Dr Sharmin Aktar

DCPsyc, BSc Counselling Psychologist



SPECIALISMS

ADHD Addiction Anxiety Attachment Bereavement Cognitive Behavioural Therapy Cultural Diversity Depression Domestic Violence Drug/Alcohol/Substance Misuse Mood Disorder Neglect OCD Pain Management Perinatal Personality Disorder Postnatal Depression PTSD Risk Sexual Harassment Self-Harm Sexual Abuse Victims Suicidal Ideation

CASE TYPES

Victims of Torture

Trauma

ADHD
Educational
Employment Tribunal
Family
Historic Sexual Abuse
Immigration & Asylum
Mental Health Tribunal
Risk Assessments
Road Traffic Accident

HCPC Registered: PYL040862

SUMMARY:

I am a Counselling Psychologist, currently working in Private practice. I have an in-depth knowledge and experience in mental health, including disorders such as depression, generalized anxiety disorders, social anxiety, obsessive compulsive disorder, panic disorder, substance abuse, low self-esteem, trauma, etc. My practice is grounded by humanistic ethos and incorporated with Cognitive-Behavioural Therapy, Psychodynamic therapy, and Cognitive Analytic Therapy (CAT). Regardless of modality used, I am focused on the subjective experience of my clients, whilst holding the therapeutic relationship as the priority. I resourcefully utilise individualized formulations and competently deliver a comprehensive range of evidence-based practice interventions to meet client's needs.

EDUCATION:

2017—2022 Professional Doctorate in Counselling Psychology

University of East London

2013—2016 BSc Psychology

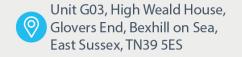
Queen Mary University

SKILLS:

- Adhering to high professional standards and competencies set by BPS and HCPC
- Positioned in the science-practice interface where rationale for choice of approach is drawn on evidence-based psychological research
- Safe, confidential and reflective practice that adheres to BPS and HCPC codes of ethics
- Experienced in working effectively with a range of presentations and diverse populations
- Well prepared to work collaboratively in meeting unique client needs as well as context requirements
- Accustomed to the use of psychometric testing (e.g., GAD-7, PHQ-9) and handling sensitive client data in accordance with relevant legislation
- Engaging in bilingual counselling including English and Bengali

TRAINING AND WORKSHOPS:

- Dissociative Identity Disorder Assessment Training—Nov 2022
- Medico Legal Report Assessment and Report Writing Training—Dec 2022
- Motivational interviewing—Sep 2023
- Bond Solon: Excellence in Report Writing—Jun 2024





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EXPERIENCE:

Dec 2022—Present

Clinical Director and Psychologist at The Mind Remedy Limited

- Managing a business and all its required tasks related to marketing, financial and sales
- Offering integrative therapy to clients (individual and couples therapy)
- Conducting assessment and writing reports for clients
- Recruiting staff for clinic
- Training and managing a group of interns for tasks such as blog writing

Jul 2017—Present

Counselling Psychologist at The Private Therapy Clinic

- Providing integrative interventions, based on CBT, Psychodynamic Therapy and CAT
- Offering group clinical supervision to up to 12 interns
- Providing Duty of Care for TV Shows (e.g., Top Boy)
- Assessment and report writing
- Offering Expert Witness reports (Medico-Legal Reports)

Nov 2020—Dec 2024

Counselling Psychologist at Redbridge Psychological Services (NELFT) Secondary Care Service

- Managing a caseload of 20 clients per week
- Offering assessment, formulation and treatment using Cognitive Behavioural Therapy to clients with complex psychological needs
- Offering Trauma focused CBT to clients presenting with complex trauma
- Assessing and managing risk
- Safeguarding clients and vulnerable individuals

Feb 2020—Sep 2020

Counselling Psychologist in Training at Lewisham Refugee and Migrant Network

- Offering integrative therapy to Refugee clients
- Adults (18+)

Jan 2020-Oct 2020

CAT Therapist at The Munro Centre (SLAM) Secondary Care Service

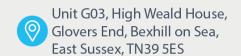
- Offering Cognitive Analytic Therapy to clients with Personality disorders
- Adults (18+)

Oct 2018—Mar 2020

Counselling Psychologist in Training/Play Therapist at Upton Cross Primary School and Bow School

- Offered long term Play therapy for up to one year with children aged 5-11 years old
- Saw young clients with 'moderate' mental health difficulties, commonly manifested in symptoms relating to depression and anxiety
- Psychodynamic models were implemented, focusing on the therapeutic relationship







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EXPERIENCE:

Sep 2018-Jul 2019

Counselling Psychologist in Training at The Becontree Centre (NELFT) Secondary Care Service

- Offered long term Psychodynamic therapy for up to one year, focusing on the therapeutic alliance
- Worked with clients with 'moderate to severe' mental health difficulties, commonly manifested in symptoms relating to depression, anxiety, or personality disorders

Oct 2017-Jul 2018

Counselling Psychologist in Training at Redbridge Talking Therapies (NELFT) Primary Care Service

- Offered time-limited CBT (12 sessions)
- Worked with clients with 'mild to moderate' mental health difficulties, commonly manifested in symptoms relating to depression or anxiety
- Implemented psychometric tests including CORE-10, PHQ-9, GAD-7, WSAS and Phobia Scales

PUBLICATIONS:

Aktar, S. (2022) 'The Experience of Self-Harming Behaviours That Inflict External Injuries to the Body in UK-Based Bangladeshi, Indian and Pakistani Females: An Interpretative Phenomenological Analysis', *Prof Doc Thesis University of East London School of Psychology* https://doi.org/10.15123/uel.8q7v8

Aktar, S. and Tribe, R. (2024) 'The experience of self-harming behaviours that inflict external injuries to the body in UK-based Bangladeshi, Indian and Pakistani women: a literature review', *International Review of Psychiatry*, pp. 1–9. https://doi.org/10.1080/09540261.2024.2306620

Aktar, S. and Tribe, R. (2024) 'Perceived powerlessness and self-harming behaviours in UK-based Bangladeshi, Indian and Pakistani women', *International Review of Psychiatry*, pp. 1–10. https://doi.org/10.1080/09540261.2024.2306638

Aktar, S. and Tribe, R. (2024) "Self-harm is wrong": the experience of self-harming behaviours that inflict external injuries to the body in UK-based Bangladeshi, Indian and Pakistani women: an Interpretative Phenomenological Analysis", *International Review of Psychiatry*, pp. 1–8. https://doi.org/10.1080/09540261.2024.2306615



