



Dr Ashish Arora Consultant Psychiatrist

GMC: 4472825

Dr Arora has been a Consultant with the Leicestershire Partnership NHS Trust since August 2003. From January 2015 to July 2020, he has primarily had an outpatient responsibility after the psychiatric services in the Trust were functionalized. Since July 2020, he has taken on an inpatient role in an inpatient rehab psychiatry unit. His patients suffer with a number of problems and challenges, from major mental disorders to adjustment issues and milder depression. Dr Arora prefers to provide a mix of psychotherapy and medications to most patients and believes that psychological support is crucial in aiding patient recovery. He has a specialist interest in Bipolar Disorder, Depression and Anxiety Disorders. Besides clinical work, he is also involved in the training of junior psychiatrists, medical students and other health care professionals. He has participated in mock examinations and CASC interviews as an examiner and helped prepare candidates for both part I and part II of the MRCPsych.

Dr Arora is registered with the Royal College of Psychiatrists for CPD. He regularly updates himself through attending various conferences, meetings, workshops, and self-study. He also holds practising privileges at the Nuffield and Spire Hospitals in Leicester and at 10 Harley Street, London. He sees a variety of patients at these clinics, including depressive and anxiety disorders, bipolar disorder and psychoses of various types. He offers a comprehensive assessment for psychotherapy and has a good network of psychology colleagues who are able to take on patients for counselling or more specialized psychotherapy.

AREAS OF EXPERTISE

- Psychosis
- Depression
- Anxiety
- Schizophrenia
- Bipolar Disorder
- Substance Abuse
- Adult Psychiatry
- Stress
- Obsessive Compulsive Disorder (OCD)
- Obsessional Behaviour
- Stress Related Conditions
- Assessment For Therapy and Counselling

PROFESSIONAL EMPLOYMENT

25 Aug '03 to Date - Consultant Psychiatrist General Adult Psychiatry, Leicestershire Partnership, NHS Trust, Leicester

7 April '03 to 24 Aug '03 - Locum Consultant General Adult Psychiatry, Brandon Mental Health Unit, Leicester General Hospital, Leicester

October '04 to Date - Private Practice as Consultant, Nuffield & Spire Hospitals, Leicester

April '19 Onwards - Private Practice as Consultant, 10 Harley Street, London

PROFESSIONAL EDUCATION AND QUALIFICATIONS

1998 - MRCPsych Part II, The Royal College of Psychiatrists, London
1997 - MRCP Part I (Medicine), The Royal College of Physicians, London
1996 - MRCPsych Part I, The Royal College of Psychiatrists, London
1993 - MD (Psychiatry), Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, India
1991 - MBBS, Medical College Rohtak, Rohtak, India

PUBLICATIONS, PRESENTATIONS AND POSTERS

1. Avasthi A, and Arora A: Biology of Schizophrenia: Proceedings of the Annual CME: Supplement to the Indian Journal of Psychiatry: 1994: 1-7
2. Basu D, Mattoo SK, Arora A, Malhotra A, Varma VK: Pseudoaneurysm in injecting drug abusers: cases from India: Addiction: 1994: 89(12): 1697-9
3. Arora A et al: Subsyndromes of chronic schizophrenia: A phenomenological study: Acta Psychiatrica Scandinavica: 1997: 26: 225-229
4. Avasthi A, Arora A, Kulhara P et al: A study of psychosexually disordered patients attending a special clinic: Archives of Indian Psychiatry: 1998: 4(1): 92-966