



**Dr Nina Melunsky**  
BSc, Msc, DCLinPsych  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL33861**

Dr Nina Melunsky is a Senior Clinical Psychologist working within the NHS. She has a broad level of clinical experience working in across a range of community settings and across all aspects of adult mental health.

Dr Melunsky has worked in specialist areas including forensic services, adult psychosis services and learning disability mental health services, giving her experience of working with clients with complex trauma and mental health difficulties.

Dr Melunsky's area of special interest is in the assessment of trauma and PTSD, as well as learning disabilities and issues of capacity.

Areas of Specialism:

- Learning disability
- Adult mental health
- Trauma/PTSD
- Mental capacity

### **PROFESSIONAL QUALIFICATIONS**

- 2016**      Doctorate Clinical Psychology – University of Essex
- 2011**      MSc Developmental Psychopathology – University of Reading
- 2008**      BSc (Hons.) Psychology – University of Portsmouth

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

- 2020**      Advanced Supervisors Training - Institute of Psychiatry
- 2018**      Cognitive Analytic Therapy - Practitioner Training - South London and Maudsley NHS Foundation Trust
- 2018**      Medico-Legal Report Training – Helen Bamber Foundation
- 2018**      Supervisors Training - Salomon's Centre for Applied Psychology
- 2017**      Mental Capacity Act Masterclass - South London and Maudsley NHS Foundation Trust

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## WORK HISTORY

**2020 – Present    Senior Clinical Psychologist - South London and Maudsley NHS Foundation Trust Lewisham Mental Health and Learning Disability Team**

- Assessment of risk and capacity
- Adapted therapeutic interventions for people with cognitive impairment
- Systemic consultation with support providers and other agencies
- Supervision of trainee clinical psychologists

**2017 - 20            Clinical Psychologist - South London and Maudsley NHS Foundation Trust Lewisham Mental Health and Learning Disability Team**

**2016 – 17            Clinical Psychologist - Barnet, Enfield and Haringey NHS Foundation Trust East Haringey Support and Recovery Team (Psychosis)**

- Direct clinical interventions including compassion-focused, cognitive behavioural and narrative therapies
- Development and facilitation of weekly team mindfulness sessions

**2013 – 16            Trainee Clinical Psychologist - North Essex Partnership NHS Foundation Trust (Various Teams)**

- Six months placements across four core client groups.
- A specialist year-long placement in a Medium-Secure Forensic Unit.
- Developed individual and group skills in CBT, Systemic and Schema Therapies.

**2010 – 11            Assistant Psychologist - St Georges Healthcare NHS Trust (Community Learning Disability Team)**

- Capacity assessments to consent to sexual relationships.

**2009 – 10            Primary Care Mental Health Worker - Priory Group (Croydon NHS Primary Care Psychological Therapies)**

- The facilitation of computerised CBT, CBT psycho-educational workshops, group and individual therapy for depression and anxiety disorders.
- Regular service audits and evaluation

**2008 – 09            Assistant Psychologist - South West London and St George's Mental Health NHS Trust (Richmond Older Adults/Richmond Rehabilitation Service)**

- Individual CBT and Life Review Therapy
- Supported and promoted the regular use of Life Review therapy with HCAs

## PUBLICATIONS

- Charlesworth, G., Melunsky, N., & Orrell, M. (2012) SHIELD Carer Supporter Programme: a randomised controlled trial of one to-one peer support and large group reminiscence for family carers of people with dementia. 27th International Conference of Alzheimer's Disease International, London.

- Melunsky, N., Crellin, N., Poland, F., Charlesworth, G., Orrell, M., & Woods, B. (2013). The experiences of family carers attending an RYCT group. *Dementia*. DOI: 10.1177/1471301213516332; *Dementia* - published online 26 December 2013.
- Charlesworth, G., Melunsky, N., Orrell, M., & Newman, S. (2013). Mixed emotion in carers as predictor of service use and care-recipient outcome. *Psychology and Health*, 28, 12.
- Feast, A., Orrell, M., Charlesworth, G., Melunsky, N., Poland, F., & Moniz-Cook, E. (2016). Behavioural and psychological symptoms in dementia and the challenges for family carers: systematic review. *The British journal of psychiatry: the journal of mental science*, 208 (5), 429-434.