

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.

Dr Antonesei would like to translate her experience in running complex psychological assessments and talking therapies to expert witness work. She has completed the expert witness training on family law with Bond Solon and is waiting for the results. She is also about to complete an MSc degree in forensic psychology this summer and plans to further specialise as a forensic psychologist by undertaking the BPS route in the field.

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

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

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- 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