



Dr Masrita Ishaq M.A., M.Sc., PSYCHD., CPSYCHOL  
**Chartered Counselling Psychologist**



Health Professions Council Registration: **PYL038836**  
British Psychological Society Membership: **153403**

Dr Ishaq is a HCPC Registered, BPS Chartered Counselling Psychologist who has 8 years of experience working in primary care, forensic hospitals and community mental health teams. She has worked with range of psychological adversities such as depression, anxiety, complex trauma, PTSD, domestic violence, panic attacks, personality disorder and psychosis. She has a clear cultural awareness and understanding of diversity.

### **EXPERT WITNESS EXPERIENCE**

- *Criminal Courts* - Specialist assessments of female risk of criminal recidivism in cases of severe and enduring personality disorder, fire-setting and self-harming behaviour
- *Immigration and Asylum* – Assessments of trauma and PTSD with an understanding and awareness of cultural diversity.
- *Personal Injury* - Assessments of trauma and PTSD for victims of road traffic or work related accidents.
- *Family Courts* – Assessments of parents with complex mental health needs and personality disorder and forensic risk including violence, domestic violence and neglect.
- *Employment Tribunals* – Assessments of work related stress and difficulties and return to work.
- *Occupational Interventions* – Therapeutic Interventions for work related problems.
- *Mental Health Tribunals* – Assessments of patients detained under the mental health act and treatment planning and rehabilitation.

### **PROFESSIONAL QUALIFICATIONS AND TRAINING**

- 2011 – 14** Practitioner Doctorate in Psychotherapeutic and Counselling Psychology, University of Surrey
- 2010 – 11** Masters of Science in Counselling Studies, University of Edinburgh
- 2010 – 11** Post Graduate Certificate in Counselling (COSCA Validated), University of Edinburgh
- 2005 – 09** Master of Arts (Honours) in Psychology, University of Edinburgh

### **SPECIALIST TRAINING AND CONTINUING PROFESSIONAL DEVELOPMENT**

- 2019** Safeguarding Adult and Children – NHS Berkshire  
EMDR Part 3 – Richman LTD  
Personal Injury Medico-Legal Workshop for Psychologists – Applied Psychology Solutions Ltd  
Essential Series – Expert Witness Workshop – S&S Van Scoyoc Consulting and Training  
Introduction to Mental Capacity Assessments – BPS

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- 2017 – 18** MAPPA Briefing – West London NHS Trust  
Neuropsychology: Cognitive Assessment and Neuropsychological Assessment – BPS Learning Centre  
Eye Movement Desensitisation and Reprocessing (EMDR) – Part 1 and Part 2 – Richman Ltd  
Division of Counselling Psychology Annual Conference  
Complex Trauma in Secure Setting – BPS Crisis, Disaster and Trauma Section  
FIP-MO Fire Setting Intervention Programme for Mentally Disordered Offenders, University of Kent  
HCR-20 v3 Refresher Training – Tully Forensic, Cygnet Healthcare
- 2016** Acceptance and Commitment Therapy, Four Day Skills Intensive Part 2 – Mindfulness Training Ltd, BPS Approved Course  
Division of Counselling Psychology Annual Conference  
Roles, Experiences and Challenges of Psychologists Working in Rehabilitation – BPS DCP Faculty of Psychosis and Complex Needs, Rehabilitation and Recovery Services Network
- 2015** Why Creative Therapy - What It Is and What It's Not, RASASC  
Essential Supervision Skills – SDS Seminars, BPS Approved Course  
Resource Based Therapies - Positive Therapy, Motivational Interviewing, Solution Focused Therapy – SDS Seminars, BPS Approved Course  
An Introduction to Working with Psychosexual Issues, RASASC  
Understand and Working with Hearing Voices, Delusions and Paranoia, BPS Learning Centre  
Working with Addiction, Addiction to Internet Pornography, RASASC  
An Introduction to Sleep: Psycho-behavioural Assessment and Treatment Strategy, BPS Learning Centre  
Acceptance and Commitment Therapy: Experiential Introduction with Skills Training  
Mindfulness Training Ltd, BPS Approved Course Trauma Focused CBT with PTSD, BPS Learning Centre

## **WORK HISTORY**

- 2017 – Pres** NHS Berkshire, Complex PTSD, Traumatic Stress Service, Highly Specialist Counselling Psychologist  
Milieu Psychology and Psychotherapy Ltd
- 2017 – 19** West London Mental Health NHS Trust, Medium and Low Secure wards, Psychology, Highly Specialist Counselling Psychologist
- 2018** Oxford Health NHS, Adults Community Mental Health Team, Psychology, Counselling Psychologist
- 2017 – 18** Cygnet Health Care, Low Secure Mental Health service, Psychology, Counselling Psychologist
- 2016 – Pres** British Psychological Society, Division of Counselling Psychology, Communications Lead
- 2016 – 17** Psychology and Psychotherapy, Partnerships in Care, Secure Rehabilitation
- 2015 – 16** Counselling Psychologist, Together: Working for Wellbeing, Hampshire Recovery Projects, 24 hour CQC Registered Residential Rehabilitation Projects, Psychology Service
- 2014 – Pres** Counselling Psychologist, Rape and Sexual Assault Support Centre (RASASC) Counselling Service  
**2015** Counselling Psychologist, Middlesex University- Student Counselling Service

- 2013 – 14** Trainee Counselling Psychologist, NHS Surrey and Borders Partnership Trust, Psychology Service/Behavioural Therapies, Personality Disorder Pathway, Specialist Care
- 2012 – 13** Trainee Counselling Psychologist, Brockwood Medical Practice, Counselling Service, Primary Care
- 2012 – 13** Trainee Counselling Psychologist, NHS Surrey and Borders Partnership Trust, Psychotherapy Service, Secondary Care
- 2011 – 12** Trainee Counselling Psychologist, Oakleaf Enterprise, Counselling Service, Mental Health Charity

### **PROFESSIONAL REGISTRATIONS**

Practitioner Doctorate in Psychotherapeutic and Counselling Psychology

Registration with HCPC as Practitioner Psychologist

Chartered status with the British Psychological Society

Eligible to apply to British Psychological Society's Register of Applied Psychology Practice Supervisors (RAPPS)

### **PUBLICATIONS**

Ishaq, M. (2019) Working in Forensic Mental Health- what it involves, professional development and challenges for the counselling psychologist. Division of Counselling Psychology Annual Conference.

Brown, D., Ishaq, M., Draghi-Lorenz, R. (Submitted) Questioning the reality of feeling combat-related symptoms of PTSD- Understanding therapy for PTSD in the military using An Interpretative Phenomenological Analysis

Ishaq, M. (2014) Psychodynamic considerations on Clinical Work with Combat-Related Post Traumatic Stress Disorder. *Counselling Psychology Review* 29(1), 41-47

Ishaq, M. (2013) Understanding PTSD among Military Veterans through Counselling Psychology. *Wessex Psychologist Bulletin*, issue 8.

### **AWARDS**

Runner-Up for the BPS Division of Counselling Psychology Annual Trainee Award 2013 for submission of a theoretical paper titled 'Psychodynamic Considerations on Clinical Work with Combat-Related Post Traumatic Stress Disorder.'