



Dr Elinor Sason
PsychD, MSc, BSc
Consultant Counselling Psychologist



Health Professions Council Registration: **PYL35505**
British Psychological Society Membership: **665609**

Dr Elinor Sason is a Consultant and HCPC registered Counselling Psychologist and Scientist who provides professional mental health treatment and support to help clients sail through life's challenges. Whether they are suffering from depression, anxiety, trauma, stress or anger, she can help manage and navigate their way through it.

Dr Sason Helps with difficulties with all types of people from Individuals (young children to older adults), Couples and Families. She uses various treatments from Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Eye Movement Desensitisation and Reprocessing (EMDR), Psychodynamic, Humanistic and Systemic

AREAS OF SPECIALISM

- Suggestibility and vulnerability
- Mental Health disorders
- Complications of substance misuse
- Personality disorders
- The impact of trauma abuse and neglect
- Attachment difficulties
- ASD and ADHD

PROFESSIONAL QUALIFICATIONS

- 2018** Doctorate in Counselling Psychology – Roehampton University
- 2015** MSc in Mental Health – King's College London
- 2013** BSc Psychology – Royal Holloway University of London

WORK HISTORY

2020 – Present Principal Counselling Psychologist – St Peter's Hospital

- My role at ACU involves facilitating psychology provision for inpatient services and implementing pathway for psychology provision. Specifically, I provide psychological assessments, 1-1 psychological therapy using evidence-based therapies and following NICE guidelines.
- My role also includes providing consultation and support to colleagues in their clinical work with patients who presents with various diagnoses including PD, providing clinical opinion at MDT, professional meetings and complex case meetings. Providing supervision and training to Assistant Psychologists and trainee clinical psychologist and informal supervision and support to OT and other qualified staff members within our team
- Additionally, I have had opportunities to work on service development. For example, I have identified that complex case meetings which involve professionals from different training

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backgrounds can benefit from psychological leadership. Specifically, directing the meeting so it is being run efficiently with a shared psychological formulation which helps professionals to better understand patient's needs and thus inform discharge planning.

- I have also identified a need in the service in relation to involvement of family members or carers in the therapy of their loved ones. This is useful as in some cases the family might need support, guidance as to how to support their loved ones. For example, family responses to challenging behaviours can serve to maintain the presenting difficulties. I, therefore, developed a pathway to involve carers (where it is relevant and can be constructive) towards the 4th session of my individual work with patients in acute settings.

2019 **Locum Counselling Psychologist – Barnet Enfield and Haringey NHS Trust, St Michaels Primary Care**

- I worked as a Locum Counselling Psychologist from 10/9/19-3/12/19. My roles included providing supportive space for parents who struggled accepting their child was recently diagnosed with ASD. I also provided behavioural techniques of how to manage challenging behaviours at home using elements of DBT and CBT. This was invaluable experience as it enabled me the opportunity to use my clinical skills in a group format.

2019 – 20 **Counselling Psychologist – Wokingham Hospital**

- My role included providing psychological therapy to young people presenting with various mental health difficulties including: Complex trauma, OCD, Depression, eating difficulties and emergent personality disorders. The presentations can be complex and multi-faceted requiring me to use elements of CBT, TFCBT, Psychodynamic and DBT whilst using person centred principals.
- Working as part of a multidisciplinary team and collaborating with other professionals was very helpful as it enables rich discussion and Consideration of various professional points of view. Participating in professional group meetings with other agencies such as social services, schools, youth offender service was very helpful as it enables a more comprehensive approach to care planning and better communication between systems.
- I also had the opportunity to support less experienced staff members such as psychological assistants and primary mental health workers.

2017 - 18 **Counselling Psychologist**

- My role included seeing clients for individual therapy using evidence-based CBT for eating disorders. Specifically, I have used various techniques including motivational work, food diaries, energy graphs, behavioural experiments to encourage a change. Furthermore, using a collaborative and jointly written formulation to inform the focus of therapy was essential.
- Working as part of a multidisciplinary team and collaborating with other professionals was very helpful as it enabled detailed discussion which considered different points of view and promoted comprehensive patient care. I have had the opportunity to work with clients and their families at certain points of therapy according to the client's request. This enabled us to further understand how their difficulties might be maintained by family dynamics. Building on this realisation, I have supported the client and their family to try and do things differently using problem solving skills.
- Furthermore, I have conducted specialist eating disorder assessments which further developed my skills in understanding the difference between eating disorders and disordered eating.