



Dr Amirah Iqbal BSc., D.Couns.Psych
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL33275**

Dr Amirah Iqbal is a Chartered Counselling Psychologist with experience of working with children, adults, parents and carers across diverse clinical settings including CAMHS, the private and charity sector. She has extensive experience of working with families through her family therapy intervention.

She has specialist knowledge working with victims of human trafficking and survivors of trauma. As an independent expert, she undertakes both assessments and therapeutic work with individuals who have experienced personal injury or harm as the result of clinical negligence.

PROFESSIONAL EXPERTISE

- Assessments and interventions for children, adults and families
- Short and long-term interventions in cases of personal injury
- Psychological treatment in the medico-legal context with children, families and adults
- Systemic and family therapy approaches working with immediate and wider systems
- Specialist skills in working with loss, trauma and attachment difficulties
- A range of psychological approaches including trauma models and rehabilitation including cognitive behavioural interventions, counselling and mindfulness
- Occupational rehabilitation and psychological intervention for employees, particularly in the healthcare sector

PROFESSIONAL QUALIFICATIONS AND TRAINING

2017-Now	Diploma in Systemic Family Practice; Kings College London
2015	Certificate in CBT; Systematic Training and Trading Ltd
2014	Doctorate in Counselling Psychology; University of Wolverhampton
2009	BSc (Hons) Psychology; University of Wales, Bangor

WORK HISTORY

2016-Now CAMHS specialist psychologist (Local Authority Team), The Tavistock and Portman Foundation Trust

- Offering family and systemic therapy approaches

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- Providing interventions for a range of difficulties including: anxiety, depression, trauma, behavioural problems, attachment difficulties
- Working within a local authority CAMHS, closely with social services, educational services, and wider systems
- Offering advice, consultation, training to other health and social care staff
- Family therapy reflective groups and reflective supervisions.

2016 – 18 Paediatric Counselling Psychologist, East London Foundation Trust, Tier 3 Service

- Generic and specialist assessments for 6-18 year olds (Looked After Children, emotional, behavioural, learning difficulties, ASD, ADHD)
- Therapeutic work with young people with anxiety, stress, depression, emerging psychosis, emerging personality disorder, dissociation, self-harm, attachment based issues, Autism Spectrum Disorder, panic, and post-traumatic stress disorder, as well as 'complex' presentations
- Systemic work and consultation with schools, local authority, charities, MDT and multi agencies
- Consultation and supervision of staff

2016 – 18 Paediatric Counselling Psychologist, East London Foundation Trust

- Consultation to medical staff concerning psychological wellbeing of patients with Type 1 Diabetes
- School visits and consultations
- Psychological assessment and formulation
- Treatment interventions utilizing CBT, ACT and solution focused therapy approaches

2011-16 Counselling Psychologist Trainee, West Midlands

- Rape and Sexual Violence charity: offering therapeutic psychological support to clients with difficulties including post-traumatic stress disorder, depression, OCD, dual diagnosis, low self-esteem, anger, anxiety disorders, dissociation, personality disorders, attachment concerns and panic disorders
- Adult Mental Health within the NHS: offering adult clients a range of approaches to support with trauma, depression, PTSD, anxiety, and working with clients with Autistic spectrum disorders
- NHS Primary Care with adults: CBT approaches to support adult clients with difficulties such as low self-esteem, depression, anxiety, pain management, stress and OCD
- Children and Adolescent Mental Health Service within the NHS: offering specialised psychological assessment of children and young people with a range of emotional and behavioural difficulties

2011-11 Occupational Therapy Technical Instructor, St Andrew's Forensic Secure Hospital

- Providing assessments, interventions and monitoring progress within an MDT set up
- Main duties include working with patients either in groups or on a one to one basis to support them with anxiety, depression, anger, trauma, low self-esteem