



HCPC Registration No. PYL31152 - DBS Registration No. 001685065093

## SPECIALISMS

ADHD (Diagnosis)  
ADHD  
Addiction  
Alienation  
Antisocial Behaviour  
Anxiety  
Attachment  
Bereavement  
Bipolar  
Capacity  
Cognitive Behavioural Therapy  
Cultural Diversity  
Custody  
Dementia  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Fabricated Illness  
Historic Sex Abuse  
Learning Difficulties  
Learning Disabilities  
Mood Disorder  
Munchausen  
Neglect  
Paedophilia  
Personality Disorders  
Postnatal Depression  
Psychosexual  
Psychosis  
Psychosomatic  
PTSD  
Radicalisation  
Risk  
Sexual Harassment  
Schizophrenia  
Self Harm  
Sex Offenders  
Sexual Abuse Victims  
Trafficking  
Trauma  
Victims of Torture  
Suicidal Ideation

## CASE TYPES

ADHD  
Criminal  
Family  
Forensic  
Historic Sexual Abuse  
Risk Assessments

## AREAS OF EXPERTISE

Experience of assessing a wide range of mental health problems and substance misuse co-morbidities, by clinical interview and by comprehensive psychometric assessments:

- Psychological assessment and treatment of personality disorders
- Specialist forensic assessments: risk assessments (violence, arson, stalking, sexual violence, overlapping risks, dangerousness and risk of re-offending), psychopathy, malingering
- Psychological formulation of criminal behaviour, specialist treatment of offending behaviour
- Psychological assessments of neurodevelopmental disorders
- Psychological assessments of cognitive functioning in learning disabilities, in psychosis spectrum-disorders, dementia and other neuro-degenerative conditions, cognitive deficits linked to substance misuse
- Assessment and treatment of trauma, PTSD, complex PTSD, dissociation, adjustment disorders, work-related stress
- Assessment and treatment for victims of violence and sexual violence, domestic abuse, adult sexual exploitation and trafficking

Psychological provision of evidence-based interventions and therapies for adults, in inpatient and community settings.

## RELEVANT EXPERIENCE

Extensive (16 years) professional experience of working with clinical and forensic populations in criminal justice, inpatient and community settings.

Provision of comprehensive psychological assessments, recovery-based outcomes measures and case formulations using the most appropriate psychological models. Risk assessments and formulation of risk, specialist advice to other professionals on psychological aspects of risk assessment and management.

Expert witness reports in criminal and civil matters, childcare proceedings and family courts, mental health tribunals and parole boards.

Development and provision of psychological programmes aiming to address various mental health conditions, based upon an appropriate conceptual framework and evidence-based practice.

Delivery of psychologically-informed care pathways across specialized services and settings: secure settings, high dependency rehabilitation and acute care, personality disorders and learning disabilities services.

Management, leadership and consultancy: teaching, coaching and mentoring, clinical supervision and reflective practice, consultation to multi-disciplinary teams; recruitment and appraisals of staff, clinical governance and quality improvement initiatives.





## QUALIFICATIONS

- Doctorate Level Qualification in Forensic Psychology – European Directive 89/48/EEC regarding mutual recognition of qualifications (by the Health and Care Professions Council, UK, 2014)
- Master's Degree in Penal Sciences, Forensic Psychology and Criminology (Romania, 2012)
- Diploma in Cognitive-Behavioural Therapy (Romania, 2007)
- Bachelor's Degree in Psychology and Sociology (2:1), Hyperion University of Bucharest, Romania (October 2001 to June 2005)

## TRAINING

- Cognitive-Behavioural Therapy Certificate, Babes-Bolyai University of Cluj-Napoca, Romania (September 2005 to October 2007)
- Professional Training Certificate for Psychologists working in the National Administration of Penitentiaries, Romania (December 2007 to March 2008)
- Risk Assessment Training - HCR20 v3, Tully Forensic Psychology (2016)
- Individual Schema Therapy Certificate, Schema Therapy Institute UK and International Society of Schema Therapy (February to April 2018)
- Group Schema Therapy Certificate, Schema Therapy Institute UK and International Society of Schema Therapy (November 2018)
- Dialectical-Behaviour Therapy Certificate, British Isles DBT Training (March to August 2019)
- Expert Witness Training, British Psychological Society (April - May 2019)
- Individual Schema Therapy for Personality Disorders Certificate, International Society of Schema Therapy (March 2021)
- Other continuous professional development activities in line with the British Psychological Society and the Health and Care Professions Council standards and requirements

## RESEARCH PROJECTS

- Prison service development, covering the transition between the post-communist era approach to detention and the newly implemented European standards in the Romanian prison system: comprehensive assessment of service needs and design of appropriate psychological pathways; evaluation research (mixed design) of a therapeutic program for violent offenders; qualitative research on reintegration of offenders with severe mental health problems - EU funded projects: "A Changing Society. Social and Professional Reintegration of Prisoners", "Together for the Future", "Psychosocial and Therapeutic Interventions for Prisoners with Mental Disorders", Romania 2007-2012
- Qualitative research on human rights protection in prisons and detention settings for migrants, Romania 2012-2015
- Audit and quality assurance for START Risk Assessment, development and implementation of an audit tool, along with the START quality standards and staff competency framework, UK 2015-2017
- Evaluation of relapse prevention programs for secure settings, UK 2018

## MEMBERSHIPS

- Member of the British Psychological Society (MBPsS - 330357)
- Registered Forensic Psychologist with the Health and Care Professions Council

## OTHER RELEVANT INFORMATION

- I hold personal professional liability & indemnity insurance
- Bilingual: English, Romanian





## CHRONOLOGICAL WORK HISTORY

### Expert Witness

January 2020 - present

### Consultant Forensic Psychologist, Independent Expert Witness

Independent assessments of adults involved in criminal or civil matters, family and childcare proceedings. Provision of comprehensive expert witness reports for the Courts and Local Authorities. These reports have covered the following areas: risk assessments, personality assessments, cognitive assessments, specialist assessments for neurodevelopmental disorders, structured and semi-structured assessments of affect, beliefs, attitudes, interpersonal skills, attachment style and parenting skills, therapy planning and therapy evaluation reports, family safety planning.

### Cygnets Hospital Churchill, London

September 2019 - November 2021

### Consultant Forensic Psychologist, Head of Psychological Services and Regional Psychology Lead for London

Provision of specialist risk assessments and psychological assessments including structured and semi-structured clinical interviews, personality tests, neuropsychological tests and other psychometrics, interviews with family members, carers and other professionals involved in patient care.

Provision of case formulation and specialist interventions for service users relating to mental health, risk and psychosocial needs.

Expertise and specialist advice, guidance and consultation to other professionals contributing directly to client's formulation, diagnosis and treatment plan and facilitate the effective and appropriate provision of psychological-informed care by all members of the team.

In-house teaching and development of CPD programmes aiming to upskill staff from multiple disciplines.

Clinical supervision and professional management of the psychology department, including qualified psychologists, assistant psychologists, art therapist and placement students.

Service development initiatives: provision of psychologically-informed care pathways for the acute and rehabilitation services, with integration of third wave cognitive-behavioural therapies such as REBT (Rational-Emotive Behavioural Therapy), DBT (Dialectical-Behaviour Therapy), ACT (Acceptance and Commitment Therapy), MBCT (Mindfulness-Based Cognitive Therapy), ST (Schema Therapy) and CAT (Cognitive-Analytical Therapy).

Quality improvement initiatives, with focus on collaboration and involvement of service users and carers into the planning and implementation of new systems for service development and evaluation.

Clinical governance and quality assurance in line with the key performance indicators, regular audits and service evaluation.



**Institute of Psychiatry Psychology & Neuroscience (IoPPN),**

**King's College, London**

January 2019 - present

**Visiting Associate**

Placement coordinator, clinical supervisor and tutor for the MSc Forensic Psychology Programme, Department of Forensic and Neurodevelopmental Sciences

Visiting Lecturer for the BSc Psychology Course

**Cygnnet Hospital Beckton  
London**

May 2015 - August 2019

**Forensic Psychologist,  
Deputy Head of Psychological Services**

Psychological assessment of patients with mental health diagnoses and complex needs, challenging behaviours and forensic histories, based on the appropriate use, interpretation and integration of data from a variety of sources.

Risk assessment and management for inpatients and specialist advice to other professionals on psychological aspects of risk assessment and risk management.

Treatment planning and delivery of psychological therapies, in line with the allocated pathways, based upon an appropriate conceptual framework and evidence-based practice.

Planning and mapping processes and interventions with members of the multidisciplinary teams to determine the most appropriate treatment modality or service for patients.

Clinical and forensic supervision for qualified psychologists, assistant psychologists and placement students; specialist psychological guidance and consultation to other staff contributing directly to clients' diagnosis, formulation and intervention plans; reflective practice sessions and 1:1 staff support; staff recruitment, induction and onboarding, learning needs analyses, appraisals.

Service evaluation and development of organizational strategies to improve outcomes and patient experience.

Implementation of new clinical governance mechanisms, to ensure staff group work within the regal requirements and the service provided is in line with the CQC key lines of enquiry.

**The Research Institute of the  
University of Bucharest, Romania**

October 2012 - April 2015

**Research Psychologist, joint fellowship for young researchers (EU-funded project)**

Qualitative research on human rights protection in Romanian prisons and EU detention centres for migrants: data collection and analysis, individual case studies. Project management and provision of expertise and guidance for doctoral students on the project





**Galati High Secure Prison, National Forensic/Clinical Psychologist**

**Administration of Penitentiaries, Romania**

April 2007 - August 2012

Provision of specialist psychological assessments and evidence-based psychological interventions addressing suicidal and para-suicidal behaviours, violent and sexual offenders; individual and group interventions for substance misuse, psychosis or other severe mental disorders, adaptations for mild learning disabilities; risk assessments and relapse prevention programmes.

Provision of clinical supervision for assistant psychologists and placement students, training and coaching for prison staff.

Negotiation and mediation in critical situations involving staff and prison populations, post-incidents debriefing.

Service development initiatives aimed to improve the treatment and rehabilitation for prison populations; implementation of EU-funded projects in prisons as a member of the multidisciplinary project teams: qualitative and quantitative research, treatment programme design, delivery and evaluation, followed by the publication of manualized therapeutic interventions for offenders.

**AP Consulting LLP Galati, Romania**

August 2005 - March 2007

**Practitioner Psychologist**

Psychological assessments for recruitment, organizational diagnosis and learning needs analysis, design and delivery of training and development programs for staff (communication skills, teambuilding and conflict management).

Psychological input for primary and secondary education: psychological assessment, brief therapies for children and adolescents facing psychological difficulties, brief systemic interventions under supervision.

Professional coaching and individual therapy (CBT, REBT) under supervision.

