



2 Harley St, London, W1G 9PA • Phone: 020 8150 7563 • Mobile: 07434 585 472
E-Mail: info@privatetherapyclinic.com Web: www.theprivatetherapyclinic.co.uk

DR SHIRIN SHAMS

PsychD, BSc (Hons), CPsychol, HCPC reg.

EDUCATION AND ACADEMIC QUALIFICATIONS

2011–2017	PsychD Counselling Psychology	University of Roehampton, London
2011	Counselling Skills Course	City University London, London
2006–2009	BSc Psychology (Hons), 2:1	University of Westminster, London
2001–2004	Certificate of Secondary Education in Social Sciences	O. Gymnasieskolan, Umea (Sweden)

SKILLS

- ❖ Met the high professional standards and competencies for BPS chartered membership and HCPC registration.
- ❖ Psychodynamic, person-centred and CBT proficient while a relational emphasis remains at the core of the therapeutic encounter.
- ❖ Positioned in the science-practice interface, where rationale for choice of approach is drawn on evidence-based psychological research.
- ❖ Strictly adhering to BPS and HCPC codes of ethics via the conduct of safe, confidential and reflective practice.
- ❖ Working with an interpreter
- ❖ Doctorate-level research and literacy skills: completed a doctoral thesis on the counselling provision for procrastination in academia.
- ❖ Working effectively with a diverse client cohort with presentations that have varied in severity.
- ❖ Well prepared to work collaboratively in meeting both client and context needs.
- ❖ Accustomed to implementing psychometric testing (e.g. CORE-10, GAD-7, PHQ-9, IES-R) and handling sensitive client data in accordance with relevant legislation.
- ❖ Engaging in multilingual counselling including English, Swedish, Norwegian, Farsi and Afghani.

WORK HISTORY

Counselling Psychologist The Private Therapy Clinic Private Practice

**2017-present
London**

- Responsibilities entail offering a highly professional, effective and efficient counselling to individuals and couples across London in the service's Harley Street, Bank and Chelsea clinics.
- Implementing a wide, knowledgeable and flexible skillset to a diverse client population whose presentations range from everyday problems such as stress to more severe personality disorders.
- Offering short-term counselling as well as long-term/open-ended psychotherapy.
- Writing medicolegal reports, subsequent to having conducted appropriate assessment.
- Offering clinical supervision for counselling psychologist trainees and trainee counsellors.

CLINICAL PLACEMENTS

Counselling Psychologist in Training Primary Care Psychological Therapies

2013-2014
Greater London

Kent and Medway NHS and social partnership trust

- A demanding role where Dr Shams learnt to manage a heavy workload as short-term counselling (six sessions) was offered to seven referred clients per day.
- Clients predominantly presented with 'mild to moderate' mental health difficulties, wherefrom Dr Shams learnt to successfully engage with a diverse and varied caseload.
- Under the supervision of a Counselling Psychologist, either psychodynamic or CBT models were implemented wherefrom a highly reflected practice emerged.
- This role required excellent written and verbal communication skills, as it entailed corresponded with other clinicians (e.g. GPs, mental health nurses and child protection agencies) on an ongoing basis.
- Proficiency in psychometric testing (CORE-10, PHQ-9, GAD-7, WSAS and Phobia Scales) gained.
- Worked with an interpreter

Counselling Psychologist in Training The City & East London Bereavement Service Barts health NHS trust

2012-2014
London

- With the possibility to extend, clients were initially offered 12 sessions, wherefrom Dr Shams attained competence in engaging with longer-term counselling.
- This role required an extensive and varied skillset, as Dr Shams worked with a diverse client population including various minority groups, whose presentations varied in severity and complexity.
- By espousing to high levels of empathy, I supported clients in coming to an acceptance of their loss; readjusting to their new circumstances; living without the deceased and reinvesting into life.

EXPERT WITNESS TRAINING

- In-house training provided by The Private Therapy Clinic

INDEPENDENT EXPERT WITNESS AREAS OF EXPERTISE

Independent Expert Witness Areas of Expertise The Private Therapy Clinic

2017-present

Private Practice

- **Family & Capacity:** cognitive functioning; substance misuse; assessment of anger traits and anger management skills; behavioural issues/behavioural management; personality disorders and clinical syndrome; affective conditions (e.g. PTSD, Anxiety disorders etc.)
- **Criminal:** substance misuse, mental capacity, personality assessments
- **Civil/Personal Injury:** Post-traumatic Stress Disorder, Deportation Assessment; Disability discrimination tribunals, sexual difficulties.

PROFESSIONAL QUALIFICATIONS AND MEMBERSHIPS

- Registered Practitioner Psychologist - Health and Care Professions Council
- Chartered Membership – The British Psychological Society

ADDITIONAL INFORMATION

Languages:	Fluent: English and Swedish. Conversational: Farsi, Norwegian and Afghani.
Computer skills:	MS Office, SPSS
Security:	Full, enhanced CRB
Insurance:	Personal professional indemnity insurance (Howden)