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# Dr Ashish Arora

MBBS, MD (Psych), FRCPsych  
**Consultant Psychiatrist**

General  
Medical  
Council

General Medical Council registration: **4472825**

## PROFESSIONAL SUMMARY

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Currently, I work as a Consultant in General Adult Psychiatry for Leicestershire Partnership NHS Trust. I have been a Consultant with the Leicestershire Partnership NHS Trust since August 2003. I work full time. From January 2015 to July 2020, I have primarily had an outpatient responsibility after the psychiatric services in our Trust were functionalized. Since July 2020, I have taken on an inpatient role in an inpatient rehab psychiatry unit. My patients suffer with a number of problems and challenges, from major mental disorders to adjustment issues and milder depression. Understanding a patient's situation in the community often clarifies diagnostic formulations and treatment recommendations. I prefer to provide a mix of psychotherapy and medications to most patients and believe that psychological support is crucial in aiding patient recovery. I have a specialist interest in Bipolar Disorder, Depression and Anxiety Disorders. Besides clinical work, I am also involved in the training of junior psychiatrists, medical students and other health care professionals. I have participated in mock examinations and CASC interviews as an examiner and helped prepare

candidates for both part I and part II of the MRCPsych. I am registered with the Royal College of Psychiatrists for CPD. I regularly update myself through attending various conferences, meetings, workshops, and self-study. I also hold practising privileges at the Nuffield and Spire Hospitals in Leicester and at 10 Harley Street, London. I see a variety of patients at these clinics, including depressive and anxiety disorders, bipolar disorder and psychoses of various types. I offer a comprehensive assessment for psychotherapy and have a good network of psychology colleagues who are able to take on patients for counselling or more specialized psychotherapy. I consider myself to be a good communicator.

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## SPECIALIST AREAS OF EXPERTISE

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- PSYCHOSIS
- DEPRESSION
- ANXIETY
- SCHIZOPHRENIA
- BIPOLAR DISORDER
- SUBSTANCE ABUSE
- ADULT PSYCHIATRY
- STRESS
- MENTAL DISORDER
- ANXIETY DISORDER
- OBSESSIVE COMPULSIVE
- DISORDER OCD
- OBSESSIONAL BEHAVIOUR
- STRESS RELATED CONDITIONS
- ASSESSMENT FOR
- THERAPY AND COUNSELLING

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## PROFESSIONAL EDUCATION AND QUALIFICATIONS

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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

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## PROFESSIONAL EMPLOYMENT

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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

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## PUBLICATIONS, PRESENTATIONS AND POSTERS

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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

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## COURSES AND CONFERENCES ATTENDED

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1. European Certificate in Anxiety and Mood Disorders conducted by the University of Limburg, Maastricht at Portofino, Italy from 1st of 7th June, 1996.
  2. Attended the MRCPsych Psychopharmacology Revision course in London - April 1998
  3. Attended the Residential Meeting of the Faculty of Old Age Psychiatry in Dublin - March 2001
  4. Attended the American Psychiatric Association Annual Meeting in New Orleans - May 2001
  5. Attended the American Psychiatric Association Annual Meeting in Philadelphia - May 2002
  6. Equal Opportunity Awareness Course in Leicester - February 2003
  7. Medicine and Psychiatry - February 2005
  8. Attended the American Psychiatric Association Annual Meeting in Atlanta - May 2005
  9. Workshops on Management in London - 2006
  10. Workshop on Mentoring - February 2007
  11. Workshop on Bipolar Disorder - May 2007
  12. ECNP, Vienna - October 2007
  13. Psychosis Conference on Early Intervention - October 2007
  14. American Psychiatric Association - Annual Meeting in Washington - May 2008
  15. American Psychiatric Association - Annual Meeting in San Francisco - May 2009
  16. Section 12 Refresher Course - Doncaster - July 2009
  17. Resuscitation Course - Leicester - August 2009
  18. Equality and Diversity Training - Leicester - May 2010
  19. Expert Witness Training - London - June 2010
  20. Deprivation of Liberty Safeguards Training - Leicester - May 2011
  21. SOAD Training - Hinckley - March 2011
  22. IPDE Training - Lancashire - October 2011
  23. SOAD Training - Hinckley - March 2012
  24. International Congress of Psychiatry - Liverpool - July 2012
  25. General Adult Psychiatry Faculty Conference - October 2013
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26. SOAD Training - March 2014
  27. Clinical Audit Conference – March 2014
  28. Approved Clinician & Section 12 Course Refresher Training – Doncaster - May 2014
  29. SOAD Training – Nottingham – March 2015
  30. Physical Healthcare Update Training – Leicester – April 2015
  31. Clinical Audit Conference – Leicester - February 2016
  32. Dual Diagnosis Conference – Madrid, Spain – March 2017
  33. Medical Negligence Course – Birmingham - June 2017
  34. ADHD conference – London – September 2017
  35. Faculty of General Adult Psychiatry – Leeds – October 2017
  36. SOAD Conference – Nottingham – March 2018
  37. Deprivation of Liberty Safeguards Mental Health Assessors practice update – Leicester - Sept 2018
  38. Faculty of General Adult Psychiatry Annual Conference – October 2018
  38. Immediate Life Support Course – Leicester - December 2018
  39. SOAD Conference – Leeds – March 2019
  40. Excellence in Report Writing – Bond Solon Course – July 2020