

Dr Anna Chiara Sicilia

BSc, MSc, DCLinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL34651**
British Psychological Society Membership: **333552**

Dr Anna Chiara Sicilia has been working in the field of mental health since 2014. She qualified in Clinical Psychology in 2017 and has since specialised in working with adults (18+) with complex mental health difficulties.

Dr Sicilia has completed specialist training in trauma-informed and trauma-focused approaches and offers specialist assessment, formulation and therapy for people who experience post-traumatic stress disorder (PTSD) and complex PTSD. She has worked in a range of clinical settings and with a range of clinical presentations. Alongside her clinical experience,

Dr Sicilia has also provided specialist training, consultation and supervision to individual clinicians and teams. Dr Sicilia has experience of writing specialist assessments (including detailed risk assessments) and providing psychological interventions to adults in community settings

AREAS OF SPECIALISM

- Adult mental health
- Trauma-informed Therapy
- Trauma-focused Therapy
- Trauma
- Personal Injury

PROFESSIONAL QUALIFICATIONS

- 2017** Doctorate in Clinical Psychology – Lancaster University
- 2014** MSc Early interventions in Psychosis – King’s College London
- 2013** BSc (Hons) Psychology – University of Sussex

WORK HISTORY

2021 – Present Senior Clinical Psychologist (Trauma) – South London and Maudsley NHS Foundation Trust

Clinical work

- Specialist trauma role within the Croydon Integrated Psychological Therapies Service (CIPTS), providing complex assessments, formulations and evidence-based interventions within trauma-informed and trauma-focused approaches (EMDR and TF-CBT).
- Management of risk and complex safeguarding procedures in role as lead therapist

Service development and leadership

- Liaison / consultation role with other teams within the Croydon borough to facilitate access to appropriate services for clients

Supervision

- Completed formal training in supervision and hold accreditation from the RAPPs register within the BPS. I have experience of supervising trainee clinical psychologists, qualified psychologists and MDT colleagues

2019 – Present Director - Private Practice

- Provision of specialist assessments, formulations and therapy for self-funding and insurance clients
- Provision of mentoring and supervision
- Provision of teaching and training
- Management of referral sources and referral flows
- Business development

2020 – Present Director- In2gr8mentalhealth Ltd

- Provision of lived experience mentoring
- Teaching and training for different stakeholders, including professional training courses, professional bodies (ACP, BPS), NHS Trusts and private organisations
- Policy consultation
- Stigma activism
- Business development

2017 – 21 Senior Clinical Psychologist – Sussex Partnership NHS Foundation Trust

Clinical work

- Provision of complex assessments, formulations and evidence-based interventions for clients with a range of clinical presentations. Therapy modalities used include Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy, Eye Movement Desensitisation and Reprocessing (EMDR) Therapy and concepts from Cognitive Analytic Therapy (CAT)
- Management of risk and complex safeguarding procedures in my role as a care-coordinator/lead practitioner, holding sole clinical responsibility for clients accessing the service
- Provision of front of house triage assessments and indirect consultation at different stages of care-delivery to devise complex care and risk management plans and aid treatment and discharge planning for clients accessing our service

Service development and leadership

- Development of a group treatment program within Eastbourne ATS
- Development of psychosis pathway locally (within my team) and across East Sussex
- Lobbied for and facilitated the foundation of a lived experience staff network within SPFT. I have held a role as chair of the network for over a year and been involved in policy consultation and input into the trust Equality, Diversity and Inclusion (EDI) agenda

Supervision

- Completed formal training in supervision and hold accreditation from the RAPPs register within the BPS. I have experience of supervising trainee clinical psychologists, qualified psychologists and MDT colleagues

2014 – 17 Trainee Clinical Psychologist – Lancashire Care NHS TrustCore placements

- Children and Adolescents Mental Health Service (CAMHS)
- Adult Community Mental Health Team (CMHT)
- Memory Assessment Service (MAS)
- Forensic inpatient learning disability service

Specialist placements

- Split placement between an Adult CMHT with a focus on CAT and a Tier 4 inpatient adolescent unit

Additional experience

- Trainee committee member for the inclusivity committee and Learning and Teaching committee
- Trainee member for the interview panel for the DClinPsy for two consecutive years

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- EMDR Training (Part 1, 2 and 3) – Member of EMDR UK and Ireland
- ASIST Suicide Prevention Training
- BPS accredited training in supervision

PUBLICATIONS

- Sicilia, A.C., Lukacs, J.N., Jones, S., & Perez Algorta, G. (2019). Decision-making and risk in bipolar disorder: A quantitative study using fuzzy trace theory. *Psychology and Psychotherapy: Theory, Research and Practice*, 93 (1), 105-121. Doi: 10.1111/papt.12215
- Lukacs, J.N., Sicilia, A.C., Jones, S., & Perez Algorta, G. (2021). Interactions and implications of Fuzzy-Trace theory for risk taking behaviors in bipolar disorder. *Journal of Affective Disorders*, 293, 303-313. Doi: 10.1016/j.jad.2021.06.035

LANGUAGES

- Italian