

Dr. Aisha Ali
HPC Registered Psychologist
BSc, D.CPsychol,
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Languages: English, Hindi, Punjabi and Urdu. Learning Arabic.

Academic Qualifications

Doctor of Counselling Psychology - London Metropolitan University, London (2008)

BSc Psychology. Degree classification 2:1 Upper Second Class - UNIVERSITY OF EAST LONDON, UK (2004)

Professional Qualifications & Memberships

Registered Psychologist, Health Professionals Council

BPS Psychologist

Eye Movement desensitization and reprocessing (EMDR) practitioner

ADOS (Autism Assessment and Diagnosis).

3di Training

Primary Certificate in Performance Coaching – Centre for Coaching/Centre for Stress Management

ADHD Diagnosis and Assessment – UKAAN

Certificate in Coaching Program and Mentorship with Bob Proctor – Proctor & Gallagher Institute (PGI)

Expert Witness Training

Excellence in Report Writing – Bond Solon (2014)

Court Room Skills – Bond Solon (2014)

Independent Practice:

- 2011 - Present: **Independent Expert Witness**

Areas of Expertise:

Dr Ali specialises both in the assessment of both adults, children and adolescents in the context of Family Proceedings and Private Law Disputes. Dr Ali regularly undertakes Personal Injury, Criminal, Family, Immigration and clinical negligence Work. Instructions undertaken are 80% claimant and 20% defendant.

Dr Ali has undergone training as a Health Professional Expert Witness with Bond Solon. Dr Ali has extensive experience of assessing a wide range of mental health problems by psychometric objective assessments and by clinical interview.

Family & Capacity:

- Cognitive Functioning
- Substance Misuse
- Assessment of anger traits and anger management skills
- Behavioural Issues/Behavioural Management
- Personality Disorders and Clinical Syndromes
- Affective Disorders (for PTSD and anxiety disorders etc)

Criminal:

- Substance Misuse
- Mental Capacity
- Personality Assessments

Civil/Personal Injury:

- Post Traumatic Stress Disorder
- Deportation Assessments
- Disability Discrimination Tribunals
- Sexual difficulties

CLINICAL EXPERIENCE

- Provision of psychological assessment and therapy to individuals with complex mental health difficulties
- Conducting therapeutic interventions including Cognitive Behavioural Therapy (CBT) & Eye Movement Desensitization and Reprocessing (EMDR)
- Supervision of Counselling Psychologists & Psychotherapists
- Training and Consultation of Professionals
- Design and implementation of service development projects
- Interviewing and recruitment of staff

EMPLOYMENT HISTORY

2009-2015 **CMHT Psychological Therapies Services. East London NHS Foundation Trust.**
2011 Present: **Private Practice – Harley Street**

Psychologist in Private Practice

Dr Ali's Duties Include:

- Providing assessment, formulation and a variety of evidence based psychological therapies for individuals presenting with a wide range of mental health needs, relationship difficulties and stress

management. Long term and short term models of therapy offered including: Cognitive Behavioural Therapy, EMDR, Psychodynamic, Cognitive Analytical Therapy and Mindfulness.

2009-2015 CMHT Psychological Therapies Services. East London NHS Foundation Trust.

COUNSELLING PSYCHOLOGIST

- Providing highly specialist skills in complex care in Adult mental health in patients with a broad range of severe, complex and enduring disorders comorbid with other presentations using Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy (CFT), Integrative therapy and Cognitive Analytic Therapy (CAT).
- Providing psychological assessment, formulation and devising treatment plans for a wide range of severe, complex and enduring disorders as well as monitoring risk.
- Screening referrals and assessing whether criteria is met for complex psychological care and assessing for risk including to refer and sign post patients to other agencies where appropriate.
- Working within a Multidisciplinary team and providing expertise, advice, recommendations and consultation to facilitate effective provision of psychological care to patients, all referrals, CMHT team, external agencies and GP's.

- Supervising Counselling Psychology trainees' clinical work and performing managerial duties.
- Attending and participating in service and team meetings, individual and group supervision.
- Facilitating South Asian women's Multi-lingual Therapy Group.
- Providing bi-lingual therapy in Hindi, Punjabi and Urdu.

2009 ST. ANN'S HOSPITAL, HARINGEY IAPT PRIMARY CARE TRUST.

COUNSELLING PSYCHOLOGIST/CBT THERAPIST

- Providing IAPT Step3 psychological therapy to individuals with mild-moderate and moderate - severe depression and anxiety disorders co-morbid with other presentations i.e. OCD, PTSD, Panic disorder and phobias using Cognitive Behavioural Therapy.
- Received induction training in preparation for IAPT program
- Shadowing and performing all aspects of role as duty manager and supervising for risk.
- Preparing to supervise and line manage High Intensity trainees' and Step 2 workers' clinical work in line with IAPT and perform managerial duties.
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- Job shadowed supervision structure and management meetings to prepare to supervise High Intensity Trainees and Step 2 workers.
- Receiving regular individual and group supervision.
- Trained and spent time performing tasks and making decisions as day Duty worker whether referrals received are appropriate or inappropriate for IAPT.
- Assessing suitability of referrals received for IAPT. Decision making whether referrals are appropriate for telephone screening or stepped up to Step 3, START team or signposting for other services.
- Being proactive as a team member in setting up the IAPT service in Haringey.
- Spending time shadowing Step 2 screening and conducting screening to familiarize myself with step 2 work for when providing supervision.
- Attending regular IAPT team meetings and IAPT top workshops at Institute of

- Psychiatry.
- Perform all administrative aspects of work and writing assessment and end of therapy reports to referrers and supervisee and managerial notes are also part of my duties

09/06-03/09 GUY'S HOSPITAL, YORK CLINIC, SEXUAL DYSFUNCTIONAL AND RELATIONSHIP PROBLEM CLINIC.

COUNSELLING PSYCHOLOGIST

- Counselling individuals and couples with sexual dysfunctions and relationship problems comorbid with other more complex mental illnesses using Cognitive Behavioural Therapy, Person-Centred and Psychodynamic frameworks.
- Conducted assessments, developing treatment plans based upon appropriate conceptual framework of the client's problems, and employing methods based upon evidence of efficacy demonstrating good communication skills.
- Demonstrating good communication skills by liaising effectively with multidisciplinary team and other professionals. Assessing and informing professionals of risk factors.
- Performed all administrative aspects related to patients report writing, assessment and discharge letters.

09/07-03/09 MUNRO CLINIC, GUY'S HOSPITAL.

COUNSELLING PSYCHOLOGIST

- Counselling adults, in a secondary care setting, with personality disorders using Cognitive Analytic Therapy.
- Conducting assessments taking historical and developmental processes that have shaped the individuals relational patterns.
- Conducting risk assessments and monitoring patients' suicidal behaviour.
- Performed all administrative aspects related to patients.
- Demonstrated self-reflection to avoid colluding with patients' dysfunctional relationship patterns by constantly attending to concepts of transference and countertransference in my therapeutic work.

Additional Information:

- CRB
- Personal professional indemnity Insurance
- Clean driver's license
- Experience of working with an interpreter

Additional info:

Locations: City, Central London, Essex. Willing to travel outside of London.