



Dr Nomir Ahmed

BSc, Pg Dip, MSc, C. Psychol.

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL01719**
British Psychological Society Membership: **180454**

Dr Ahmed is a highly qualified and skilled Chartered Counselling Psychologist with over 15 years' experience working within the United Kingdom National Health Service (NHS). His current role is as a Principal Psychologist with the East London NHS Foundation Trust working in acute mental health.

AREAS OF SPECIALISM

- Highly experienced Counselling Psychologist
- Psychological assessment & treatment
- Clinical supervision
- Extensive psychological treatment knowledge base
- Teaching/lecturing
- Integrative approach
- Staff recruitment, training and management
- Clinical research
- CBT, Solution focused therapy, group therapy
- Experience of working on women's only ward
- Use of Psychometrics

PROFESSIONAL QUALIFICATIONS

Jan 19 – Sep 25	Teeside University
Course:	Top-Up Doctorate in Psychology
Sep 03 – Aug 06	City University, London
Course:	Post MSc Chartership in Counselling Psychology (Doctoral equivalent)
	Msc Counselling Psychology
	Pg Dip Counselling Psychology
Sep 02 – Aug 03	City University, London
Course:	Graduate Certificate in Counselling Psychology
Sep 98 – Aug 01	University of Reading
Course:	BSc Psychology (2:1).

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WORK HISTORY

May 2025 – Present Priory Lichfield Road, Principal Psychologist

To be responsible for ensuring the systematic provision of specialist psychological input to The Priory's adult inpatient rehabilitation mental health services.

To provide systematic specialist clinical psychological and risk assessment, formulation, consultation and care planning as part of the multidisciplinary team. Training, support and supervision of colleagues will form part of the role, to promote psychologically-informed conceptualisation and intervention across the team. Contribution to service development initiatives, audit and research are expected as a senior clinician in the team.

To liaise closely with psychologists working in other teams/services to develop and maintain a high standard of professional practice across the service

Nov 23 – May 25 Jersey Health

To provide specialist psychological input to Jersey Health Adult inpatient services.

To provide psychological assessment, formulation, consultation and care planning with the MDT whilst also providing teaching, training and supervision to colleagues. Service development also forms a part of the current responsibilities whilst also liaising closely with psychology peers/colleagues in the community based services.

Oct 20 – Oct 23 East London NHS Foundation Trust, Principal Counselling Psychologist

To be responsible for ensuring the systematic provision of specialist psychological input to Bedfordshire and Luton's adult inpatient mental health services.

To provide systematic specialist clinical psychological assessment, formulation, consultation and care planning as part of the multidisciplinary team. Training, support and supervision of colleagues will form part of the role, to promote psychologically-informed conceptualisation and intervention across the team. Contribution to service development initiatives, audit and research are expected as a senior clinician in the team.

To liaise closely with psychologists working in other teams to develop and maintain a high standard of professional practice across the service.

Jan 20 – Present Experts in Mind

To assess and complete a range of psychological expert witness reports relating to cognitive and capacity as well as issues relating to personal injury & accidents and immigration issues.

Jan 18 – Present Psychology Experts

To assess and complete a range of psychological expert witness reports relating to cognitive and capacity as well as issues relating to personal injury & accidents and immigration issues.

Oct 15 – Sep 20 Camden and Islington NHS Foundation Trust

Highly Specialist Counselling Psychologist, Acute Mental Health Hospital and Crisis Teams

To provide a specialist clinical psychology service to the clients of the Community acute services within the trust.

To provide highly specialised psychological assessment, problem formulations and therapy, at the same time as offering advice and consultation on clients' psychological needs and care to non-psychologist colleagues and to other non-professional carers.

To provide consultation and training to multi-disciplinary colleagues within the Inpatient Team.

To work autonomously within professional guidelines and the overall framework of the team's policies and procedures.

To utilise research skills for audit, policy and service development, and research within the Inpatient specialty.

Apr 08 – Aug 15 East London NHS Foundation Trust

Highly Specialist Counselling Psychologist, Newham Centre for Mental Health

Responsibilities and duties involved both direct and indirect clinical work (individual / family / couples / group work), providing clinical supervision to trainee/newly - qualified psychologists as well as other members of staff within the MDT and collaborative input with other team members through advice, guidance, teaching, training and consultation together with contributing to service development. Provide psychological assessment and therapy for service users admitted to the acute wards including CBT, systemic and narrative therapy. Planned and facilitated various psychological groups for service users on the ward including a Talking group, Psychoeducation group, a carers group as well as a Hearing Voices group that is offered to service users across the unit

- Family and carer psychological assessment sessions provided when necessary
- Consultation and support provided for the MDT regarding psychological formulation and recommendations regarding service users by providing CBT teaching sessions for student doctors, nurses and graduate psychologists.
- Supervision of trainee psychologists and assistant psychologists plus support workers

Dec 05 – Mar 08 Barnet, Enfield and Haringey NHS Trust

Specialist Counselling Psychologist, St Ann's Hospital/Community Teams

To be responsible and accountable for the provision of a specialist psychology service, including assessments, formulations and brief interventions using CBT/Solution Focused principles both individually and group work in a community team whilst also providing supportive consultation to the team

Aug 05 – Nov 05 North East London Mental Health Trust,

Trainee Counselling Psychologist, Mascalls Park Hospital, Brentwood.

Trainee counselling psychologist using solution focused therapy with clients who have acute mental health problems in an acute mental health hospital setting.

Apr 04 – May 05 Camden Family Counselling Service

Trainee counselling psychologist, Camden

Trainee Counselling Psychologist using the brief psychodynamic with parent(s) in 1:1 sessions in local schools in Camden working with a range of psychological issues.

Jan 04 – Jul 05 Welbourne Primary School

Trainee Counselling Psychologist, Tottenham.

Voluntary work as a counsellor for the children using child centred play therapy

Sep 03 – Sep 04 Orchards Health Medical Centre

Trainee Counselling Psychologist

Trainee counsellor using solution focused therapy in a GP setting dealing with clients presenting with a range of mild to moderate problems including anxiety, trauma and depression.

Aug 01 – Aug 04 Reliance Care, Reading

Support Worker

Worked full-time for 1 year at a school for children with emotional behavioural difficulties. Furthermore I have worked six months at a home for adults with mental health problems, including the role of key worker and thus many 1-to-1 sessions.

Sep 99 – Jul 01 C.H.O.I.C.E, Reading

Support Worker

Casual support worker in home for adults with learning disabilities, where I first started to work with adults on a 1-to-1 basis.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2021	East London NHS Foundation Trust Behavioural Family Intervention
2021	East London NHS Foundation Trust Trauma Informed Care
2020	British Isles DBT Training DBT Skills Training
2019	Camden and Islington NHS Foundation Trust Systemic Therapy Level 1
2018	Helen Bamber Foundation Expert Witness report writing skills
2017	Improvement Academy Gold and Silver level training in Quality Improvement
2017	Institute for Healthcare Improvement Quality Improvement training
2017	Tavistock and Portman Perinatal psychology training
2016	Camden and Islington NHS Foundation Trust CBT for Trauma
2013	Institute of Narrative Therapy, London Level 3 Narrative supervision
2012	Institute of Narrative Therapy, London Level 2 Narrative Therapy
2011	Institute of Narrative Therapy, London Level 1 Narrative Therapy
2011	Oxford Cognitive Therapy Centre, Oxford CBT for Trauma training
2008	University College London (UCL), London Clinical supervision training
2008	British Psychological Society, London Clinical supervision training