



## SPECIALISMS

Addiction  
Anxiety  
Attachment  
Bereavement  
Bipolar  
Cognitive Behavioural Therapy  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Historic Sexual Abuse  
Military  
Mood Disorder  
OCD  
Perinatal  
Postnatal Depression  
PTSD  
Self Harm  
Trauma

## CASE TYPES

Assessments of Adults  
Assessments of Adolescents  
Cognitive Assessments  
Family  
Immigration  
Occupational Health  
Personal Injury  
Risk Assessment  
Road Traffic Accident

## AREAS OF MEDICO- LEGAL EXPERTISE & EXPERIENCE

- Assessment of parents and adolescents with substance misuse (alcohol, drugs).
- Assessment of perinatal young parents with mental health problems
- Assessments of parents and adolescents in domestic violence cases, emotional, physical, and verbal abuse cases
- Assessments of adolescents- and younger adult-in-care with interpersonal/social issues.
- Assessment of young parents' parenting abilities and coping mechanisms.
- Assessment of attachment issues in older children, adolescents, and adults.
- Assessment of oppositional defiant disorder (ODD) in adolescents & young adults
- Assessment of complex mental health problems e.g., anxiety, depression, schizophrenia with psychotic episodes, Rapid cycle Bipolar, and co-morbidity in adolescents and adults
- Assessment of Post-Traumatic Stress Disorders (PTSD and C – PTSD), Obsessive and Compulsive Disorder (OCD), Personality Disorders in adolescents and adults.
- Assessment of historical sexual abuse in adolescents and adults
- Risk of sexual violence in adults and adolescents
- Risk of physical violence in adults and adolescents
- Assessment for psychological impact of personal injury: road traffic accident.
- Assessment of Adjustment Disorders, & complex traumas for Ex-Military and their family
- Assessment of psychological needs of couple undergoing fertility treatments

## AREAS OF INTEREST

- Complex Trauma and PTSD
- Personality disorders in adolescents/adults and mental health problems
- Attachment styles

## QUALIFICATIONS:

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|--|------|
| • Doctorate in Counselling Psychology              | 2016 |
| • MSc in Psychology                                | 2012 |
| • Post Graduate Certificate in Education (PGCE)    | 2010 |
| • Higher Diploma in Clinical Supervision           | 2009 |
| • Diploma, Cognitive Behavioural Therapy           | 2007 |
| • M. Div [Integrative Counselling                  | 2004 |
| • MBBS [Bachelor of Medicine, Bachelor of Surgery] | 1994 |





## SUMMARY OF OVERALL EXPERIENCE

I am Dr Oby Osuchukwu, a HCPC registered and BPS Chartered Counselling Psychologist. In 2016, I was awarded a Doctorate in Counselling Psychology by Roehampton University. Prior to this qualification, I was awarded MSc in Psychology at University of East London in 2012; MDiv in Integrative Counselling by University of Liverpool in 2006, and Higher Diploma in Cognitive Behavioural Therapy by Institute of Counselling, Glasgow in 2007. I have, therefore, been a qualified and, BACP registered psychotherapist for the past 16 years.

I have worked in voluntary, private and public sector organisations in various capacities. I worked for years in the NHS Secondary Psychological services (AMHS) and gained expertise in assessing and providing psychological interventions to adults, and adolescents with attachment issues, Traumas, and high intensity tier 3 and 4 mental health difficulties (e.g., severe Depression, Anxiety, Bipolar, PTSD, OCD, Schizophrenia, and Psychosis). I have experience in using NICE Guideline approved approaches: CBT, DBT, CAT, CFT, ACT etc. to work with these client-groups My primary professional qualification is in Medicine and Surgery (MBBS). During my medical practice, I managed patients with varieties of clinical problems for over ten years. In course of my clinical work, as a physician, I worked as one of the World Health Organisation (WHO) representatives in Nigeria (Abuja) for HIV/AIDS treatment programme – I was actively involved in the treatment and management of HIV/AIDS patients.

After qualifying as a Psychotherapist, I established my private psychological practice (FCC Clinics) in 2006 where I provide psychological assessments, reports, and/or therapeutic interventions to adults and young people with a wide range of psychological needs. In my current role as a consultant in FCC Clinics, I work with various professionals and organisations (e.g., Insurance companies, Universities, Judiciary, local authorities) to provide therapeutic, medico-legal, as well as supervisory services. In addition to assessment and intervention for clients with fertility, and complex mental health problems, I have developed a community based Cognitive Analytical Therapy (CAT) services for first- and second-generation immigrants and people from BAME community. This service offers these client-groups the opportunity to process their life experiences in relation to stigmas around mental health issues. Our community-based CAT service is also available for couples that are experiencing infertility/subfertility and those undergoing fertility treatment.

I also set up and run group therapy for younger adult males (aged 18 to 25 years) with anger/aggressive issues, and/or mental health history. Some of these young males were ex-offenders and required reintegration back into the community. The aim of the service is to assist with the reintegration of these men back into the community, as well as managing and preventing any risky behaviours they may present while in the community. In addition to my clinical work, I have years of experience in providing medico-legal psychological assessment and reports to individuals, agencies/organisations, local authorities, legal system (courts and solicitors). My medico-legal work in FCC Clinics includes **Personal Injury** (e.g., RTA, Accidents at work/public places) , **Family law (public and private)**: e.g., Attachment issues, Domestic Violence, Historical Sexual Abuses, Substance misuse, and/or Mental health difficulties etc). As earlier indicated, I have worked on a variety of cases which were either privately or publicly funded.





## EMPLOYMENT HISTORY

### 2006 – DATE: FCC CLINICS ESSEX (Private Practice)

I founded FCC Clinics in 2006 and over time it has grown to house many psychologists, psychotherapists, and counsellors. My areas of clinical and medico-legal specialism are:

- **Sexual and Reproductive Health issues** (e.g., infertility/sub-fertility, sexual dysfunctions, miscarriage and stillbirth, post-natal depression, unplanned pregnancy, Post-medical termination of pregnancy issues etc.)
- **Mental Health Issues** (e.g., Bipolar, Obsessive-Compulsive Disorders (OCD), Psychosis, Personality Disorders, Addictions, Depression and Anxiety Disorders, Post Traumatic Stress Disorders [PTSD]), Complex Traumas etc.
- **Psychological Rehabilitation for Ex-Military (Veterans) and their families** (PTSD, Anxiety, Complex Traumas, Depression, Adjustment Disorders, Combat Stress Syndromes, etc.)
- **Occupational Health issues** (e.g., Work-related stress and anxiety, Bullying in the workplace, Early Retirement on psychological/psychiatric grounds, Permanent Health Insurance claims.

My main duties and responsibilities are as follow:

- Specialist psychological assessments and Risk management & formulation
- Individual therapeutic Intervention for variety of mental health disorders.
- Clinical Supervision, Staff Continuous Professional Development (CPD)
- Reflective practice facilitation and consultation with multi-professional groups
- Research & clinical audits
- Psychological report writing for legal, educational, and personal purposes.
- Development of group work within the organization

## EXPERT IN MIND: 2021 - DATE

### EXPERT PSYCHOLOGIST

I have been working in partnership with Expert In Mind since 2021 and have completed a number of high quality and comprehensive medico-legal assessments and reports. These were instrumental to the outcome of the various cases I worked on. Within this period of time that I have worked with Expert In Mind, I assessed and reported on the following cases:

- Complex Post-Traumatic Stress Disorders (C-PTSD),
- Historical Sexual Abuse
- Reactive Attachment Disorders (RAD)
- Substance misuse (Alcohol and/or drugs) with child-neglect
- Domestic Violence in adults with Neglect of Children
- Mental Health Disorders (Anxiety, Depression, Personality Disorders)
- Second generation immigration and impact on adjustment
- Adult attachment issues in relationships



## 2018 – Date Coventry University London

### Programme Director: Health science and Healthcare Professions

I have been involved in the educational sector for over 15 years. Up until last month, I was the Programme Director for undergraduate Psychology, Counselling, and Nursing & Applied Healthcare in Coventry University London (CUL). I led the team of staff that developed and obtained BPS accreditation for the Applied Psychology Programme. As part of my programme directorship role, I managed a number of lecturers and senior lecturers as well as liaised with external stakeholders. I was involved in teaching and training students on psychological assessments and interventions for varieties of mental health and life challenges. As an external supervisor, I supervised a number of trainee counselling psychologists from different universities on their Doctoral Research Theses in Counselling Psychology. I had regularly conducted presentations at Staff Development Days on topics such as: Work – Life balance, Time Management in Workplace, Identifying signs of Burnouts etc.

My roles and responsibility therefore included the following:

- Deliver lectures in variety of counselling and psychology modules on the BSc Counselling and BSc Psychology programmes
- Manage activities of lecturers in Counselling, Psychology, Life sciences, Nursing, Public Health, and Health & Social care.
- Ensure teaching is delivered to a high standard and that teaching is assessed appropriately and fits with other teaching and related activity.
- Contribution to the core administrative and pastoral activities on the course
- Carry out high quality research in a specialised area.
- Act as research supervisor for undergraduate counselling projects
- Provide clinical supervision and contribute to fostering the integration of theory and practice from within the Integrative framework.
- Engage in the specialist knowledge in counselling and psychology.

## BANGOR UNIVERSITY AND ESSEX UNIVERSITY: 2018 - Date

### External Examiner

For some years now, I have been an external examiner to some UK Universities in their Counselling, and Psychology courses. These include Bangor University, and Essex University .





## 2017 – 2018 ESSEX COUNCIL

### Staff Counsellor

I was the Staff Counsellor for Essex Council where I provided responsive, confidential and specialist counselling services to their staff on issues ranging from stress, burnout, anxiety and depression to other issues such as interpersonal conflicts, panic attacks, adjustment difficulties after maternity etc. I was responsible for dealing with emergencies and consultation requests regarding staff who were experiencing mental health crises at work. I provided front-line assessment and support for staff with varied mental health issues including staff at risk of suicide and harm to self or others.

My roles and Responsibilities, therefore, included:

- Undertaking group work and staff workshops as appropriate, according to service need and specialist skills in this area
- Understanding and implementing the Counselling Service's Code of Confidentiality and make appropriate and timely decisions about whether to breach this code in cases where the individual may be at risk of serious harm, where there might be criminal implications, or where the service may become legally liable.
- Keeping accurate, systematic records of counselling sessions and ensure compliance with the Service's code of confidentiality, professional standards, and Data Protection Act.

## NHS: PETERSFIELD CENTRE AND GOODMAYES HOSPITAL: 2013 - 2017

### Counselling Psychologist

In my former post as a counselling psychologist in NHS Petersfield Centre and NHS Goodmayes Hospital (NELFT), I was responsible for in-patients and out-patients with severe mental health challenges. I carried out psychological assessments and interventions to high intensity clients suffering from varieties of mental health problems such as schizophrenia, Bipolar, OCD, Personality disorders, self-harm, Psychotic episodes with hallucinations etc.

I was involved in regular clinical case meetings and management for in-patient clients especially those with reduced mental capacity and trauma-induced psychosis. I also carried out risk assessment and management for individual clients. Where necessary, I was involved in the safeguarding young adults and adults with mental health difficulties and reduced mental capacity.

My main duties and responsibilities were, therefore, as follow:

- Assessments, reports, and interventions with clients suffering from Psychosis and non-psychosis using CBT, DBT skills.
- Risk Assessments of patients with personality Disorders, Schizophrenia, Bipolar and others with psychotic episodes
- Crisis management and Triage meetings, Anticipatory Management Plans meetings
- Case formulation & management, Team reflective practice, Research and Clinical Audits
- Clinical meetings and supervision
- Assessment: suitability for inpatient treatment
- Individual therapy: CBT-based, anger management; Psycho-educational groups: Managing Mental Health, and Recovery college







## **2004 – 2012 FRESHFIELDS CHARITABLE TRUST**

### **Administrator/Counsellor**

My duties and responsibilities are as follow:

- Offer weekly counselling with my clients with various mental health disorders.
- Responsible for implementing and monitoring a range of psychological interventions for individuals, families, and groups, within and across teams.
- Facilitated group work for the service-users: 'health and nutrition club', and 'living with mental health issues' club.
- Undertake risk assessment for clients and to provide advice to other professions on psychological aspects of risk assessment and risk management.
- Maintain a high degree of professionalism, respect cultural diversity, and be sensitive to the vulnerability of many of the clients.

## **1999 – 2004 GARKI GENERAL HOSPITAL. ABUJA, NIGERIA.**

### **Senior Medical Officer, Obstetrics & Gynecology**

- Run regular pre- and postnatal clinic pregnant women and clinic for women with gynaecological problems.
- Facilitate health-talks on problems that can affect fertility (men/women)
- Have knowledge and communicate to patients of gynaecological issues that can affect fertility e.g. Premature Menopause, Endometriosis, Polycystic Ovaries.
- Have knowledge and communicate to the spouses of the medical problems that can affect men's health and fertility.
- Take part in the assisted conception procedures, fertility investigations and to explain to patient the possible issue involved with the treatments.
- Participate in the regular clinical meetings and briefings.

### **Internal Medicine Department:**

- Offer clinical care to in- and out-patients
- Conduct weekly out-patients' and follow-up clinics for our patients
- Evaluate and make decisions about management and treatment options for patients with problems e.g. hematological, Hypertension, Diabetics.
- Participate in our regular clinical reviews of the cases and to communicate with the other professionals involved in the management of the patients.
- Facilitate support groups for patients with sickle cell disease and their relatives.

### **Psychiatry Department:**

- Assess and manage patients with mental health problems (e.g. depression, psychosis, bipolar, PTSD)
- Offer support services to family members of patients
- Take part in clinical meetings and briefings within the department
- Involve in trainings geared towards personal and professional development. Participate in research within the mental health.





## 1997 – 1999 WORLD HEALTH ORGANIZATION [WHO], ABUJA, NIGERIA.

- Senior Medical Representative
- Clinical care to patients with HIV/AIDs diagnosis
- Clinical briefings and reviews of effectiveness of treatments
- Document unexpected side effects of the drug treatment.
- Document new signs and/or symptoms of the disease
- Attend and deliver update in WHO conferences of the clinical cases
- Facilitate support groups for HIV/AIDS patients and their relatives

## 1995 – 1997 ASO ROCK CLINIC (PRESIDENT’S HOSPITAL). ABUJA, NIGERIA

- Senior Medical Officer to the President and Family
- Clinical care to the president and family, the senior cabinet members, ministers and state governors and their families
- Clinical reviews of the cases and to communicate with the other professionals involved in the management of the patients.

## 1994 – 1995 FEDERAL GOVERNMENT HOSPITAL. OWERRI, NIGERIA

- Medical Officer
- Clinical care to in- and out-patients
- Conduct weekly out-patients' and follow-up clinics for our patients
- Clinical reviews of the cases and to communicate with the other professionals involved in the management of the patients

## PROFESSIONAL MEMBERSHIP

- British Psychological Society, UK
- Health Care and Professions Council (HCPC), UK
- British Association of Counsellors and Psychotherapists [BACP], UK.
- British Fertility Society, (BFS), UK.
- Omicron Psi Honor Society, USA.
- Medical and Dental Association [NMDA], Nigeria

## RESEARCH WORK

- Managing aggression through group therapy using Grounded Theory (2016)
- Impact of self-awareness, self-determination, and self-efficacy on psychological well-being: Correlational analysis (2012).
- Predicting Individual Differences in Mindfulness using Trait Anxiety, Attentional Control and Conscientiousness (2012).
- The Effect of Accent and Ethnicity on Perceived Favourability of Eyewitness Testimony: Using Factorial ANOVA (2012).
- Impact of institutionalisation on patients with mental disorders – Schizophrenia (2006).
- Evaluation of care in patients with drug induced memory loss (2006)
- Effectiveness of CBT on couple counselling: Men's perspective (2005).
- Impact of Culture and Education on Postnatal care for teenage mothers (1996).





## INTERVENTION

- Cognitive Behavioural Therapy (CBT) interventions
- Acceptance Commitment therapy (ACT) Interventions
- Compassion Focused Therapy (CFT) Intervention
- Cognitive Analytical Therapy (CAT) Intervention
- Schema Focused Therapy

## SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2021 Prevention and Management of Suicide in Clients
- 2022 Treatment for Anxiety in Adolescents at the Transition to Adulthood
- 2015 Good Clinical Practice:
- 2015 Adult Mental Capacity Act:
- 2015 Safeguarding Adults (Advance):
- 2015 Deprivation Training
- 2014 Psychometric Assessment for Mental health Disorders
- 2012 The Principles & Practice of CORE
- 2004 Child Protection Training

