



HCPC Registered: PYL040862

SPECIALISMS

ADHD
Addiction
Anxiety
Attachment
Bereavement
Cognitive Behavioural Therapy
Cultural Diversity
Depression
Domestic Violence
Drug/Alcohol/Substance Misuse
Mood Disorder
Neglect
OCD
Pain Management
Perinatal
Personality Disorder
Postnatal Depression
PTSD
Risk
Sexual Harassment
Self-Harm
Sexual Abuse Victims
Suicidal Ideation
Trauma
Victims of Torture

CASE TYPES

ADHD
Educational
Employment Tribunal
Family
Historic Sexual Abuse
Immigration & Asylum
Mental Health Tribunal
Risk Assessments
Road Traffic Accident

SUMMARY:

I am a Counselling Psychologist, currently working in Private practice. I have an in-depth knowledge and experience in mental health, including disorders such as depression, generalized anxiety disorders, social anxiety, obsessive compulsive disorder, panic disorder, substance abuse, low self-esteem, trauma, etc. My practice is grounded by humanistic ethos and incorporated with Cognitive-Behavioural Therapy, Psychodynamic therapy, and Cognitive Analytic Therapy (CAT). Regardless of modality used, I am focused on the subjective experience of my clients, whilst holding the therapeutic relationship as the priority. I resourcefully utilise individualized formulations and competently deliver a comprehensive range of evidence-based practice interventions to meet client's needs.

EDUCATION:

2017—2022 Professional Doctorate in Counselling Psychology
University of East London

2013—2016 BSc Psychology
Queen Mary University

SKILLS:

- Adhering to high professional standards and competencies set by BPS and HCPC
- Positioned in the science-practice interface where rationale for choice of approach is drawn on evidence-based psychological research
- Safe, confidential and reflective practice that adheres to BPS and HCPC codes of ethics
- Experienced in working effectively with a range of presentations and diverse populations
- Well prepared to work collaboratively in meeting unique client needs as well as context requirements
- Accustomed to the use of psychometric testing (e.g., GAD-7, PHQ-9) and handling sensitive client data in accordance with relevant legislation
- Engaging in bilingual counselling including English and Bengali

TRAINING AND WORKSHOPS:

- Dissociative Identity Disorder Assessment Training—Nov 2022
- Medico Legal Report Assessment and Report Writing Training—Dec 2022
- Motivational interviewing—Sep 2023
- Bond Solon: Excellence in Report Writing—Jun 2024



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



01424 444130



office@expertinmind.co.uk



EXPERIENCE:

Dec 2022—Present

Clinical Director and Psychologist at The Mind Remedy Limited

- Managing a business and all its required tasks related to marketing, financial and sales
- Offering integrative therapy to clients (individual and couples therapy)
- Conducting assessment and writing reports for clients
- Recruiting staff for clinic
- Training and managing a group of interns for tasks such as blog writing

Jul 2017—Present

Counselling Psychologist at The Private Therapy Clinic

- Providing integrative interventions, based on CBT, Psychodynamic Therapy and CAT
- Offering group clinical supervision to up to 12 interns
- Providing Duty of Care for TV Shows (e.g., Top Boy)
- Assessment and report writing
- Offering Expert Witness reports (Medico-Legal Reports)

Nov 2020—Dec 2024

Counselling Psychologist at Redbridge Psychological Services (NELFT) Secondary Care Service

- Managing a caseload of 20 clients per week
- Offering assessment, formulation and treatment using Cognitive Behavioural Therapy to clients with complex psychological needs
- Offering Trauma focused CBT to clients presenting with complex trauma
- Assessing and managing risk
- Safeguarding clients and vulnerable individuals

Feb 2020—Sep 2020

Counselling Psychologist in Training at Lewisham Refugee and Migrant Network

- Offering integrative therapy to Refugee clients
- Adults (18+)

Jan 2020—Oct 2020

CAT Therapist at The Munro Centre (SLAM) Secondary Care Service

- Offering Cognitive Analytic Therapy to clients with Personality disorders
- Adults (18+)

Oct 2018—Mar 2020

Counselling Psychologist in Training/Play Therapist at Upton Cross Primary School and Bow School

- Offered long term Play therapy for up to one year with children aged 5-11 years old
- Saw young clients with 'moderate' mental health difficulties, commonly manifested in symptoms relating to depression and anxiety
- Psychodynamic models were implemented, focusing on the therapeutic relationship



EXPERIENCE:

Sep 2018—Jul 2019

Counselling Psychologist in Training at The Becontree Centre (NELFT) Secondary Care Service

- Offered long term Psychodynamic therapy for up to one year, focusing on the therapeutic alliance
- Worked with clients with 'moderate to severe' mental health difficulties, commonly manifested in symptoms relating to depression, anxiety, or personality disorders

Oct 2017—Jul 2018

Counselling Psychologist in Training at Redbridge Talking Therapies (NELFT) Primary Care Service

- Offered time-limited CBT (12 sessions)
- Worked with clients with 'mild to moderate' mental health difficulties, commonly manifested in symptoms relating to depression or anxiety
- Implemented psychometric tests including CORE-10, PHQ-9, GAD-7, WSAS and Phobia Scales

PUBLICATIONS:

Aktar, S. (2022) 'The Experience of Self-Harming Behaviours That Inflict External Injuries to the Body in UK-Based Bangladeshi, Indian and Pakistani Females: An Interpretative Phenomenological Analysis', *Prof Doc Thesis University of East London School of Psychology* <https://doi.org/10.15123/ucl.8q7v8>

Aktar, S. and Tribe, R. (2024) 'The experience of self-harming behaviours that inflict external injuries to the body in UK-based Bangladeshi, Indian and Pakistani women: a literature review', *International Review of Psychiatry*, pp. 1–9. <https://doi.org/10.1080/09540261.2024.2306620>

Aktar, S. and Tribe, R. (2024) 'Perceived powerlessness and self-harming behaviours in UK-based Bangladeshi, Indian and Pakistani women', *International Review of Psychiatry*, pp. 1–10. <https://doi.org/10.1080/09540261.2024.2306638>

Aktar, S. and Tribe, R. (2024) "Self-harm is wrong": the experience of self-harming behaviours that inflict external injuries to the body in UK-based Bangladeshi, Indian and Pakistani women: an Interpretative Phenomenological Analysis', *International Review of Psychiatry*, pp. 1–8. <https://doi.org/10.1080/09540261.2024.2306615>

