

Housam Ebrahim
Senior Family & Systemic Psychotherapist
CURRICULUM VITAE

Personal Profile:

- Over 25 years' experience of working in the field of mental Health within the NHS and for UNICEF (Jordan). Working in a variety of mental health settings. I have the experience and the ability to work and conduct therapy with patients of all ages from children of 5 year old to older adult in both the English and the Arabic Languages
- I have the ability to confidently provide and apply several treatment modalities such as Cognitive Behavioural Therapy, Motivational interviewing, EMDR, DBT, Trauma Based Therapy as well as couples therapy and group therapy all with individuals and their families
- I have all necessary experiences in working with people with dual diagnosis and with those who suffer traumas and being diagnosed with PTSD and running a trauma recovery service.
- As a professional behavioural and Systemic Couple's psychotherapist, I have the excellent skills and experiences in helping and supporting couples and families in couple's therapy
- I have over 15 years of experience in working in CAMHS (Child & adolescents services). Providing relevant and effective clinical services to young people, and adults as well as their families.
- I provide experienced and highly specialised assessment and treatment of children and young people as well as adults.
- I have the experience in remotely offering structured clinical supervision to UNICEF junior psychologists in the Middle-east, as well as providing formal one 2 one psychological assessment and treatment to members of the UNICEF staff, particularly for those who suffered traumas, relationship difficulties, relationship difficulties and generalised psychological support and advice to them (Providing psychosocial Consultations).
- I also provide webinars and remote teaching sessions to Unicef staff members
- I had wide and diverse knowledge in mental health on the individual of all ages.
- I am experienced in utilising Media and other means of on-line services to engage with patients and clients from different parts of the world.
- I have worked and gained all experiences in working within the Adult Mental Health in an patient units and in the community, Child and Adolescents mental health (CAMHS). And in private and community centres



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- Experience in Trauma Recovery and treatment of Post-Traumatic Stress Disorders. I also have the experience in applying both anger and /or anxiety management treatment programmes.

EDUCATION AND QUALIFICATIONS:

- **MSc in Family & Systemic Psychotherapy**, Birkbeck University. 31/07/2011
- **Postgraduate Diploma in systemic Family Therapy**, Institute of Family Therapy, Birkbeck University 31 July 2006
- **BSc (Hons.) in Psychology**, University of East London, 1999.
- **Diploma in Supervision/Mentorship in clinical settings.** Thames Valley University, 2004.
- **Higher Diploma in Community Mental Health at MSc Level**
Gained the title **Specialist Practitioner** by the **UKCC**, Brunel University 2001.
- **Registered Psychiatric Mental Health practitioner**, Redwood College, Claybury Hospital, 1993. UKCC Registered

Employer/activity history

Employer name:

Central & North West London NHS Foundation Trust

Employer address

CNWL NHS Foundation Trust 350 Euston Road Regent Place Regent Place
NW1 3AX, UK

Bentley House, 15-21 Headstone Drive, Harrow and Wealdstone, London
HA3 5QX

Type of business



Adult Community Mental Health Service

job title

Highly Specialist Systemic Psychotherapist / Mental Health Specialist Practitioner

Start date

May 2020 to date

Period of notice

3 Months

Brief description of my duties & responsibilities

As a specialist community Mental Health clinician and a senior Systemic Psychotherapist, I provide Specialist assessment and treatment planning of individuals with Mental Health Difficulties utilising newly formulated module of treatment. My module of treatment is evidence based that incorporated several treatment modalities in both Psychology such as CBT and DBT, Compassion Focused therapy and psychoeducation as well as problem solving. As a Systemic psychotherapist recognising the importance and the impact of relationships on the individual mental health, I provide individuals and family therapy of a systemic nature as well as behavioural couples therapy. I also provide specialist Systemic psychotherapist to Adolescents and their families supporting their transitional stage and preparing them move smoothly into adulthood.

As senior mental health practitioner (Specialist Practitioner), I formulated and run a well designed protocol for a group therapy targeting the dual diagnosed individuals called "Changing the Habit Group Therapy". I also utilised DBT and CBT modules of therapy in setting up and running two of the most important group therapies, **The Stabilisation Group** and **The Emotional Regulation Group therapies**

Finally, As clinical supervisor, I have the opportunity to work together and supervise junior staff members and students. Most importantly, I work effectively with all members of the MDT, recognising their particular specialism in decision making and care planning as well as keeping them up to date with client's progress, Clients mental health, and compliance with treatment via attendance of our regular MDT meetings and clinical case presentations. Above all I aim to preserve and protect the confidentiality and the respect to all individuals under our care.



The aims of this service are to reduce hospitalisation, increase mental health awareness, understanding relapse signs, empowering and motivating people and their families to gain independence and improve their health and wellbeing.

I would like to add that all treatment planning are discussed with clients and their families if possible. A copy of the care plan is sent to the client and it is always important to allow a reflection session to gain maximum interest and agreement. This level of transparency promotes positive working relationship and trust,

Other employers

Employer name:

UNICEF

Employer address

UNICEF
Jordan Country Office, Shemeisani
PO Box 940043, Amman 11194

Type of business

United Nation Children Fund (Consultant mental Health Psychotherapist)

Reporting to:

Head of Human Resource (UNICEF JCO)
Telephone
+962 (0) 6 5502400 Ext: 690

My job titles

Psychosocial / Psychological Consultant for the JCO

Start date

January 2020 To Todays date to August 2022

Brief description of my duties & responsibilities



As a mental health psychological consultant for the UNICEF sector in Jordan, I'm responsible for the mental health and well being of employees at the Jordan Office. My work involves assessment and treatment of the mental health of the individuals particularly those who had a period of self isolation and had contracted the COVID-19 Virus. I provided psychological therapies and mental health assessment to determine their suitability to return to work after a onset of an infection with the long COVID. Additionally, I worked with individuals offering CBT, DBT, companionate based therapy as well as systemic family therapy.

My work with individuals and groups also involved psychoeducation, giving webinars about anxiety management, Self harm and suicide. I am offering anxiety and anger management, couples' therapy, systemic therapy where employees children are involved and triangulated in the couple's relationship conflict.

PS:

Please note that my work is based on remote working utilising Zoom and Microsoft

Previous employers

Employer name

Central & North West London NHS Foundation Trust
Employer address
Central & North West London NHS Foundation Trust
350 Euston Road, Fitzrovia London
NW1 3AX
Marlborough Family Service

Type of business

Child & Adolescents Mental Health

Reporting to

Service Director (Dr Aia Asen) Consultant psychiatrist

My job title

Highly Specialist family and systemic Psychotherapist /child Psychotherapist

Start date

March 2004

End date

March 2020

Reason for leaving

Having acquired over 15 years of experience working with Children and young people in mental health services, I felt the need to widen my scope of experience and professionalism in working with the adults with mental health problem and their carer/ families

Brief description of my duties & responsibilities

Specialised Family, individual & Systemic Psychotherapist Undertaking tire 3 assessment, planning and on-going individual and family therapy. My role is based on ensuring effective utilisation of the CAPA Model within CAMHS service. I provided specialist mental health assessment of referrals of a significant and complex nature with a view to formulating and implementing plans for the treatment and management of risks in accordance to trust safeguarding policy and practice.

As a senior mental health Clinician and family & Systemic psychotherapist I had the capacity to manage complexity and risks. I worked creatively and promoted effective Community mental health services and systemic practices with utmost cultural competencies.

As a Psychotherapist, I provided psychological assessments of referred children and young people, using individual and family interviews, and other assessment methods as appropriate. I offered CBT and Motivational interviewing as well as psychoeducation and family /carers support services. I formulated and devised psychological and Systemic psychotherapy treatment and management plans for referred children and adolescents with a range of mental Health problems, including those with complex and challenging behaviours.

I also provided psychological advice and systemic formulations, guidance and consultation to other professionals, to assist in the Clinical formulation, diagnosis and treatment of young people with complex mental health needs and high risk presentations.

I provided clinical service in an agreed designated area of specialism (e.g. systemic approaches, positive behavioural support, psychodynamic psychotherapy, cognitive behaviour therapy, as well as specialist mental health support to young people with gendered identity problems.



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Other Previous employers

Employer name

CNWL Central & North West London NHS Foundation Trust
Employer address
CNWL NHS Foundation Trust 350 Euston Road Regent Place Regent Place
NW1 3AX

Type of business:

Adult Community mental health service

My job title

MH Specialist Practitioner & Mental Health Psychotherapist

Start date

March 1995

End date

March 2004

Brief description of my duties & responsibilities

Community Therapy Centre manager, Adult acute in/out-patient Services, Central & North West London Foundation NHS Trust. Provided general management and running of the therapy unit, as well as offering psychological therapies to individual and groups of patients and managing a small group of junior psychologists, nurses and carers. I also worked in and in-patients wards taking in charge of adults in-patients assessing and monitoring their mental state, safely administered medication and taking general management of pine ward which accommodated a total of 25 in-patients. I monitored their mental state, ensuring accurate risks assessment and monitoring mental health via CPA and being active participants in MDT meetings and ward rounds with consultants and team members. As a qualified mental health supervisor, I offered clinical supervision to junior staff members and acted as a mentor to students nurses.

Other employers

Employer name

Barts NHS Foundation Trust
Employer address
Whips Cross Hospital & Claybury Hospital, London,

***Type of business***

Community mental health service

My job title

Community Mental health Specialist Practitioner

Start date

January 1991

End date

March 1995

Reason for leaving

Career Development

Brief description of my duties & responsibilities

Adult Community Mental Health Specialist, Community mental Health Team, Whips Cross Hospital & Claybury Hospital, London, East. I worked as a community mental health clinician, Provided assessment , planning and mental health monitoring of adult with sever and enduring mental health problems. Monitoring their mental state and safeguarding their wellbeing and their interest. I ensured active participation of my clients on CPA. I also supervised junior staff nurses and worked as a mentor to nursing students.

PROFESSIONAL BODY:

UKCP	Registration No:	2011162516 (Expires September 2022)
UKCC	Registration No:	91A1953E (Expires March 2022)

RESPONSIBILITIES AND DUTIES

- o As a senior member of the Mental Health practitioner, family & Systemic psychotherapist, I have the capacity to manage complexity and risks. I work creatively and promote Excellent mental health interventions and systemic psychotherapy within the utmost cultural competencies and effective leadership skills.
- o I formulate and devise Systemic family therapy / psychological treatment and management plans for referred adults, children and adolescents with a range of mental Health difficulties.

- o I also provide Systemic / psychological advice, guidance and consultation to other professionals, to assist in the formulation, diagnosis and treatment of customers with complex health needs and high risk presentations.
- o I aim to provide clinical service in an agreed designated area of specialism (e.g. systemic approaches, positive behavioural support, psychodynamic psychotherapy, cognitive behaviour therapy, DBT, Trauma work and Compassion Therapy)
- o I am confident in working individually with people from all ages, using systemic and psychological approaches, and draw on other models of therapy such as Motivational interviewing and Compassion based Therapy.
- o I am able to implement plans for the treatment of mental health disorders in line with research findings and evidence-based practice.
- o During the process of treatment, I continuously evaluate treatment/therapy options taking into account clients and their families views and reassess their needs when required.
- o I apply knowledge and skills of cross-cultural and intra-cultural therapeutic work effectively and sensitively with clients from a wide range of racial, cultural, and religious backgrounds.
- o I also work effectively and sensitively with issues of gender, sexuality and disability, class and age
- o I have the experience in applying all knowledge of child protection issues and child development to work with young people and vulnerable adults.
- o I am also very much aware of the issue of confidentiality and always acted to preserve the dignity, confidentiality and the wishes of my clients and their families.

Additional Training/CPD

Name of certificate Completion	Name of provider	length of course	Date of
EMDR Training	EMDR Works	Ongoing training	2012-2013
Motivational interviewing	CNWL	Diploma	Sep 2021
Training course Non-violence resistance	KCC	one day	June 2019
Dialogical Practice in	CNWL	one day	February 2018



Mental Health

Gendered Intelligence	KCC	One day	March 2020
Combining CBT & Systemic Psychotherapy	CNWL	Diploma	March 2019

References:

Available upon request