



**Dr Beena Parmar**  
B.Sc, DClInPsych.  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL26358**  
British Psychological Society Membership: **388209**

Dr Beena Parmar (BSc. Hons, DClInPsych) is a Consultant Clinical Psychologist who has worked across the lifespan in the NHS. She is a registered HCPC, Practitioner Psychologist and a Chartered member of the British Psychological Society.

Beena is able to work with children, young people adults and their families. She has experience of working with a range of mental health difficulties including complex trauma, OCD, depression, anxiety and complex relational difficulties. She has a strong interest in working with complex trauma and applies a wide range of therapeutic interventions to support clients. These therapeutic models include Cognitive Behavioural Therapy, Acceptance and Commitment Therapy and Compassion Focused Therapy.

Beena has a keen interest in using an Attachment model to formulate difficulties and strongly believe that a clear formulation guides intervention. She works for the NHS within an adult mental health service and has experience of working within looked after children's service. She has significant experience of working with multiple agencies to support positive outcomes for our clients.

#### **AREAS OF SPECIALISM**

- Adult mental health
- CYP Mental Health
- Complex Trauma
- PTSD
- CFT
- ACT
- Attachment focused intervention

#### **PROFESSIONAL QUALIFICATIONS**

**2010** Doctorate in Clinical Psychology – Universities of Warwick and Coventry

**2001** BSc Honours Psychology – Sheffield Hallam University

#### **WORK HISTORY**

##### **2020 – Present Consultant Clinical Psychologist**

- Professional psychology lead for adult mental health service at secondary care
- Co-developed a provision of psychology services at primary care
- Professional and clinical supervision of all psychology workforce within this area
- Development of clear processes, pathways and governance procedures for psychology work
- Competency in working with complex cases with a core focus on formulation and delivery of

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evidence-based intervention

- Wider strategic role involved in developing new services in collaboration with senior management.
- Embedding psychological approaches within the wider MDT.
- Recruitment and workforce planning
- Use of number of therapeutic interventions including CBT, CFT, ACT, attachment focused models and systemic approaches

**2018 – 20      Principal Clinical Psychologist**

- Integrated part of a senior leadership team for an Intensive Support Team for individual who have mental health difficulties AND learning disabilities.
- Development and implementation of service model
- Joint clinical leadership of a diverse range of professionals including nurses, occupational therapists and speech and language therapists
- Development of a trauma pathway that worked across the division. Including development and delivery of training, care pathways and supervision
- Competent clinically working with individuals and across family and care systems
- Ability to engage multiple services and agencies to collaboratively care plan
- Supervision and training
- Recruitment and workforce planning
- Therapeutic work included PBS and individual therapeutic work adapted for accessibility

**2016 – 18      Senior Clinical Psychologist**

- I worked in a Looked after Children's service embedded within CAMHS.
- Assessment, formulation and intervention with children and young people
- Significant assessment and consultation role with wider agencies
- Therapeutic interventions focused on nurturing attachments training, theraplay informed interventions, CBT
- Training was an integral part of the role including to agencies, conferences and bespoke formulation focused training
- Clinical supervision of qualified psychologist, assistant psychologists and trainee psychologists

**2015 - 16      Locum Senior Clinical Psychologist**

- First locum contract was in an adolescent PICU unit offering assessment and brief intervention to young people
- Second locum position was in an adult acute inpatient service
  - Formulation of complex presentation to support MDT
  - Offering reflective practice
  - Staff supervision and training
  - Development of pathway between inpatients and community

**2011 – 15      Clinical Psychologist / Senior Clinical Psychologist**

- Started as a qualified psychologist progressing to a senior psychologist role in a community mental health service
- Psychology assessment, formulation and intervention using multiple psychological models
- Experience of working with a range of presentation including personality disorders, anxiety, PTSD, trauma, OCD, depression and phobia.

- Delivery of group and individual therapy
- Led on the development of an OCD pathway across adult mental health including development of groups programmes.
- Supervision of qualified psychologists, assistant psychologists and trainee psychologists
- Staff training and case formulation with wider MDT

**2010 – 11      Clinical Psychologist**

- First role post qualification in a forensic medium secure unit. I worked with female and male offenders who had co-existing mental health difficulties.

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- Compassion Focused Therapy
- Eating Disorders
- COMMAND Hallucinations
- Risk Training: HCR-20 & SAPROF
- Supervision Skills
- DBT Training
- Acceptance and Commitment Therapy
- Compassionate Leadership