



Iram Siddiqui
BABCP Accredited Cognitive Behavioural Psychotherapist

Academic Qualifications:

Eye Movement Desensitisation Reprocessing certificate (2016) EMDR London

Postgraduate Diploma in Psychotherapeutic Interventions, University of Reading (2013)

Postgraduate Certificate in Psychological Interventions, Roehampton University (2009)

BSc Psychology London South Bank University (2007)

Professional Qualifications & Memberships

Accredited Member, British Association for Behavioural & Cognitive Psychotherapies

Independent Practice:

- 2013 – present: Independent Expert Witness

Areas of Expertise:

- I undertake assessment and treatment of adults in the context of asylum cases. I also have extensive experience of assessing a wide range of mental health problems using psychometric objective assessments and by clinical interviews.

Capacity:

- Affective conditions (e.g. PTSD, Anxiety disorders etc.)
- Assessment of a wide range of disorders (e.g. Depression, PTSD, OCD, GAD, Panic Disorder, Adjustment Disorders)
- EMDR for patients affected by Trauma and Road traffic accidents.

**Civil:**

- Post Traumatic Stress Disorder

Clinical Experience:

I have been working for South West London & St Georges Mental Health Trust since 2007. I combine organisational and analytical skills, with reliability and clear decision making. I display focus, determination, and commitment to my employers.

I am currently working as a BABCP Accredited Cognitive Behavioural Psychotherapist as part of the Wandsworth Introducing Access to Psychological Therapies Service conducting CBT interventions for primary care patients with moderate to severe mental health disorders. My patients include victims of domestic violence, trauma and PTSD cases. I have particularly had extensive experience working with refugees and asylum seekers. Some of which suffer with PTSD as a result of torture and persecution in their home country.

I have delivered therapy in different languages in order to provide treatment for these clients.

I also currently work with Private Therapy Clinic as a Cognitive Behavioural Psychotherapist (CBT) and Eye Movement Desensitisation Reprocessing (EMDR) therapist. I manage a caseload of patients who are affected by longstanding mental health problems. I believe that my skills and experience have given me confidence and a good understanding in being able to provide private treatment and medico legal reports for clients.

Prior to this I was working as a Psychological Wellbeing Practitioner as part of the same service conducting low intensity CBT Interventions for primary care patients with mild to moderate mental health disorders. My caseload was between 20-25 patients per week. As the service was in the initial stages of being rolled out I was instrumental in helping the service setup as I had previous experience in an IAPT service being rolled out.



I have experience of working as a Support Worker for a non-voluntary organisation specifically with vulnerable people who have been made homeless. This included victims of domestic violence and refugees. There were also many people who were awaiting asylum and had been placed there until a decision could be reached, the role involved providing support to those clients and helping Multidisciplinary teams in facilitating the provision of input to the families that needed it most.

In the past I have also worked as a Support Worker with elderly mental health patients at an undergraduate level at the Asian Elders Day Care Association. In this role I was required to engage with vulnerable elderly patients that attended the day care centre.

My enthusiasm, commitment and ability to view challenges from fresh perspectives are recognised invaluable parts of my character that efficiently resolve challenging situation. I have lived abroad and am well travelled thus bringing a rare balance of empathy and a varied cultural understanding to situations involving issues of cultural differences within both work and life.

Clinical Work Experience

- Private Therapy Clinic, 2 Harley Street, London W1G 9PA. Cognitive Behavioural Psychotherapist - Part Time. 2013 – to date
- Wandsworth IAPT Service, South West London & St.Georges NHS, Springfield Hospital Building 20, Entrance C, 61 Glenburnie Road, London SW17 7DJ: Ph: 0203 513 6264. Cognitive Behavioural Therapist - Full Time. September 2009 – to date
- Wandsworth IAPT Service, South West London & St.Georges NHS, Springfield Hospital Building 20, Entrance C, 61 Glenburnie Road, London SW17 7DJ: Ph:



0203 513 6264. Psychological Wellbeing Practitioner - Full Time. September 2008 – September 2009

- Sutton & Merton IAPT Service, Sutton Hospital, Nelson Hospital, Kingston Road, Raynes Park, SW20, 0208 296 1043: Graduate Mental Health Worker/Black Minority Ethnic Worker - Full Time. October 2007 - to August 2008.
- Sutton & Merton IAPT Service, Sutton Hospital, Nelson Hospital, Kingston Road, Raynes Park, SW20, 0208 296 1043: Graduate Mental Health Worker (Honorary) - Full Time. July 2007 - to October 2008.
- Gilroy Court Hotel, Support Worker for homeless people in a hostel run by the local council. (July 2001-December 2001). Supporting people in applying for benefits and monitoring where extra support from other agencies could be offered e.g. domestic violence agencies.

Achievements:**Publications:**

- Attentional Bias for Alcohol Related Stimuli in Social Drinkers, Belief Based Non Drinkers and Non Belief Based Non Drinkers. (2013) Albery, I.P. Moss, A.C. & Siddiqui, I.S. Department of Psychology, LSBU
- CBT Self Confidence Group Co-Facilitator January 2013 - December 2013 Wandsworth IAPT
- CBT Depression Group Co-Facilitator June 2013 - December 2013 Wandsworth IAPT
- CBT Post Natal Depression Group Co-Facilitator March 2013 - December 2013 Wandsworth IAPT
- CBT Psycho educational Depression and Anxiety Group Co-Facilitator October 2007- August 2009 Sutton & Merton IAPT



- I conduct CBT in Urdu, Hindi & Punjabi to enable therapy for people without using a translator. This demonstrates my initiative to deliver therapy in any service that I am employed by.
- Experience of working with a translator
- Clean drivers licence
- Fully Enhanced CRB

Languages:

English: Fluent- Main Language

Urdu: Fluent

Hindi: Fluent

Punjabi: Moderate understanding.