



SPECIALISMS

Addiction
Alienation
Antisocial Behaviour
Anxiety
Bereavement
Bipolar
Chronic Pain
Cognitive Behavioural Therapy
Cultural Diversity
Depression
Domestic Violence
Drug/Alcohol/Substance Misuse
Eating Disorder
Historic Sexual Abuse
Military
Mood Disorder
Non-Accidental Injury
OCD
Pain Management
Perinatal
Personality Disorders
Postnatal Depression
Psychosexual
Psychosomatic
PTSD
Radicalisation
Risk
Self Harm
Sexual Abuse Victims
Suicidal Ideation
Trafficking
Trauma
Victims of Torture

CASE TYPES

Clinical Negligence
Criminal
Employment Tribunal
Housing
Immigration & Asylum
Occupational Health
Personal Injury
Road Traffic Accident

MEDICO-LEGAL ASSESSMENTS

I have substantial experience in the assessment of psychological impairment from minor to major personal injuries, including road traffic accidents, industrial accidents and other incidents. Expertise in diagnostic assessments, including preparing court reports pertaining to Post Traumatic Stress Disorder (PTSD) and Complex PTSD. Experienced in providing reports on the psychological impact of criminal injuries. Expertise in psychological impairment from data breaches and medical/clinical negligence. Proficient in risk assessment, incorporating self-harm and suicidality. Additional competence in Occupational Psychology facilitating assessment of workplace incidents and long-term sickness absences.

PROFESSIONAL ACCREDITATION

Associate Fellow of The British Psychological Society (BPS)

Chartered Clinical Psychologist (BPS)

Registered Clinical Psychologist—Health & Care Professionals Council

Accredited Cognitive Behavioural Psychotherapist (CBT) - British Association for Behavioural & Cognitive Psychotherapies (BABCP)

QUALIFICATIONS

Doctorate in Clinical Psychology—University of Southampton

PhD in Psychology—University of Manchester

MSc in Occupational Psychology—Liverpool John Moores University

BSc (Hons) in Psychology—Manchester Metropolitan University

TRAINING

Successful completion of the Bond Solon Training on Excellence in Expert Witness Report Writing. Substantial training completed in the assessment of PTSD, depressive disorders, and anxiety disorders. Specialist training completed on assessing and treating complex psychological disorders, including Personality Disorders, Bipolar Disorder, Schizophrenia Spectrum, and other psychotic disorders. I provide a number of training and CPD workshops, including PTSD Assessment & Treatment, Working Therapeutically with Physical Injury and Chronic Pain, Risk Assessment and Management, Personality Disorders, Mindfulness and Supervision Training.

Children & Adult Safeguarding Training

I have completed Level 4 Safeguarding Children & Adults Training. Also, Mental Capacity Act training, along with Risk Assessment & Risk Management Training.

ADDITIONAL LANGUAGES SPOKEN

Urdu, Punjabi, Mirpuri



Unit G03, High Weald House,
Glovers End, Bexhill on Sea,
East Sussex, TN39 5ES



01424 444130



office@expertinmind.co.uk



PSYCHOLOGICAL THERAPY

Trained and experienced in delivering a range of evidence-based Psychological Therapies including CBT, Mindfulness-Based CBT, EMDR, Schema Focused Therapy, Compassion Focused Therapy, Couples Therapy & Dialectical Behaviour Therapy. Clinical experience developed from working in the NHS, private and third sector.

CONSULTANCY

I deliver consultancy on a range of areas within mental health service provision and within the leadership field. I have worked on projects with NHS England, the banking sector, and a number of blue-chip organisations.

FACE-TO-FACE CONSULTATIONS

I have consulting rooms in Manchester, Huddersfield & Bradford/Cleckheaton. There is free car parking, a manned reception with a waiting room, bathroom facilities, and disabled access.

HOME VISITS

I provide home visits over a wide geographical area including the Yorkshire & Humber region, the North West, North East, and Midlands. Appointments are provided flexibly throughout the week, including evenings and weekends. Please get in touch to discuss further.

REMOTE CONSULTATIONS

I have substantial experience of providing remote video or telephone consultations, where required. I am proficient at utilising a range of platforms including Skype, Zoom and Microsoft Teams.