



Dr Lisa Ahmad
B.Sc.(hons), Clin.Psy.D., AFBPsS., CPsychol
Chartered Clinical Psychologist



Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL01714**
British Psychological Society Membership: **40580**

Dr Lisa Ahmad is an experience and empathic Chartered Clinical Psychologist. She has extensive experience working with adults across the NHS, Military and in her own successful Private Practice. Dr Lisa is committed to improving the lives of the clients she works with, bringing together her expertise in psychological knowledge and her clients expertise in their own lived experience. Dr Ahmad has over 15 years experience and integrates EMDR and ACT principles into her practice for the best results for her clients. Her areas of speciality are working with EMDR and helping clients struggling with the impact of trauma, eating disorders and sleep difficulties. She also works extensively in the field of health psychology, supporting clients with adjustment to diagnosis, health anxiety, and with the impact of living with chronic or live long conditions and diseases.

AREAS OF EXPERTISE INCLUDES

- Capacity
- Risk
- Addictions
- Domestic violence
- Assessment of anger traits and anger management skills
- Sleep difficulties and disorders, including Insomnia
- Personality disorders and clinical syndromes
- Affective conditions (e.g. PTSD, depression, anxiety disorders including OCD and panic disorders)
- Eating Disorders (including anorexia, bulimia, binge eating and EDNOS)
- Trauma and PTSD
- Loss and Grief
- Relationship difficulties and emotional regulation issues

PROFESSIONAL QUALIFICATIONS

2006 Doctor of Clinical Psychology – Universities of Coventry and Warwick

2001 BSc (Hons) Psychology – Manchester Metropolitan University

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2020 EMDR for Eating Disorders

2019 Acceptance and Commitment Therapy for Trauma

2019 Acceptance and Commitment Therapy for Anxiety

2018 Cognitive Processing Therapy – Military and Veterans

2012 EMDR training

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WORK HISTORY

2020 – Present Independent Practice, Maromika Mind and Medical, Yorkshire

- Provision of specialised psychological assessment and treatment within the private sector, across the UK.
- Provision of supervision to Clinical Psychologists and allied Health Professionals
- Coordinating referrals for psychological services and allocating them accordingly.
- Managing referrals for medicine and aesthetics services

2020 – Present York Teaching Hospital NHS Foundation Trust, Psychological Medicine, HIV and Sexual Health

- Providing specialist individual psychological assessment, formulation and therapy for adults and transitional aged adults with HIV.
- Offering advice, guidance on screening and consultation on patients' psychological care to non-psychology colleagues and to other non-professional carers.
- Leading on audit, policy and service development.
- Designing and implementing clinically relevant research projects within the area of sexual health and HIV.
- Provision of specialist psychological advice, guidance and consultation to other professionals contributing directly to patients' formulation, diagnosis and treatment plans.
- Working alongside University of York providing specialist training placements to Clinical Psychology Trainees.
- Supervision of Clinical Psychologists, psychology assistants and trainees and multidisciplinary team members.

2017 – 19 Ministry of Defence, Defence Primary Health Care, Overseas Cyprus. Consultant Clinical Psychologist

- Consultation and specialist assessment of psychological difficulties and disorders.
- Diagnosis and treatment planning to ensure psychologically informed pathways of care.
- Provision of training and teaching to enhance Continued Personal Development of other allied health professionals.
- Regular liaison with medical teams, and senior military personnel to inform decisions regarding treatment and occupational functioning.
- The implementation of an Alcohol Treatment Pathway pilot in Cyprus, in line with Armed forces Alcohol Strategy, UK.

2008 – 16 Independent Practice, Edgbaston Private Medical Practice, Birmingham.

2008 – 16 Birmingham and Solihull Mental Health Foundation Trust. Eating Disorders Service.

- Provision of psychological assessment and evidenced-based therapies to adults and young people with eating disorders and complex mental health difficulties including personality disorder, self harm and substance misuse. Long and short term therapies offered including EMDR, REBT and CBT.
- Supervision of Clinical Psychologists, psychology assistants and trainees and multidisciplinary team members
- Design and implementation of patient groups.
- Outcome measures and audits
- Training and Consultation to health professionals

- Service development design and implementation.

2006 - 08 North Warwickshire NHS Partnership Trust.

- Providing clinical assessment, formulation and a variety of evidenced-based psychological therapies for people presenting with a wide range of mental health needs, offending behaviour, learning disability and personality disorders. Long and short-term models of therapy offered including: Cognitive Behavioural Therapy, Psychodynamic Therapy, EMDR and REBT.
- Specialised psychological assessment of seriously irresponsible behaviour.
- Participation in Mental Health Tribunals.
- Provision of staff support through support groups and formal supervision.
- Training and Consultation to the multidisciplinary team.

PROFESSIONAL MEMBERSHIPS

Registered with Health Professions Council (HCPC)

Full Member of the British Psychological Society

Associate Fellow of the British Psychological Society

Member of the Division of Clinical Psychology, BPS

Member of the Division of Sexual Health and HIV

Fully qualified EMDR practitioner.