 2016**      **Camden and Islington NHS Foundation Trust**  
CBT for Trauma
- 2013**      **Institute of Narrative Therapy, London**
  - Level 3 Narrative supervision
- 2012**      **Institute of Narrative Therapy, London**
  - Level 2 Narrative Therapy
- 2011**      **Institute of Narrative Therapy, London**
  - Level 1 Narrative Therapy
- 2011**      **Oxford Cognitive Therapy Centre, Oxford**
  - CBT for Trauma training
- 2008**      **University College London (UCL), London**
  - Clinical supervision training
- 2008**      **British Psychological Society, London**
  - Clinical supervision training

## CAREER HISTORY

**2020 to present**

**East London NHS Foundation Trust**

**Principal Counselling Psychologist**

- To be responsible for ensuring the systematic provision of specialist psychological input to Bedfordshire & Luton's adult inpatient mental health services.
- To provide systematic specialist clinical psychological assessment, formulation, consultation and care planning as part of the multidisciplinary team. Training, support and supervision of colleagues will form part of the role, to promote psychologically-informed conceptualisation and intervention across the team. Contribution to service development initiatives, audit and research are expected as a senior clinician in the team.
- To liaise closely with psychologists working in other teams to develop and maintain a high standard of professional practice across the service.

**2018 to Present**

**Psychology Experts**

- To assess and complete a range of psychological expert witness reports relating to cognitive and capacity as well as issues relating to personal injury & accidents and immigration issues.

**2015 to 2020**

**Camden and Islington NHS Foundation Trust**

**Highly Specialist Counselling Psychologist, Acute Mental Health Hospital and Crisis Teams**

- To provide a specialist clinical psychology service to the clients of the inpatient services within the trust.
- To provide highly specialised psychological assessment, problem formulations and therapy, at the same time as offering advice and consultation on clients' psychological needs and care to non-psychologist colleagues and to other non-professional carers.
- To provide consultation and training to multi-disciplinary colleagues within the Inpatient Team.
- To work autonomously within professional guidelines and the overall framework of the team's policies and procedures.
- To utilise research skills for audit, policy and service development, and research within the Inpatient specialty.





## 2008 to 2015

### Highly Specialist Counselling Psychologist, Newham Centre for Mental Health

### East London NHS Foundation Trust

- Responsibilities and duties involved both direct and indirect clinical work (individual / family / couples / group work), providing clinical supervision to trainee/newly - qualified psychologists as well as other members of staff within the MDT and collaborative input with other team members through advice, guidance, teaching, training and consultation together with contributing to service development. Provide psychological assessment and therapy for service users admitted to the acute wards including CBT, systemic and narrative therapy. Planned and facilitated various psychological groups for service users on the ward including a Talking group, Psychoeducation group, a carers group as well as a Hearing Voices group that is offered to service users across the unit
  - Family and carer psychological assessment sessions provided when necessary
  - Consultation & support provided for the MDT regarding psychological formulation & recommendations regarding service users by providing CBT teaching sessions for student doctors, nurses and graduate psychologists.
  - Supervision of trainee psychologists and assistant psychologists plus support workers

## 2005 to 2008

### Specialist Counselling Psychologist, St Ann's Hospital/Community Teams

### Barnet, Enfield and Haringey NHS Trust

- To be responsible and accountable for the provision of a specialist psychology service, including assessments, formulations and brief interventions using CBT/Solution Focused principles both individually and group work in a community team whilst also providing supportive consultation to the team

## 2004 to 2005

### Trainee Counselling Psychologist, Mascalls Park Hospital, Brentwood.

### North East London Mental Health Trust,

- Trainee counselling psychologist using solution focused therapy with clients who have acute mental health problems in an acute mental health hospital setting.

## 2004 to 2005

### Trainee counselling psychologist, Camden

### Camden Family Counselling Service

- Trainee Counselling Psychologist using the brief psychodynamic with parent(s) in 1:1 sessions in local schools in Camden working with a range of psychological issues.

## 2004 to 2005

### Trainee Counselling Psychologist, Tottenham.

### Welbourne Primary School

- Voluntary work as a counsellor for the children using child centred play therapy

## 2003 to 2004

### Trainee Counselling Psychologist

### Orchards Health Medical Centre

- Trainee counsellor using solution focused therapy in a GP setting dealing with clients presenting with a range of mild to moderate problems including anxiety, trauma and depression.

## 2001 to 2004

### Support Worker

### Reliance Care, Reading

- Worked full-time for 1 year at a school for children with emotional behavioural difficulties. Furthermore I have worked six months at a home for adults with mental health problems, including the role of key worker and thus many 1-to-1 sessions.

## 1999 to 2001

### Support Worker

### C.H.O.I.C.E, Reading

- Casual support worker in home for adults with learning disabilities, where I first started to work with adults on a 1-to-1 basis..

## LANGUAGES SPOKEN

English, Bengali (Sylheti), currently learning Arabic

