

SPECIALISMS

ADHD (Diagnosis)
ASD (Diagnosis)
ADD (Diagnosis)
ADHD
ASD
ADD
Asperger's
Alienation
Anxiety
Antisocial Behaviour
Attachment
Depression
Domestic Violence
Drug/Alcohol/Substance Misuse
Mentalization Based Therapy
Mood Disorder
Neglect
Non-Accidental Injury
OCD
Personality Disorders
Postnatal Depression
PTSD
Risk
Self Harm
Sex Change
Suicidal Ideation
Together and Apart
Trauma

CASE TYPES

ADHD
ASD
Clinical Negligence
Cognitive
Employment Tribunal
Family Proceedings
Immigration & Asylum
Personal Injury
Risk Assessment
Road Traffic Accident

MEDICO-LEGAL EXPERTISE AND EXPERIENCE

I am an HCPC and BPS registered **Clinical Psychologist** with expertise in psychological and **cognitive assessment** and **report writing**.

My area of expertise is assessments of mental health including **depression, anxiety, Post Traumatic Stress Disorder, parenting capacity, attachment, risk around abuse, neglect** and **complex family assessment**.

I have experience in **therapeutic and psychological interventions** with **children, young people** and **adults**, both in the NHS and in the private sector.

PROFESSIONAL MEMBERSHIP

HCPC registered Clinical Psychologist (*Registration No: PYL35417*)

Member of BPS—British Psychological Society (*Membership No: 342115*)

Member of BACP—British Association of Counselling and Psychotherapy (*Membership No: 583428*)

ACADEMIC QUALIFICATIONS

October 2013—July 2016

Postgraduate Diploma in Psychodynamic Psychotherapy
London, UK

October 2012—June 2013

Postgraduate Diploma in Psychodynamic Psychotherapy
Krakow, Poland

October 2010—June 2011

Diploma of Family Therapy
Wroclaw, Poland

October 2006—June 2011

MA Masters Degree in Clinical Psychology
Poznan, Poland

January - June 2009

Student Exchange Program, Faculty of Psychology
Liege, Belgium

EDUCATION AND TRAINING

- A Child with ADHD methods of working
- Child Sexual Exploitation
- Clinical Risk Assessment
- Critical Thinking and Assessment
- Introduction to Systemic Therapy
- Promoting Positive Mental Health at School
- Working with Hard to Reach Families
- Working with Neglected Children



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PROFESSIONAL EXPERIENCE

SAFE SPACE September 2016 – ongoing, London, UK

TO TALK SAFE SPACE TO TALK - PRIVATE PRACTICE - **Clinical Psychologist & Expert Witness**

- Conducting psychological assessments and providing expert witness reports for courts and solicitors in areas such as: mental health, emotional and social functioning of children, young people and adults, also global family assessments, attachment issues, impact of parental mental health difficulties on children
- Providing assessments and medico- legal reports for adults, young people and children who have experienced a RTA or other traumatic event
- Using structured and unstructured assessment techniques (clinical interview, psychometric testing and review of records).
- Offering short and long term psychological treatment to young people and adults experiencing mental health challenges (acute stress, anxiety, depression, PTSD)

January 2016- June 2018, London, UK

CHILD, ADOLESCENT and FAMILY MENTAL HEALTH SERVICE,

NORTH EAST LONDON FOUNDATION TRUST – **Primary Mental Health Worker**

- Undertaking specialist psychological assessments of children, young people and adults based upon the appropriate use, interpretation and integration of complex data from a variety of sources, including psychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients, family members and others involved in the client's care.
- Assessment of parenting capacity and family dynamic, impact of parental mental health difficulties on children, on attachment formation, together with thorough risk assessment (e.g.drugs and alcohol use, domestic violence, emotional abuse and neglect)
- Formulating a diagnosis and implementing effective psychological interventions for children, young people and adults with depression, anxiety, PTSD, acute stress, trauma and neuro-developmental conditions including, ASD and ADHD.
- Working with complex cases: children with multiple diagnosis , learning difficulty, physical disability and transgender challenges.
- Providing a specialist advice/consultation and liaison with other professionals, external agencies and referrers (Psychiatrists, nurses, Social Workers, School Staff, Foster Carers)
- Participating in training, clinical supervision, and clinical care pathways meetings; working as a part of the multidisciplinary team

October 2014- February 2017, London, UK

WOMEN & HELATH - PSYCHOLOGICAL THERAPIES SERVICE –**Psychotherapist**

- Providing short-term and long-term psychotherapy to individual clients experiencing emotional and mental health problems e.g. anxiety, phobia, paranoia, trauma, PTSD
- Writing comprehensive reports formulating areas requiring intervention and producing reports on the effectiveness of the treatment
- Maintaining accurate clinical records





September 2015- December 2015, London, UK

RETHINK MENTAL ILLNESS - MENTAL HEALTH CHARITY - **Service Manager**

- Building and maintaining relationships with referrers, commissioners, families and carers.
- Working closely with other professionals: GPs, Psychiatrists, NHS Crisis Resolution Home Treatment Team, Care Coordinators, and Social Workers.
- Writing complex assessments of service users' mental health needs and formulating treatment plans
- Conducting risk assessments, planning and implementing safety management plans
- Holding an active leadership role, supporting and motivating team members to deliver high quality services
- Supporting the implementation of change, best practice and continuous improvement and innovation



January 2016- June 2018, London, UK

CHILD, ADOLESCENT and FAMILY MENTAL HEALTH SERVICE,

NORTH EAST LONDON FOUNDATION TRUST – **Primary Mental Health Worker**

- Providing emotional support to people affected by mental health and/or in crisis
- Assessing risk and carrying out risk assessments and implementing individual safety management plans
- Offering information and support to enable clients to maintain independent living and encouraging clients to access education, employment and training
- Working as part of the with multidisciplinary teams such as Discharge and Intervention Team, and NHS Crisis Resolution Home Treatment Team



April 2012- September 2013, Bratislava, Slovakia

PSYCHOLOGICAL AND EDUCATIONAL CENTRE - **Psychologist**

- Conducting assessment and providing therapy for individual clients with emotional, relationship or work related problems
- Organising and managing the clients caseload and keeping the clinical record
- Undertaking regular clinical professional supervision from a senior clinical psychologist and, where appropriate, other senior professional colleagues.
- Working within the ethical framework of the organisation

OTHER LANGUAGES SPOKEN

Polish

