

# **Work Experience**

## **High Intensity CBT Therapist**

East London Foundation Trust NHS

October 2018 to Present

Delivering Step 3 NICE recommended Psychological Assessments and CBT Interventions for clients presenting in Primary Care with Depression and Anxiety disorders.

## **High Intensity CBT Therapist**

ICS Digital Therapies

August 2020 to Present

Delivering Remote CBT Interventions for clients presenting in Primary Care with Depression and Anxiety disorders.

## **Psychological Wellbeing Practitioner**

Compass Wellbeing CIC

September 2015 to October 2018

Delivering Guided Self Help, Low Intensity CBT and Psychoeducational Groups for clients presenting in Primary Care with mild to moderate Depression and Anxiety disorders

## **Primary Care Liaison Support Worker**

East London Foundation Trust NHS

June 2015 to September 2015

Supporting clients with severe and enduring Mental Health issues in Mental Health Reviews/Clinics, whilst assisting the Multi-Disciplinary Team in the transition of the client from the Community Mental Health Teams back to Primary Care.

## **Rehabilitation Support Worker**

Barts Health NHS Trust

September 2014 to June 2015

Carrying out Cognitive, Speech and Physical Assessments and Interventions for the Occupational Therapy, Physiotherapy and Speech and Language Therapy teams on the inpatient Neuro-rehabilitation wards in the Royal London Hospital.

## **Care Worker**

Excel Homecare

September 2013 to September 2014

Supporting service users suffering with Long Term Physical and Mental Health Conditions with activities of daily living and functioning to promote independent living.

## **Education**

### **POST GRADUATE DIPLOMA IN COGNITIVE BEHAVIOURAL THERAPY**

ROYAL HOLLOWAY UNIVERSITY

October 2018

### **POST GRADUATE CERTIFICATE IN LOW INTENSITY COGNITIVE BEHAVIOURAL THERAPY**

UCL

September 2015

### **POST GRADUATE CERTIFICATE IN COUNSELLING PSYCHOLOGY**

CITY UNIVERSITY LONDON

August 2014

### **PSYCHOLOGY BSC**

CITY UNIVERSITY LONDON

August 2013

## **3 A-LEVELS including Psychology**

## **12 GCSE'S INCLUDING MATHS & ENGLISH**

### **Skills**

- Skilled in the Assessment and Formulation of a range of Mental Health Disorders such as PTSD, OCD, Social Anxiety Disorder, Healthy Anxiety, Generalised Anxiety Disorder, Panic Disorder, Phobias, Low Self-Esteem, Stress, Insomnia and Depression
- Ability to implement NICE recommended Disorder Specific CBT Treatment Protocols
- Ability to make autonomous clinical decisions regarding the Care-Pathway of clients
- Designing individualised, idiosyncratic treatment plans for Co-Morbid clients
- Conducting Risk Assessments for Self-harm, Suicide, Risk to others, Drug and Alcohol use, Human Trafficking, Modern Slavery and the Safeguarding of Vulnerable Adults and Children
- Supervising Trainee Psychological Practitioners in devising Treatment Plans and reflecting on Clinical Practice
- Effectively liaising with Professionals such as GP's, Psychiatrists, Community Mental Health Teams, Social Workers, Midwives and other external agencies in order to provide holistic and person-centred support to the client
- Developing meaningful therapeutic alliances with clients through empathy and compassion
- Fluent in Bengali (Sylheti Dialect) and the ability to provide psychological therapy in this Language
- Experience of working in IAPT, high paced and target-driven Clinical settings, whilst competently managing a high volume caseload of clients
- Maintaining 1-hour weekly Supervision for continuous Professional and Personal development and reflection
- Highly computer literate
- completing referrals, writing letters to external agencies and Professionals on a regular basis, updating and completing records and reports
- Individual Recovery Rates that are above the national average for clients completing treatment within IAPT
- Knowledge and experience in Third-wave approaches such as Mindfulness, Compassion Focused Therapy, Acceptance and Commitment Therapy and Metacognitive CBT

### **Certifications and Licenses**

**Level 2 Provisionally Accredited Practitioner and member of the BABCP**