



**Dr Sehar Ahmed**  
BSc Hons, Clin PsychD.  
**Registered Clinical Psychologist**



Health Professions Council Registration: **PYL35491**

Dr Sehar Ahmed is a qualified Clinical Psychologist registered with the Health and Care Professions Council (HCPC registration number PYL35491). She completed her doctorate at the University of Manchester in 2017. In addition to her training, she has accumulated several years of experience in the field of mental health and psychology.

Dr Sehar Ahmed's particular area of expertise is in adult mental health. She currently operates her clinical practice within the NHS, in addition to her private practice writing medico legal reports for the courts. She has expertise in the psychological assessment and treatment of a wide range of areas including, psychological distress associated with traumatic events, post-traumatic stress disorder (PTSD), adjustment disorder, depression, travel anxiety and anxiety disorders.

#### **MEDICO-LEGAL EXPERIENCE**

Dr Sehar Ahmed has been providing expert witness services for the last two years from city centre consulting rooms on Deansgate, Manchester. She has received instructions for personal injury civil litigation cases, the majority related to road traffic accidents (RTA's) and workplace accidents. She has also written psychological reports for immigration, asylum and deportation proceedings. She is able to offer an assessment appointment within one week of receiving instruction. In addition, she offers weekend and evening appointments and provides high quality reports at a quick turnover.

#### **PROFESSIONAL QUALIFICATIONS**

**2017** Doctorate in Clinical Psychology (ClinPsyD)

**2009** BSc (Hons) Psychology

#### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**2017** Excellence in Report Writing, Bond Solon

#### **WORK HISTORY**

**2017 – Present** Clinical Psychologist, Secondary Care Psychological Therapies, Pennine Care NHS Foundation Trust.

**2013 – 17** Trainee Clinical Psychologist: The University of Manchester, Manchester Mental Health and Social Care Trust

**2010 – 13** Assistant Research Psychologist (Psychological Therapies in the Treatment of Psychosis), Greater Manchester West (2010-2013)

---

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

**2009 – 10** Honorary Research Assistant, University of Manchester (2009-2010)

## **PUBLICATIONS AND PRESENTATIONS**

### **Publications**

- 2019** Ahmed, S., Birtel, M.D., Pyle, M., & Morrison, A.P. (2019). Stigma towards Psychosis: Cross-Cultural Differences in Prejudice, Stereotypes, and Discrimination in White British and South Asians. *Journal of Community and Applied Social Psychology*.
- 2016** Awenat, Y.F., Shaw-Nunez, E., Kelly, J., Law, H., Ahmed, S., Welford, M., Tarrier, N., & Gooding P.A. (2016). A qualitative analysis of the experiences of people with psychosis of a novel cognitive behavioural therapy targeting suicidality. *Psychosis: Psychological, Social and Integrative Approaches*.
- 2013** Peters, S., Bird, L., Ashraf, H., Ahmed, S., Mc Namee, P., Ng, C., & Hart, J. (2013). Facilitating Weight Management: Medical Undergraduates' use of Behaviour Change Talk. *BMC Medical Education*.
- 2014** Tarrier, N., Kelly, J., Maqsood, S., Snelson, N., Maxwell, J., Law, H., Dunn, G., Gooding P.A. (2014). The cognitive behavioural prevention of suicide in psychosis: A clinical trial. *Schizophrenia Research*.

### **Conferences and Teaching**

- 2019** Ahmed, S. Introduction to Personality Disorders teaching presented at the University of Manchester, ClinPsyD, Manchester, UK. January 2019 and January 2020.
- 2012** Ahmed, S., Kelly, J., Awenat, Y. Cognitive Behavioural Suicide Prevention in Psychosis: The development of the therapy feedback interview presented at the Greater Manchester West Research Seminar on Psychosis, Recovery and Bipolar disorder, Manchester, UK. November 2012.
- 2010** Hart J, Ashraf H, Bird L, Maqsood S, McNamee P, Ng C, Peters S. An experimental investigation of medical students' use of lifestyle behaviour change skills presented at the Association for Medical Education in Europe (AMEE), Glasgow, UK. September 2010.
- 2009** Peters S, Ashraf H, Bird L, Maqsood S, McNamee P, Ng C, Hart J. Medical trainees use of lifestyle change techniques in the management of obesity presented at the Association of the Study of Medical Education (ASME), Edinburgh, UK. July 2009.