

**Luiza Emini**

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## **Profile**

Dedicated and compassionate mental health professional, offering DBT crisis intervention services and tailored mental health interventions through informed CBT and informed DBT for diverse client presentations. Proficient in therapeutic intervention, and report writing, with a strong passion for empowering clients toward improved mental health and well-being.

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## **Education**

### **MSc Health Psychology**

*University of Westminster*

*September 2022 – August 2023*

### **BSc Psychology**

*University of Westminster*

*September 2019 – April 2022*

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## **Key Skills**

- Informed Cognitive Behavioral Therapy (CBT)
  - Informed Dialectical Behavior Therapy (DBT)
  - Crisis Management & Mental Health First Aid
  - Psychological Reporting
  - Play Therapy & Child Development Strategies
  - Multidisciplinary Team Collaboration
  - Fluent in English & Albanian
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## **Professional Experience**

### **Psychological Counsellor**

*Private Therapy Clinic*

*September 2023 – Present*

- Provide online CBT and DBT therapy for clients presenting with depression, anxiety, panic disorder, self-esteem issues, relationship difficulties, health anxiety, and tics.

- Offer DBT crisis intervention services to clients in acute distress, helping them develop effective coping strategies.
- Conduct initial client assessments and collaborate with senior psychologists for diagnostic processes.
- Develop tailored treatment plans to address clients' individual therapeutic goals.
- Write comprehensive psychological assessment reports and maintain accurate client documentation.
- Participate in clinical supervision and multidisciplinary meetings to ensure high-quality care delivery.

### **Assistant Paediatric Occupational Therapist**

*KIDspire*

*January 2023 – September 2023*

- Collaborate with specialists to conduct occupational therapy assessments and develop individualized play therapy interventions.
- Implement play-based therapeutic sessions to foster cognitive, social, and motor skill development in children.
- Support parents in understanding and managing their children's developmental needs.
- Document clinical progress through detailed reports.

### **Assistant Psychologist**

*Whittington Health Clinical Health Psychology*

*February 2023 – June 2023*

- Administer, score, and monitor psychological assessments to track client progress.
- Support therapeutic groups and workshops, offering clients valuable insights.
- Collaborate within multidisciplinary teams to develop comprehensive care strategies.
- Provide research support on complex psychological disorders to inform clinical practice.

### **Patient Pathway Administrator (Speech & Language Therapy)**

*Whittington Health*

*January 2021 – September 2023*

- Supported patient care processes, including booking appointments and managing caseloads.
- Coordinated therapy group projects and ensured efficient budget management.
- Collaborated with clinicians to maintain accurate clinical documentation and conduct yearly audits.
- Engaged in shadowing opportunities to broaden clinical knowledge, including video fluoroscopy assessments.

### **Specialized Nanny**

*Private Clients*

*June 2018 – June 2022*

- Developed and implemented activities to promote language, cognitive, and social skills in children.
- Used therapeutic play techniques to support child development and emotional growth.
- Built lasting relationships with families by fostering nurturing and supportive environments.

### **Ward Clerk and Patient Pathway Administrator (Bank)**

*Whittington Health (Various Departments)*

*February 2017 – June 2022*

- Actively participated in multidisciplinary board meetings to ensure cohesive patient care.
- Managed caseload documentation, consultant schedules, and administrative processes.
- Trained new staff, enhancing department efficiency and communication.
- Gained experience in a high-pressure clinical environment, honing organizational and interpersonal skills.

### **Work Experience**

*Compton Lodge Care Home*

*June 2016 – July 2016*

- Assisted residents during feeding and engaged them in cognitive and mobility-enhancing activities such as music therapy and yoga.
- Provided emotional support and meaningful conversations to promote well-being.

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### **Training & Certifications**

- Mental Health First Aid Training
- Disability in the Workplace
- Sign Language Basics
- Fire Safety & Warden Certification
- Bystander to Upstander Training
- Coaching Course (Private Therapy Clinic)
- Challenging Bullying and Harassment

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### **Technical Proficiencies**

- Microsoft Office Suite (Excel, Word, Teams, PowerPoint)
  - Clinical Software: RIO, CareFlow, Patient Flow, ICE, PECOS, EDMS, BookWise
  - Psychological Analysis Tools: SPSS
  - Scheduling & CRM Platforms: HubSpot, Acuity
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## **Interests**

- Holistic Health & Wellness (Yoga & Meditation)
- Advocating for Mental Health Awareness