



Mr Nomir Ahmed BSc, Pg Dip, MSc, C. Psychol
Chartered Counselling Psychologist



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

Mr Ahmed is a Chartered Counselling Psychologist with over 10 years' experience providing treatment for a wide range of problems including anxiety, panic, phobias, obsessive compulsive disorder, post-traumatic stress disorder; depression, recurrent depression, grief and bereavement; relationship difficulties; self-harm; Anger; Stress.

His approach is informed by the latest psychological research and incorporates the psychological principles that underpin many therapeutic models including cognitive behaviour therapy, psychodynamic psychotherapy and systemic family therapy. He provides independent evidence to the Family Courts on a broad range of areas including parenting capacity, the psychological impact of traumatic events in personal injury cases and fitness to work in occupational assessments. He offers intervention and rehabilitation within the timescales of the courts.

FAMILY LAW EXPERTISE

- Parental functioning including parental capacity and evaluating risk in instances such as domestic abuse, adult mental health and PTSD.
- Capacity assessments to participate in court proceedings.
- Assessments of adults with mental health, learning disabilities, behavioural problems or personality disorders.
- Mr Ahmed is bilingual and offers assessments in Bengali / Sylheti.
- Providing highly specialised psychological assessment, problem formations and therapy to clients.
- Reporting on those suffering with anxiety, trauma and depression.

THERAPEUTIC EXPERTISE

- Providing psychological assessment and therapy for service users admitted to acute wards including CBT, systemic and narrative therapy.
- Providing consultation and support for the MDT regarding psychological formulation and recommendations regarding service users by providing CBT teaching sessions.
- Providing one to one sessions with parents in local schools working with a range of psychological issues.
- Using solution focused therapy with clients in an acute mental health setting.
- Experience working with children with emotional behavioural difficulties.

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WORK HISTORY

- 2015- Highly Specialist Counselling Psychologist, Acute Mental Health Hospital and Crisis Team, Camden and Islington NHS Foundation Trust
- 2008-15 Highly Specialist Counselling Psychologist, Newham Centre for Mental Health, East London NHS Foundation Trust
- 2005-08 Specialist Counselling Psychologist, St Ann's Hospital Community Teams, Barnet Enfield and Haringey NHS Trust
- 2004-05 Trainee Counselling Psychologist, Mascalls Park Hospital, Brentwood, North East London Mental Health Trust
- 2004-05 Trainee Counselling Psychologist, Camden, Camden Family Counselling Service
- 2004-05 Trainee Counselling Psychologist, Welbourne Primary School, Tottenham
- 2003-04 Trainee Counselling Psychologist, Orchards Health Medical Centre
- 2001-04 Support Worker, Reliance Care, Reading
- 1999-01 C.H.O.I.C. E Support Worker, Reading

PROFESSIONAL QUALIFICATIONS

- 2003-06 Pg Dip Counselling Psychology, City University, London
- 2003-06 MSc Counselling Psychology, City University, London
- 2003-06 Post MSc Chartership in Counselling Psychology (Doctoral equivalent), City University London
- 2002-03 Graduate Certificate in Counselling Psychology, City University London
- 1998-01 BSc Psychology (2:1), University of Reading

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2017 Gold and Silver level training in Quality Improvement, Improvement Academy
- 2017 Quality Improvement Training, Institute for Healthcare Improvement
- 2017 Perinatal Psychology Training, Tavistock and Portman
- 2016 CBT for Trauma, Camden and Islington NHS Foundation Trust
- 2013 Level 3 Narrative Supervision, Institute of Narrative Therapy, London
- 2012 Level 2 Narrative Supervision, Institute of Narrative Therapy, London
- 2011 Level 1 Narrative Supervision, Institute of Narrative Therapy, London
- 2011 CBT for Trauma, Oxford Cognitive Therapy Centre, Oxford
- 2008 Clinical Supervision Training, University of College London (UCL), London
- 2008 Clinical Supervision Training, British Psychological Society, London