



Sunita Rajput

BSc(Hons), PCET, MScPsychResearch, DCounPsy.

Chartered Psychologist



The
British
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Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL30377**

British Psychological Society Membership: **139837**

Dr Sunita Rajput is a Highly Specialist Counselling Psychologist with over ten years of experience working with adults and families in clinical, NHS and private settings. She has worked with individuals who have complex mental health needs and comorbidity, for example personality disorder and/or autistic spectrum disorders and PTSD. She is qualified to use a wide range of psychometric tests, deliver therapeutic interventions and clinical procedures in making assessments of cognitive functioning, personality and trauma.

She is currently working as a Highly Specialist Psychologist in an Acute Mental Health Setting for the West London NHS Trust. Her role is to provide rapid psychological assessment, formulation and brief interventions to adult service users experiencing a mental health crisis requiring hospital admission. She can be asked to provide an opinion and recommendations for psychological intervention in the community, through signposting and allowing for safer discharge. Her role also involves offering reflective practice groups daily to staff, supporting their well-being, the reflective practice space has also been used to discuss cases of interest to support nursing staff develop formulation skills. She also acts as an independent reviewer during seclusion reviews. In addition, she offers supervision to psychology trainees, contribute to research seminars and training development materials.

She disseminates her work by presenting at the BPS annual conference on a regular basis. She has delivered training and teaching to trainee GPs on topics such as common difficulties in discerning organic illness from health anxiety, increasing awareness of interventions and improving access.

AREAS OF SPECIALISM

- Assessment and Treatment of Mental Health Difficulties
- Cognitive and capacity assessments
- PTSD/Trauma
- Personality Disorders
- Immigration & Asylum
- Extradition
- Screening of neurodevelopmental disorders and LD
- Substance misuse

PROFESSIONAL QUALIFICATIONS

2012 Regent's College School of Counselling Psychology and Psychotherapy

Doctorate in Counselling Psychology.

2006 Institute of Psychiatry at The Maudsley

MSc in Psychiatric Research.

2001 University of Greenwich

Postgraduate Certificate in Education (PCET)

1999 University of York

BSc. (Hons) Psychology

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

WORK HISTORY

- 2019 – Present** Highly Specialized Counselling Psychologist, Lakeside Mental Health Unit, West London NHS Trust
- 2011 – 2019** Consulting Chartered Psychologist (Adults and Child & Adolescents), Priory Group at North London Hospital and Roehampton
- 2018 – 2019** Highly Specialized Counselling Psychologist, Luton and Central Bedfordshire Mental Health Unit, East London Foundation Trust
- 2017** Locum Chartered Psychologist (Community Mental Health Recovery Service for Adults with acute and severe mental health), Surrey and Borders Partnership NHS Foundation Trust
- 2014 – 2017** Founder and Chartered Psychologist (Adults with Acute mental illness), Rajput Practice
Visiting Researcher, Institute of Psychiatry at The Maudsley
- 2012 – 2014** Head of Psychology (Post 16), Harris Girls Academy East Dulwich
- 2009 – 2011** A Level Psychology Teacher (Post 16), Clapton Girls Technology School
- 2008 – 2010** Trainee Psychologist (Specialist Unit for Borderline Personality Diagnosis), Guy's and St Thomas NHS Trust.
- 2009 – 2010** Trainee Psychologist (Short-term intervention with Substance Misuse Clients), South London and Maudsley NHS trust
- 2005 – 2006** Assistant Psychologist (Hillingdon Memory Service for Older Adults for a diagnosis of Dementia)

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2021** NCPTSD Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Clinician Training by National Center for PTSD.
- 2020** 2 Day Workshop New Supervisors Workshop by University of London, University of East London and Royal Holloway University of London.
- 2019** 3 Day Workshop on "Compassionate Focused Therapy" by Dr Chris Irons.
- 2019** 2 Day Workshop on "Dialectical Behavioural therapy skills Training"
- 2019** HCR-20v3 (2 day training workshop by West London Healthcare Trust)
- 2019** MacCAT-CA on Demand Training (Level: Introductory, Format: Home study Video & Reading w/o Interactivity).
- 2011** Cognitive Analytical Therapy Skills Training
- 2010** NVivo 8 (Trademark for Qualitative Software of QSR International Pty Limited, 2008)

PUBLICATIONS AND PRESENTATIONS

- Rajput S., Hassiotis A., Richards M., Hatch S.L., Stewart R. Associations between IQ and common mental disorders: The 2000 British National Survey of Psychiatric Morbidity. *European Psychiatry*. 2011 Sep; 26(6):390-5. Epub 2010 Oct 8.
- Rajput S., Stewart R. Association between premorbid intellectual functioning and late-life depression in the French Elderly population. *Journal of Geriatric Psychiatry*. (with authors for review).
- **2015 Priory North London Presentation to Trainee GPs:** Generalized Anxiety Disorder- concerns GPs may encounter, skills/tools they can use, how to discern between Health Anxiety and organic illness, referral pathway.
- **2014 BPS Annual Conference:** How Cognitive Analytical Practitioners experience ruptures to the therapeutic alliance when working with a case diagnosis of Borderline Personality Disorder.

ADDITIONAL INFORMATION

- Fluent in Punjabi & Hindi