

## SPECIALISMS

Addiction  
Anxiety  
Attachment  
Bereavement  
Bipolar  
Cognitive Behavioural Therapy  
Depression  
Military  
Mood Disorder  
OCD  
Perinatal  
Postnatal Depression  
PTSD  
Self Harm  
Trauma

## CASE TYPES

Assessments of Adults  
Assessments of Adolescents  
Family  
Occupational Health  
Personal Injury  
Road Traffic Accident

## AREAS OF MEDICO- LEGAL EXPERTISE & EXPERIENCE

- Assessment of parenting ability for parents with mental health problems, substance misuse.
- 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, younger adults, and adults
- Assessments of Looked After Younger adult parents
- Assessment of Attachment in older children and adolescents
- Assessment of oppositional defiant disorder (ODD) in adolescents & young adults
- Assessment of personality disorder in Young adults and adults.
- Assessment and complex mental health problems e.g. Schizophrenia with psychotic episodes, Rapid cycle Bipolar, and co-morbidity
- Assessment of PTSD and Complex Post-Traumatic Stress Disorders (C – PTSD)
- Assessment for OCD (Obsessive and Compulsive Disorder)
- Assessment for complex trauma consequence of historical sexual abuse in adults
- Assessment for mental health problems after road traffic accident.
- Assessment for Adjustment Disorders for Ex-Military and their family
- Assessment of psychological state of couple undergoing fertility treatments

## 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 |

## INTRODUCTION

I completed my Doctorate in Counselling Psychology in 2016 from Roehampton University. Prior to my doctoral qualification in counselling psychology, I received my Bachelor of Medicine, and Bachelor of Surgery from University of Nigeria, Nsukka in 1994 and practiced as a medical doctor for ten years. Having relocated to UK on diplomatic mission, I retrained to become a therapist. I received my master's degree in Integrative Counselling from University of Liverpool on a Trinity College programme. In 2007, I was awarded a Diploma in Cognitive Behavioural Therapy from the Institute of Counselling, Glasgow. I acquired my Higher Diploma in Clinical Supervision in 2007. I also obtained my PGCE from Greenwich University in 2009. In 2012, I received my MSc in Psychology from University of East London.

## FCC CLINICS

I founded FCC Clinics in 2006 and over time it has grown to house many psychologists, psychotherapists, and counsellors. In my current post as the lead consultant counselling psychologist in FCC Clinics, I specialise in assessing and providing psychological interventions to adolescents, young adults, and adults with mental health problems as well as provide psychological support and intervention for couples undergoing fertility treatment. I also provide psychological services to Military personnel, veterans and their families with complex trauma, mental health difficulties and adjustment disorders. I provided psychological assessment to clients referred by solicitors or organisations in relation to their court proceedings. As the founder of FCC Clinics, I manage and provide clinical supervision to a team of psychologists, psychotherapists, and counsellors who have varied client caseloads. I also liaised with external organisations for sourcing clients for the therapists in FCC Clinics

## COVENTRY UNIVERSITY

I have also been involved in the educational sector for many years. I am currently the Programme Director for Undergraduate Psychology, Health Sciences and Healthcare Professions in Coventry University London (CUL). In this capacity, I manage a number of lecturers and senior lecturers. I also provide lectures to students in the Counselling, and Psychology degree programmes at CUL. This entails teaching and training students on psychological assessments and interventions for varieties of mental health and life challenges. For some years now, I am also one of the external examiners to Essex University and Bangor University, UK in their Counselling and Psychology courses.

## NHS: PETERSFIELD CENTRE AND GOODMAYES HOSPITAL

In my former post as a counselling psychologist in NHS Petersfield Centre / 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 and where necessary, I was involved in the safeguarding young adults and adults with mental health difficulties and reduced mental capacity.

### ESSEX COUNCIL

Prior to working in NHS, I was the Occupational Health/Staff Counsellor for [Essex Council](#). I provided a responsive, confidential and specialist counselling service 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 are experiencing mental health crises at work. I provided front-line assessment and support for staff with acute and chronic serious mental health issues including staff at credible risk of suicide and harm to self or others.

I have current HCPC & BPS registration, Enhanced DBRS and current Professional Indemnity Insurance.

### AREAS OF INTEREST

- Complex Trauma
- Post-traumatic Stress Disorder
- Personality disorder in adolescents and younger adults
- Attachment styles in childhood, young adults, and adults
- Psychological intervention during Fertility programmes

### 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

- 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



## EMPLOYMENT HISTORY

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

My main duties and responsibilities are as follow:

- Specialist psychological assessments
- Risk management & formulation
- Individual therapeutic Intervention variety of mental disorders such as Depression (mild to severe), Anxiety Disorders, Post Traumatic Stress Disorders, Bipolar, Schizophrenia
- Clinical Supervision, Staff Continuous Professional Development (CPD)
- Reflective practice facilitator
- Consultation with multi-professional groups
- Research & clinical audits
- Psychological report writing for legal, educational, and personal purposes.
- Development of group work within the organization.

### 2018 – Date External Examiner—BA Counselling

- Bangor University, Wales
- University of Essex, UK

### 2018 – Date Coventry University London

Programme Director: Health science and Healthcare Professions

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, 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.



## 2017 – 2018 ESSEX COUNCIL

### Staff Counsellor

- Provide a responsive, confidential and specialist counselling service to staff and make clinical decisions by assessing all relevant factors with a range of difficulties.
- Manage an on-going caseload of clients using a range of contracts including CBT, DBT, brief-focused and crisis counselling.
- Provide front-line assessment and support for staff with acute and chronic serious mental health issues including staff at credible risk of suicide and harm to self or others.
- Undertake group work and staff workshops as appropriate, according to service need and specialist skills in this area
- Understand and implement 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.
- Keep accurate, systematic records of counselling sessions and ensure compliance with the Service's code of confidentiality, professional standards, and the Data Protection Act.

## 2013 – 2017 SECONDARY PSYCHOLOGICAL SERVICES. NELFT

- NHS Petersfield Centre / NHS Goodmayes Hospital

### Counselling Psychologist

My main duties and responsibilities are 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
- Involved in 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 (20012).
- 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).