



Dr Nisha Gupta

B.Sc., D.Clin.Psychol., Dip.Clin.Neuropsychol., C.Psychol., AFBPsS

Consultant Clinical Psychologist



Health Professions Council Registration: **PYL05447**
British Psychological Society Membership: **156737427**

Dr Gupta has been working as a qualified clinical psychologist for over 15 years. During this time, she has worked in a variety of specialisms – adult mental health, psychological therapies, primary care, forensic mental health, neuropsychology and an eating disorders unit. Having worked in a variety of settings across primary, secondary and tertiary levels of service provision including secure provision primarily in the NHS but also in voluntary and independent health settings.

Dr Nisha Gupta is a HCPC Registered Clinical Psychologist and Chartered Clinical Psychologist of the BPS. Being a Full Member of the BPS Division of Neuropsychology and on the Specialist Registrar of Clinical Neuropsychology. She has undertaken numerous expert reports for the family courts, including assessing parental risk, quality of parent-child attachment, personality issues and capacity to change; civil courts including personal injury, trauma and neuropsychological difficulties; forensic matters including violence and sexual risk assessments. Having implemented a variety of psychological and psychometric tests for assessing the level and nature of clients' presenting problems and evaluating therapeutic outcome. She has built upon knowledge and application of cognitive-behavioural, cognitive-analytical, narrative, systemic, psychodynamic and psychoanalytical approaches in clinical work by attending courses and seminars, and through peer, group and individual supervision.

With a vast experience of working with a broad spectrum of psychological difficulties necessitating the provision of both short-term and longer-term psychological services to adults with mental health problems. Presenting difficulties dealt with have included childhood sexual abuse, bereavement, depression, eating disorders, anxiety, phobias, OCD, PTSD and psychoses. She has an interest in working with people with psychological problems arising from issues related to personality, cognitive functioning, physical health, trauma, loss, cultural uprootment, gender and cultural identity. This interest has been cultivated over several years by living and working across the vastly differing metropolitan communities of London with its diverse ethnic, social, religious and cultural needs and orientations.

EXPERTISE

Assessment of adults in family proceedings

- Parenting assessments, risk, capacity, motivation and ability to change.
- Risk assessments relating to child neglect, physical and sexual abuse
- Ability to protect, care and prioritise child's needs
- Attachment issues & family dynamics
- Culturally sensitive assessments including cultural uprootment, loss & trauma
- Domestic violence, loss & bereavement
- Mental health problems and their impact on parenting
- Effect of substance misuse (alcohol and drugs) & addictions
- Anger management & emotional regulation

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- Impact of personality traits/disorders
- Learning disabilities, cognitive and intellectual functioning
- Capacity to instruct

Assessment of adults in criminal & civil proceedings

- Risk assessments of offending, suicide/self-harm and recidivism
- Violence, sexual offences, domestic violence, burglary/theft, arson
- Cognitive and neuropsychological functioning
- Learning disabilities, false confessions and suggestibility/compliance
- Fitness to plead/stand trial
- Substance misuse, PTSD and ADHD
- Anger management, anxiety & emotional regulation
- Personality Disorders including psychopathy and anti-social behaviour
- Acquired brain injury and traumatic head injury

Assessment and treatment of psychological presentations:

- Adult mental health problems including bipolar, schizophrenia, depression, anxiety, PTSD, bereavement, childhood abuse, trauma, physical health and psychosomatic disorders
- Personality Disorders/Traits & Functioning
- Neuropsychological problems including dementia, stroke, head injury, drugs & alcohol, language, learning, memory and frontal lobe or dysexecutive functioning
- Alcohol & Drug Misuse
- Forensic mental health and offending behaviours including risk assessment and management of violence, sexual offending and domestic violence

PROFESSIONAL QUALIFICATIONS

2003	Post Graduate Diploma in Clinical Neuropsychology, The institute of Psychiatry, The Maudsley Hospital & Kings College London
1997	Doctorate in Clinical Psychology, University College London
1991	B.Sc. (Hons) in Applied Psychology and Sociology, University of Surrey

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2015	BPS DoN Annual Conference, Complex Challenges in Neuro- Rehabilitation
2015	BPS DoN Pre Conference Workshops; Fatigue and sleep disturbance following traumatic brain injury; Functional Neurological Symptoms
2014	BPS DoN Annual Conference, The Added Value of Clinical Neuropsychology
2011	Childhood Disorders and Neurodevelopment and Intervention, UCL
2011	Assessing parental competence and deciding to intervene where there is substance misuse
2009	Court Skills Training

2009	Foundation course in Psychoanalysis
2008	Clinical Skills in Sexual Violence Risk Assessment (RSVP)
2007	Advanced Supervisor Skills Workshop
2007	Introduction to Psychoanalysis
2006	HCR-20 and PSL-SV Violence Risk Assessment Training
2006	Introduction to Group Analysis
2001 -2002	Introduction to Cognitive Analytic

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Evaluating consumer satisfaction with the clinical psychology consultancy service in the speciality of learning disabilities.
- Stress, coping and adjustment in parental primary carers of adults with learning disabilities and challenging behaviour.