

MARTA DRZEWICZEWSKA

PROFILE

Marta Drzewiczewska, Chartered Counselling Psychologist specialising in therapy for young people and adults with eating disorders, body image disturbances, psychosomatic disorders, mood disorders and trauma. She has worked academically and clinically in both the United Kingdom and Poland in models of mental health, educational and community-based interventions. Her research has been focused on in-depth understanding of the relationship between an experience of one's bodily self and identity amongst individuals with anorexia nervosa and obesity

EDUCATION

- UNIVERSITY OF OXFORD, COGNITIVE-BEHAVIOURAL THERAPY FOR EATING DISORDERS, 2021 - 2022
- UNIVERSITY COLLEGE LONDON (UCL) - TREATMENT OF EATING DISORDERS, LONDON, 2020
- TAVISTOCK AND PORTMAN NHS FOUNDATION TRUST - WORKING WITH PEOPLE WITH EATING DISORDERS AND BODY DYSMORPHIA: PSYCHODYNAMIC APPROACH, LONDON, 2019 - 2020
- TAVISTOCK AND PORTMAN NHS FOUNDATION TRUST - DEVELOPMENT OF PSYCHOANALYTIC THEORY, LONDON, 2019 - 2020
- UNIVERSITY OF GDANSK - MSC CLINICAL PSYCHOLOGY, POLAND, DISTINCTION, 2012 - 2017

Dissertation: *The Bodily - Self and Clarity and Differentiation in the concept of the Self among women with eating disorders and obesity.*
Based on psychological interviews conducted with 60 patients in collaboration with national eating disorder and obesity treatment centres

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

- The Health and Care Professions Council - HCPC (reg. no. PYL040714)
- Member of The Body Dysmorphic Disorder Foundation and BEAT Eating Disorders Charity
- Member of The National Autistic Society
- Member of The Anna Freud Centre Learning Network

WORK EXPERIENCE

COUNSELLING PSYCHOLOGIST, SPECIALIST PRIVATE EATING DISORDERS TREATMENT SERVICE; OXFORD - SEP 2022 - PRESENT

- Providing specialist psychological assessments, psychological therapy for young people and adults with a variety of life and psychological difficulties including eating disorders, body image disturbances, trauma and abuse, mood disorders and somatic expressions of emotional distress;
- Providing short- and long-term psychological therapy, including psychodynamic, enhanced cognitive behavioural therapy for eating disorders (CBT-E), specialist supportive clinical management for eating disorders (SSCM), mentalization-based treatment (MBT) and compassion-focused therapy for eating disorders (CFT-E) in the treatment of eating disorders.

PSYCHOLOGIST, RICHMOND BOROUGH MIND MENTAL HEALTH SERVICE; LONDON - AUG 2021 - PRESENT

- Providing clinical and psychological assessments, psychotherapy, mental health training and consultations across organisational psychological and wellbeing services, including: Psychotherapy and Counselling, Outreach, Wellbeing Centre and Mental Health Training;
- Providing group and individual therapy to clients with mild to complex presentations, including eating disorders personality disorders, depression and anxiety drawing upon a range of psychotherapeutic modalities including psycho-education, cognitive-behavioural, integrative and psychodynamic psychotherapy;
- Leading Outreach Service providing psychological consultations and counselling to clients from under-served communities in South London, including clients from ethnic minorities or in a difficult socio-economic circumstances.
- Providing consultancy to other professionals from local government and community organisations in the area of mental health.

COUNSELLING PSYCHOLOGIST, RICHMOND BOROUGH MIND PSYCHOTHERAPY AND COUNSELLING SERVICE; LONDON - JAN 2019 - PRESENT

- Providing assessments, psychological treatment interventions and psychotherapy for a variety of emotional and psychological difficulties including post-traumatic stress disorder, personality disorders, depression, anxiety, eating disorders, body dysmorphia and psychosomatic disorders;
- As part of a therapeutic team, developing individual treatment plans tailored to individual's clinical presentation including brief counselling and psychotherapy drawing upon a range of psychotherapeutic modalities including psycho-education, cognitive-behavioural and psychodynamic psychotherapy;
- Undertaking literature searches and providing summaries in respect of relevant clinical evidence to support team members in evidence-based practice.

PSYCHOLOGIST / SPECIAL EDUCATIONAL NEEDS (SEN) LEARNING ASSISTANT; VARIETY OF SCHOOLS IN LONDON, 2 DEC 2019 - SEP 2021

- As a part of a multi-disciplinary team consisting of educational and clinical professionals, planning, implementing and evaluating psychological and educational interventions to support the cognitive, social and emotional development of children with neurodevelopmental disorders, emotional, behavioural and learning difficulties and providing support for their families;
- Delivering psychological support to the children individually and in groups using elements of cognitive-behavioural therapy, psychoeducation and mentalization-based treatment, under the supervision of senior professionals;
- Contributing to developing, implementing and evaluating therapeutic and behaviour programmes; applying a psychological framework to develop specialist care plans tailored to pupils and supporting evidence-based practice.

COUNSELLING PSYCHOLOGIST, THE POLISH PSYCHOLOGISTS' ASSOCIATION, LONDON – JUL 2017 - JUL 2019

- Took an active part in organisational training, counselling and research projects aimed at providing psychological support to adults and their families with complex mental health and life difficulties, including eating disorders and comorbidities, post-traumatic stress disorder, personality disorders and self-harm;
- Provided assessment, case formulation brief counselling and long-term psychotherapy;
- Developed evidence-based treatment plans as well as prepared the treatment prognosis and risk assessment;
- Contributed to the service evaluation, quality improvement and research; Developed databases, undertook research reviews and prepared informative texts and resources aimed at the public;

Key achievements: ◦ Organised and implemented a group treatment programme for patients with eating disorders and body-dissatisfaction problems in partnership with a charitable organisation; ◦ Received an award for contributions to the organisational development of the Polish Psychologists' Association at The Annual General Meeting.

PSYCHOLOGY RESEARCH ASSISTANT OF INTERNATIONAL RESEARCH PROJECT, UNIVERSITY OF GDANSK - INSTITUTE OF PSYCHOLOGY, POLAND – APR 2015 - DEC 2018

- Worked as a part of the Social and Personality Psychology research team analysing the mechanisms of intergroup relations and dynamics of social identities in communities and organisations and their impact on individual and group mental health and wellbeing;
- Undertook searches of scientific literature, providing summaries drawing upon the knowledge of social, developmental and personality psychology as well as philosophical bases underpinning psychological theory;
- Organised training and consulting sessions for research team members and students in the area of own specialism;
- Contributed to the dissemination of findings from projects through writing papers for publication in peer-reviewed journals and presenting research findings at conferences.

Key achievements: ◦ Co-authorship of scientific publication ◦ Received an award for the poster contest during the 13th Convention of the Polish Society of Social Psychology

TRAINING AND PROFESSIONAL DEVELOPMENT

- Tavistock and Portman NHS Trust, Complex trauma: The co-design and co-delivery of therapy services with survivors of torture, 2021
- Tavistock and Portman NHS Trust, An introduction to working with refugees and asylum seekers, 2021
- Anna Freud Centre, Mentalization Based Treatment with Adults & Children, Young People and Families, 2021
- King's College London, Understanding ADHD: Current Research and Practice, 2020
- Open University, Understanding Autism, 2020
- The Anna Freud Centre, Transforming Children's Mental Health, The Anna Freud Centre, 2019
- The Anna Freud Centre and UCL Centre for Behaviour Change Child and Youth Mental Health, Outside of Specialist Services, 2018

PUBLICATIONS AND CONFERENCE PROCEEDINGS

- ❖ **Drzewiczewska, M.** (September 2017). The Bodily - Self and the clarity of Self - concept among people with anorexia nervosa. A presentation in the poster contest during the 36th Congress of the Polish Psychological Association in Gdansk (PL).
- ❖ Lawendowski, R., Besta, T., **Drzewiczewska, M.** (2017). The development of musical identities in a perspective of a dialogue with others. *Miscellanea Anthropologica et Sociologica*, 18(4), 139-160.
- ❖ Lawendowski, R., Besta, T., **Drzewiczewska, M.** (September 2016). Typology of personalities of the music festival's participants: Music's functions, attendance's motives and the personality. An awarded presentation in the poster contest during the 13th Convention of the Polish Society of Social Psychology in Wrocław (PL).