

Dr Masrita Ishaq M.A., M.Sc., PSYCHD., CPSYCHOL Chartered Counselling Psychologist





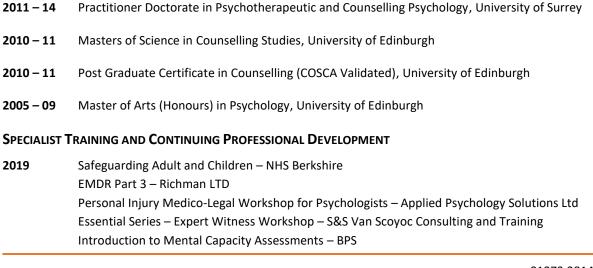
Health Professions Council Registration: PYL038836 British Psychological Society Membership: 153403

Dr Ishaq is a HCPC Registered, BPS Chartered Counselling Psychologist who has 8 years of experience working in primary care, forensic hospitals and community mental health teams. She has worked with range of psychological adversities such as depression, anxiety, complex trauma, PTSD, domestic violence, panic attacks, personality disorder and psychosis. She has a clear cultural awareness and understanding of diversity.

EXPERT WITNESS EXPERIENCE

- Criminal Courts Specialist assessments of female risk of criminal recidivism in cases of severe and enduring personality disorder, fire-setting and self-harming behaviour
- Immigration and Asylum Assessments of trauma and PTSD with an understanding and awareness of cultural diversity.
- Personal Injury Assessments of trauma and PTSD for victims of road traffic or work related accidents.
- Family Courts Assessments of parents with complex mental health needs and personality disorder and forensic risk including violence, domestic violence and neglect.
- *Employment Tribunals* Assessments of work related stress and difficulties and return to work.
- Occupational Interventions Therapeutic Interventions for work related problems.
- Mental Health Tribunals Assessments of patients detained under the mental health act and treatment planning and rehabilitation.

PROFESSIONAL QUALIFICATIONS AND TRAINING





2017 – 18	MAPPA Briefing – West London NHS Trust Neuropsychology: Cognitive Assessment and Neuropsychological Assessment – BPS Learning Centre Eye Movement Desensitisation and Reprocessing (EMDR) – Part 1 and Part 2 – Richman Ltd Division of Counselling Psychology Annual Conference Complex Trauma in Secure Setting – BPS Crisis, Disaster and Trauma Section FIP-MO Fire Setting Intervention Programme for Mentally Disordered Offenders, University of Kent HCR-20 v3 Refresher Training – Tully Forensic, Cygnet Healthcare
2016	Acceptance and Commitment Therapy, Four Day Skills Intensive Part 2 – Mindfulness Training Ltd, BPS Approved Course Division of Counselling Psychology Annual Conference Roles, Experiences and Challenges of Psychologists Working in Rehabilitation – BPS DCP Faculty of Psychosis and Complex Needs, Rehabilitation and Recovery Services Network
2015	Why Creative Therapy - What It Is and What It's Not, RASASC Essential Supervision Skills – SDS Seminars, BPS Approved Course Resource Based Therapies - Positive Therapy, Motivational Interviewing, Solution Focused Therapy – SDS Seminars, BPS Approved Course An Introduction to Working with Psychosexual Issues, RASASC Understand and Working with Hearing Voices, Delusions and Paranoia, BPS Learning Centre Working with Addiction, Addiction to Internet Pornography, RASASC An Introduction to Sleep: Psycho-behavioural Assessment and Treatment Strategy, BPS Learning Centre Acceptance and Commitment Therapy: Experiential Introduction with Skills Training Mindfulness Training Ltd, BPS Approved Course Trauma Focused CBT with PTSD, BPS Learning Centre
Work History	
2017 – Pres	NHS Berkshire, Complex PTSD, Traumatic Stress Service, Highly Specialist Counselling Psychologist Milieu Psychology and Psychotherapy Ltd
2017 – 19	West London Mental Health NHS Trust, Medium and Low Secure wards, Psychology, Highly Specialist Counselling Psychologist
2018	Oxford Health NHS, Adults Community Mental Health Team, Psychology, Counselling Psychologist
2017 – 18	Cygnet Health Care, Low Secure Mental Health service, Psychology, Counselling Psychologist
2016 – Pres	British Psychological Society, Division of Counselling Psychology, Communications Lead
2016 – 17	Psychology and Psychotherapy, Partnerships in Care, Secure Rehabilitation
2015 – 16	Counselling Psychologist, Together: Working for Wellbeing, Hampshire Recovery Projects, 24 hour CQC Registered Residential Rehabilitation Projects, Psychology Service
2014 – Pres 2015	Counselling Psychologist, Rape and Sexual Assault Support Centre (RASASC) Counselling Service Counselling Psychologist, Middlesex University- Student Counselling Service



- **2013 14** Trainee Counselling Psychologist, NHS Surrey and Borders Partnership Trust, Psychology Service/Behavioural Therapies, Personality Disorder Pathway, Specialist Care
- 2012 13 Trainee Counselling Psychologist, Brockwood Medical Practice, Counselling Service, Primary Care
- 2012 13 Trainee Counselling Psychologist, NHS Surrey and Borders Partnership Trust, Psychotherapy Service, Secondary Care
- **2011 12** Trainee Counselling Psychologist, Oakleaf Enterprise, Counselling Service, Mental Health Charity

PROFESSIONAL REGISTRATIONS

Practitioner Doctorate in Psychotherapeutic and Counselling Psychology

Registration with HCPC as Practitioner Psychologist

Chartered status with the British Psychological Society

Eligible to apply to British Psychological Society's Register of Applied Psychology Practice Supervisors (RAPPS)

PUBLICATIONS

- Ishaq, M. (2019) Working in Forensic Mental Health- what it involves, professional development and challenges for the counselling psychologist. Division of Counselling Psychology Annual Conference.
- Brown, D., Ishaq, M., Draghi-Lorenz, R. (Submitted) Questioning the reality of feeling combat-related symptoms of PTSD- Understanding therapy for PTSD in the military using An Interpretative Phenomenological Analysis
- Ishaq, M. (2014) Psychodynamic considerations on Clinical Work with Combat-Related Post Traumatic Stress Disorder. *Counselling Psychology Review* 29(1), 41-47
- Ishaq, M. (2013) Understanding PTSD among Military Veterans through Counselling Psychology. *Wessex Psychologist Bulletin,* issue 8.

Awards

Runner-Up for the BPS Division of Counselling Psychology Annual Trainee Award 2013 for submission of a theoretical paper titled 'Psychodynamic Considerations on Clinical Work with Combat-Related Post Traumatic Stress Disorder.