



Dr Rabhya Dewshi BA., D.Clin.Psych.
Consultant Clinical Psychologist



Health Professions Council Registration: **PYL04191**
British Psychological Society Membership: **147334**

Dr Rabhya Dewshi is a senior clinical psychologist with 20 years of experience working with adults, couples, children and families. She has a specialist interest in childhood trauma, learning disabilities, sexual assault, personality disorder, cognitive analytic and systemic therapies. Her experience across adult as well as child work is particularly used in addressing parental and parenting issues.

Dr Dewshi has expertise in using common assessment tools, including cognitive and adaptive function tests, mental health assessment, CBT-informed approaches and report-writing for courts. Her teaching work requires knowledge of the latest developments in adult mental health, and strengths in engaging learners and helping them apply theory to their practice. She has been working independently for over two years and has presents both written and oral evidence to the family courts on a regular basis.

PROFESSIONAL EXPERTISE

- 20 years' experience of assessing and treating adults, children and families with a wide range of emotional, behavioural, mental health and learning disability needs
- Expert witness work, report writing, and multiagency liaison
- Safeguarding work, including assessment of parental capacity, risk, and children's needs
- Diagnostic assessments of developmental difficulties, such as ADHD and Autistic Spectrum Conditions
- Assessment of child and adolescent psychosexual difficulties and sexually inappropriate behaviour
- Skills in a wide range of therapeutic approaches to match clients' needs, including behavioural, systemic and cognitive analytic therapies
- Assessment and therapeutic intervention with adults experiencing parenting difficulties, depression, anxiety, personality disorder, work and relationship issues
- Assessment and therapeutic intervention with children experiencing neglect and abuse, emotional distress, behavioural difficulties, learning disabilities, autistic spectrum disorders, fears and phobias, attachment and separation issues, adoption, difficulties eating and sleeping

WORK HISTORY

2012 – Pres Independent Clinical Psychologist, Private Practise

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Assessment and treatment of private clients (diagnoses of post-traumatic stress and ADHD) referred through Workplace Options, liaison with and reporting to case manager, including evaluation of outcomes.

- 2007 – Pres** **Lecturer and Convenor of Adult Mental Health Teaching, University of East London**
- 2009 – 14** **Principle Clinical Psychologist – Oxford Health NHS Trust**
Honorary Cognitive Analytic Therapist.
- 2008 – 09** **Clinical Psychologist, Oxford Learning Disability NHS Trust**
Assessing and treating children with learning disabilities and mental health problems, using systemic, behavioural, and adapted cognitive approaches Work with parents, teachers, carers and siblings.
- 2003 – 07** **Clinical Psychologist, Acute Day Hospital, East London and City Mental Health Trust**
Assessing and treating adults with a range of mental health difficulties including anxiety, depression, psychosis and personality disorder, using a range of approaches including therapeutic community, CBT-based psycho-educational groups, and cognitive analytic therapy.
- 2001 – 03** **Clinical Psychologist, Archway Sexual Health Clinic, Camden and Islington Mental Health and Social Care Trust**
Working with individuals and couples affected by psychosexual difficulties including HIV and sexual assault.
- 1997 – 00** **Clinical Psychologist in training, University of East London**
Developed skills and experience across a range of client groups and modalities, including adults, children, people with learning disabilities and older adults, and using CBT, Cognitive Analytic, psychodynamic and systemic approaches. Final year specialist placement using Cognitive Analytic Therapy with adult survivors of childhood trauma.

PROFESSIONAL QUALIFICATIONS

- 1997 – 00** Doctoral Degree in Clinical Psychology, University of East London
- 1987 – 00** BA(Hons) Social Psychology, University of Sussex
- 1982 – 85** BA(Hons) Philosophy & Politics, Somerville College, Oxford University

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2001 – 13** Practitioner Training in Cognitive Analytic Therapy Association for Cognitive Analytic Therapy, Guys & St Thomas' Hospitals, London
- 2000 – Pres** Regularly updated NHS & Bucks Safeguarding Board training in safeguarding children, safeguarding vulnerable adults, risk assessment and management

- 2001** Training in supervising clinical psychology trainees, North Thames Consortium
- 2016** British Psychological Society training in expert witness work
Shared Space: Working with Anger Using Non-Violent Communication (2 Days)
- 2015** Psychotherapeutic work with loss, separation and grief seminar (1/2 Day
Working with Embodiment – Association for Cognitive Analytic Therapy Annual Conference (2 Days)
Shared Space: Introduction to Non-Violent Communication (2 Days)
- 2014** (to present) 2-3 attendance per year at CPD events – Everlief Child Psychology Association for Cognitive Analytic Therapy: Child, Adolescent and Parent CPD day
Association for Cognitive Analytic Therapy: Conference on Culture, Identity and Pride
- 2009** (to present) 2-3 attendance per year at CPD events – BPS Child and Adolescent Special Interest Group
- 2000** PTSD Masterclass with Bessel Van Der Kolk (1 Day)