

**Dr Alexandra Antonesei**

BSc, MSc, MRes, PhD, MSc.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL039120**  
British Psychological Society Membership: **316374**

Dr Alexandra Antonesei is a clinical psychologist working in a medium risk forensic NHS hospital. She works in an acute ward with users with acute or remitted psychosis and substance misuse; her main duties include risk assessments and individual therapy sessions.

Dr Antonesei also runs clinics (individual therapy and assessments) for a private mental health company where she sees clients with (complex) trauma and personality disorders, chronic (and severe) anxieties and depression, complicated grief, neurodiversity (mainly autism and ADHD), burnout and work-related stress. She also collaborates with a law company specialising on immigration law; she runs assessments and writes reports mainly on asylum applications, modern slavery/human trafficking, impact of deportation/detention.

#### **AREAS OF SPECIALISM**

- Asylum application, impact of deportation/detention, human trafficking/modern slavery, trauma and PTSD (immigration law)
- IQ, cognitive functioning/cognitive impairment
- ADHD
- Adult mental health (axis I disorders)
- Trauma and personality disorders
- Trauma and PTSD
- Physical violence and sexual deviance
- Domestic abuse
- Work related stress, bullying, harassment and (disability) discrimination
- Need for psychological therapies and recommendations.

#### **PROFESSIONAL QUALIFICATIONS**

<b>2021</b>	MSc Degree in Forensic Psychology – University of Roehampton
<b>2018</b>	PHD degree in Psychology/Neuroscience – University of Reading
<b>2013</b>	Research Master in Clinical and Cognitive Neuroscience, Specialisation Psychopathy – University of Maastricht
<b>2011</b>	MSc in Clinical Psychology, Psychological Counselling and Psychotherapy – University of Babes-Bolyai
<b>2008</b>	BSc in Psychology – University of Babes-Bolyai

#### **WORK HISTORY**

##### **2020 – Present Senior Psychologist – Harley Psychiatrists, London**

- Manage a caseload of patients with complex mental health problems, e.g., early abuse, trauma and personality disorders; chronic or treatment-resistant depression; chronic anxieties;

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complicated grief; addictions; burnout; psychological problems related to long-term medical conditions; adjustment difficulties related to migration/immigration

- Elaborate and implement integrative mental health care plans (i.e., specialist psychological assessment, case formulation, treatment plan) using a range of therapeutic approaches (e.g., CBT, Schema Therapy, Mindfulness-based cognitive therapy, Compassion-focused therapy, Motivational interviewing)
- Run specialist ADD/ADHD assessment using DIVA-V
- Provide psychoeducation and coaching to clients formally diagnosed with ADD/ADHD
- Prepare specialist letters and reports (e.g., ADHD, clinical, forensic/medico-legal, occupational) to other services and external sources
- Supervise a trainee psychologist

**2019 – Present     Consultant Psychologist – Kims Law, London**

- Conduct clinical interviews and specialist psychological assessments using standardized tools for immigration purposes (i.e., people being temporarily detained in immigration removal centres; asylum applications; other immigration matters)
- Write high quality medico-legal reports for immigration-related applications for the Home Office
- Liaise with solicitors and third parties to gain access to relevant medical, social and legal information to further support my claims

**2020 – 2021     Clinical Psychologist – ELFT Forensic Services, John Howard Centre**

- Manage a caseload of medium risk forensic patients with a wide range of mental health problems, e.g., early abuse, trauma and personality disorders; psychoses; treatment for drug and alcohol addictions; paraphilias, paedophilia, and general sex offences
- Implement and review appropriate offender treatment and rehabilitation programs, including mental health awareness and psychoeducation, CBT for psychosis, anger management, drug/alcohol rehabilitation, trauma-related experiential work, social and cognitive skills training
- Carry specialist assessments to assess the risk of re-offending, self-harm, suicide, or other high-risk behaviour
- Record and report on clinical work (including assessments, formulation, treatment plans and progress, clinical letters) to a variety of recipients (service users, carers, other professionals, formal panels)
- Supply specialist psychological input to help with case formulation and risk management for CPA meetings, community meetings, case discussions, team meetings
- Provide guidance and advice to other therapists contributing directly to the formulation and treatment plans of individual service users (e.g., family therapy, art therapy, drama therapy)
- Undertake a service evaluation research project

**2019 – 20     Neuropsychology Assistant Psychologist – Central and North West London NHS Trust, London**

- Manage a caseload of patients with severe, long-term medical and mental health comorbidities referred for neuropsychometric input
- Manage a small caseload of patients with learning disabilities and/or cognitive deficits related to medical conditions
- Run extensive neuropsychological testing using a wide range of standardized test batteries (e.g., WAIS-IV, WMS-IV); and interpret findings to provide insight into cognitive functioning
- Conduct specialist psychological assessments using standardized clinical interview tools; and elaborate case conceptualizations using evidence-based clinical models

- Elaborate and implement mental health care plans (e.g., cognitive rehabilitation, psychoeducation, brief psychological interventions, BA, MBCT, progressive relaxation training)
- Liaise with third parties to ensure continuation of psychological/medical treatment, registration for financial and/or social support and guidance

**2019 Specialist Mental Health Mentor – UMO, London**

- Manage a caseload of bachelor, masters, PhD, local and international students with diagnosed disabilities, mental health and/or medical conditions, referred by HEI or DSA for specialist mental health mentoring
- Acknowledge and educate about the impact of the students' disability/illness/medication on their ability to learn
- Address academic weaknesses by delivering specialist study skills to help with information processing
- Provide emotional support to reduce the stress of the university experience and the emotional experience of learning
- Prevent or alleviate relapse and drop out from university

**2017 Intensive Service Assistant Psychologist – Avon and Wiltshire Mental Health NHS Trust, Devizes**

- Undertake risk assessments using standardized clinical protocols of patients considered at high risk in ambulatory facility
- Run home-visits to monitor the patients' safety and wellbeing and their adherence to the healthcare plan

**2010 – 12 Trainee Psychotherapist, University of Babes-Bolyai, Romania**

- Manage a caseload of patients with medical conditions (e.g., chronic back pain, heart conditions, cancer) referred for psychotherapy
- Use input from in-depth psychological assessments to elaborate case conceptualizations
- Run motivational interviews to identify the patients' core values and to increase the adherence to the psychological treatment plans
- Deliver psychotherapy (e.g., CBT, BA) to patient with long-term medical conditions and psychiatric comorbidities
- Monitor the effectiveness of the therapeutic protocol across sessions

**2010 – 11 Trainee Psychological Counsellor – Care Home 'Theodora' for the Elderly, University of Babes-Bolyai, Romania**

- Plan and deliver person-centered care and psychological support to elderly with neurodegenerative conditions/in palliative care
- Listen empathetically and provide emotional support
- Facilitate compassion-based individual and group counselling sessions
- Use BA techniques to maintain their routines and help them engage with the community
- Communicate with, educate and support carers to cope with their daily exposure to a terminal illness

**2000 – 2001 Trainee Clinical Psychologist – Psychiatric Hospital for Adults, Romania**

- Manage a caseload of patients with major psychiatric disorders, such as depression, anxieties, bipolar disorders, psychoses, and personality disorders, referred for psychological input
- Carry out protocol-based psychological assessments by applying psychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews

- Elaborate evidence-based case conceptualizations and provide psychoeducation to patients and their carers
- Implement multidisciplinary mental health care plans using techniques derived from, CBT, dialectical behavioral therapy and acceptance and commitment therapy in one-to-one and group sessions
- Monitor and evaluate the effectiveness of the therapeutic interventions across sessions
- Maintain accurate and up-to-date records, i.e., case notes, clinical reports, treatment plan via a computerized information system

## **RESEARCH AND TEACHING EXPERIENCE**

### **2014 - 18      PHD Researcher – University of Reading**

- Manage all phases of multiple projects concurrently, from scoping to close-out; manage all aspects of projects, including budget, invoicing, staffing, project schedule, and deliverables
- Manage regulatory authority applications and approvals to ensure consent, rights, safety and wellbeing of all trial participants
- Conceptualize and write behavioral, neuroimaging and psychopharmacological research protocols
- Implement research protocols and monitor data collection in healthy and clinical populations
- Liaise with other researchers, doctors/consultants, nurses, administration and financial staff to guarantee an optimal implementation of projects
- Analyze and interpret data, and prepare research papers and reviews
- Disseminate results to academic and general audiences
- Write funding applications to ensure collaborations with other research centers, continuation of current research projects, conference attendance, etc.

### **2015 – 17      Teaching Assistant – University of Reading**

- Prepare and deliver seminars on Cognitive Psychology, Neuroscience and Developmental Psychology
- Provide supervision to UG and MSc students for their final year projects and/or placements
- Train students to run clinical assessments for research purposes
- Train students and medical staff in research methods and data analysis
- Assess and grade essays; provide personalized, constructive feedback to improve scientific writing
- Invigilate exams

### **2014              Research Assistant – University Hospital of Zurich**

- Elaborate a validated a mood induction procedure
- Assist with conceptualization and design of an experimental task
- Help with behavioural data collection in healthy population

### **2013              Visiting Scholar – University of Pittsburgh**

- Analyse and interpret data from multiple research centers
- Conduct literature searches and write articles summaries
- Write a master dissertation

## **PUBLICATIONS AND PRESENTATIONS**

### **Publications**

- Antonesei, A., K. Murayama, C. McCabe. (2018). Punishment and reward learning in young adults with depression symptoms. Positive vs. negative feedback in depression, full paper in Annual International Conference on Cognitive and Behavioural Psychology Proceedings.

#### **Invited Talks**

- Different effects of depression and anxiety on reward and punishment-based probabilistic learning, The Consortium of European research on Emotion, Glasgow, April 2018
- Punishment and reward learning in young adults with depression symptoms, Annual International Conference on Cognitive and Behavioral Psychology, Singapore, January 2018
- Signal detection theory in the context of reinforcement learning, Donders Discussions, Nijmegen, November 2016
- Increment of Reinforcement Learning Using a Signal-Detection Task: Preliminary Results Based on a Pilot Study, International Conference on Brain Informatics and health, London, September 2015

#### **Conference Presentations**

- Antonesei, A., K. Murayama, McCabe, C. Reduced Neural Reward Bias in Major Depression Disorder Using a fMRI Probabilistic Reinforcement Learning Task, Biological Psychiatry, San Diego, 2017
- Antonesei, A., McCabe, C., Murayama, K. Reward responsiveness in a probabilistic learning task by means of corrective punishment, British Association for Psychopharmacology Summer Meeting, 2016, Brighton
- Dean, Z., A., Antonesei, Jayabalan, P., Butt, M., McCabe, C. The effects of 7-days treatment with agomelatine on the neural response to reward and aversion in healthy volunteers, British Association for Psychopharmacology Summer Meeting, 2016, Brighton
- Antonesei, A., McCabe, C., Murayama, K. How effective is emotion manipulation? A meta-analysis (preliminary analysis), International Society for Research on Emotion, 2015, Geneva
- Forbes, E., Antonesei, A., Casement, M., Keenan, K., Guyer, A., Hipwell, A., Ambrosia, M. Heightened Amygdala Response Occurs in Rewarding Contexts in Adolescent Depression. Society of Biological Psychiatry 69th Annual Scientific Meeting, New York