

Heena Chudasama BSc.(Hons), CPsychol., AFBPs.
Chartered Counselling Psychologist

Health Professions Council Registration: **PYL26161**
British Psychological Society Membership: **132896**

Heena Chudasama is a counselling psychologist with over 12 years of experience working with children, young people and adults. She has worked therapeutically with looked after children and their carers, supervising other professionals in working with families in difficulty. She works with children with both physical and learning disabilities. She is trained and experienced in a broad range of therapeutic interventions with both children, adults and families.

FAMILY LAW EXPERTISE

- Heena Chudasama undertakes assessments of children, adolescents, parental and families under the Children's Act, for Local Authorities and in private law cases.
- She undertakes assessments and interventions with foster and adoptive families.
- She works with looked after children undertaking assessments of their needs leaving care.
- She assesses complex developmental trauma and the impact that this can have on personality and parenting.
- She has expertise in the assessment and treatment of complex and long-term mental health difficulties.
- She undertakes assessments of children, adolescents and parents with learning difficulties and the impact that this can have on their parenting
- She has worked with young people with a broad range of developmental difficulties including assessments of the risk of self-harm.

THERAPEUTIC EXPERTISE

- Counselling and psychological therapies including CBT, Cognitive Analytic Therapy (CAT), psychodynamic and integrative therapies
- She formulates psychological interventions for acute trauma and the therapeutic response to critical incidents.
- She has a profound understanding of cultural diversity and foreign language assessments and she is fluent in Gujarati and English, conversational Hindi and has an understanding of Urdu and Punjabi

WORK HISTORY

2015 – Current

Clinical Director, Essence Integrated Ltd

Our core areas of expertise- psychological wellbeing, safeguarding and welfare. Devising and delivering training and therapeutic intervention. Providing critical incident support, Facilitating reflective practice and clinical supervision groups. Being responsible for overseeing the psychological wellbeing and critical incident parts of the business

2015 – Current

Volunteer Practitioner Psychologist, Walden Wellbeing Walk-in

Co-founder of a community based psycho-education drop in centre. Providing psychological support through one to one consultations, psycho-education groups and sign posting to relevant support services.

2014 - 2015

Chartered Psychologist/Counselling Psychologist, Cambridge Regional College

Developing further the psychological wellbeing service at the college. Providing consultation to staff regarding supporting learners in further education. Leasing with other health and care professionals regarding learners. Providing short-term therapy to learners. Providing clinical supervision to trainees. Delivering psycho-education groups to learners. Engaging in multi-disciplinary team meetings and case reviews. Carrying out applicant assessments, fitness to study assessments and crisis assessments.

2011 – 2011

Counselling psychologist, Sherico Care Services Ltd

Developing a psychology service at the organisation. Providing individual therapy to looked after children (some with learning disabilities and/or have an autism spectrum disorder and most of which are involved in youth offending) up to the age of 17. Developing and providing training to residential care staff and foster carers'. Overseeing and supporting staff and foster carers with risk assessments and individual behaviour plans ('Promoting Positive Behaviour and Relationships') for the young people in their care. Being available to debrief staff on incidents involving abuse by residents.

2009 - 2010

Interim Chair of Trustees – Trustee and Counsellor - Faces in Focus, Elephant and Castle

As part of the management committee we carried ultimate responsibility for the work of the organisation, financial decisions and for the management of staff and other resources to ensure the successful operation of the organisation. Clinical assessments in addition to long (Psychodynamic/Integrative orientation) and short-term (CBT based) counselling of young people aged between 13 and 25. Clients are referred by their GPs, Youth offending Team, CAMHT or self-referred.

2007 – 2009

Counsellor/Critical Incident Co-ordinator, Ceridian (CentreFile) - As part of an employers' assistance programme, telephone counselling including initial counselling assessments to establish a client's suitability for counselling and/or other services. Also as a critical incident co-ordinator, providing assessments and support for organisations that have encountered critical incidents e.g. bank raids, hostage situations etc.



2007 – 2009	Honorary Psychotherapist, St Thomas' Hospital As part of the psychotherapy team I provided Cognitive Analytic Therapy to patients referred via primary care and secondary care teams.
2006 – 2007	Counselling Psychologist (in training), Pavilion Medical Centre
2006 - 2007	Counselling Psychologist (in training), Elliot Secondary school
2005 – 2006	Counselling Psychologist (in training), Acorn Surgery

PROFESSIONAL QUALIFICATIONS

2004 – 2010	Roehampton University, PgdiP/M.Sc. Counselling Psychology
2001 – 2004	Roehampton University, B.Sc. Psychology and Counselling (Hons) 2:1

PROFESSIONAL TRAINING

2016	RAPPS Clinical Supervision (Part 1, 2, 3, 4 with the BPS)
2017	Expert Witness Training (Part 1, 2, 3, 4 with the BPS)