



**Dr Lalitaa Suglani** Couns.Psy.D, MSc.(Hons.), BSc.(Hons.)  
**Chartered Counselling Psychologist**



Health Professions Council Registration: **PYL34670**  
British Psychological Society Registration: **313017**

Dr Lalitaa Suglani is a Chartered Psychologist with over nine years' experience working across various clinical areas. She currently works privately and has worked in various NHS and private organisations. She is responsible for assessing, intervening and Case Managing children and families with significant emotional, behavioural and psychiatric difficulties and assessing risk.

Dr Suglani currently provides over 100 reports per year, conducting expert witness reports for children's act proceedings and contact disputes, immigration and asylum cases, clinical negligence, personal injury and employment proceedings.

#### **PROFESSIONAL EXPERTISE**

- Assessment of psychological trauma and Post Traumatic Stress Disorder (PTSD)
- Assessments of children (from 8 years old), adolescents and parents within children's act proceedings
- Specialist assessments of developmental trauma and attachment in children and adults
- Assessments of complex parental risk involving domestic abuse, mental health and personality disorders and substance misuse.
- Assessments of motivation and capacity for change
- Pre-sentencing assessments for criminal cases
- Mental capacity and fitness to plead assessments
- Integrative psychotherapy to adults, adolescents, children and families
- Evidence based psychological interventions including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Interpersonal Psychotherapy (IPT) and Attachment informed psychotherapy

#### **PROFESSIONAL QUALIFICATIONS AND TRAINING**

2015	Practitioner Doctorate in Counselling Psychology, University of Wolverhampton
2012	MSc in Counselling Psychology (Integrative), Keele University
2011	Certificate in Counselling, Certificate in CBT, The Institute of Counselling
2011	BSc Psychology and Sociology, University of Leicester

#### **WORK HISTORY**

**2012- Now**      **Counselling Psychologist in Independent Practice**

- Conducting Expert Witness reports for immigration, personal injury, family disputes, child care proceedings, contact orders etc
- Working with private funded clients 1-1 and in groups. I provide high volume, high intensity interventions for clients suffering with trauma using the CBT model
- Offering seminars, training and consultancy well-being and mental health services

**2016 - 17 Senior CAMHS Practitioner, NHS CAMHS, Solihull and Birmingham**

- Working within a tier 3 CAMHS team
- Assessment of risk to self and others; provide assisted self-help, liaise with other agencies and provide information about services
- Working therapeutically and understanding attachment with children and their families

**2016 - 16 Senior CAMHS Practitioner, NHS CAMHS, Oxleas**

- Working within a tier 3.5 CAMHS team specifically focusing on risk
- Completing risk assessments for suicidal young people

**2015 - 16 Senior CAMHS Practitioner, NHS CAMHS, Redditch**

- Working within a tier 3 CAMHS team specifically focusing on reducing waiting list time
- Assessment of risk to self and others; provide assisted self-help, liaise with other agencies and provide information about services
- Assessing young people for Neuro-developmental pathways

**2014 - 14 Senior Primary Mental Health Worker, NHS CAMHS, Shrewsbury**

- Assessing children for Neuro-Developmental pathways including ASD and other Mental Health Issues for Tier 3 support, such as eating disorders, sexuality, self-esteem, confidence, self-harming, attachment difficulties
- Assessment of risk to self and others; provide assisted self-help, liaise with other agencies and provide information about services

**2013 - 15 NHS IAPT Counsellor, Walsall and Dudley (Out of Service hours)**

- Working as part of a team delivering Integrative Counselling within an out of hour's service
- Working with a number of GP surgeries to deliver necessary treatment to clients
- Completing PHQ-9 and GAD7 with clients throughout the treatment process

**2012 - 13 Psychologist in Counselling Training, NHS CAMHS (children 2-18), Sandwell and Dudley**

- Working with Children and families to build a picture of how the child views relationships and provide an opportunity for the child to experience a different type of relationship and develop other ways of managing difficult emotions
- Carry out psychological assessments and interventions on children and families
- Assessment of risk to self and others; provide assisted self-help, liaise with other agencies

**2012 - 13 Psychologist in Counselling Training, NHS Primary/Secondary Mental Health (adults), Dudley**

- Provide low/high intensity interventions for clients with primary/secondary mental health issues based on a humanistic and CBT model. - Assessment of risk to self and others; provide assisted self-help, liaise with other agencies and provide information about services

**2012 - 13 Success Coach, Catch 22**

- Working with young people to develop their personal and social education
- Support young people to gain new skills and increase their confidence and self-esteem

**2012 Freshwinds Counsellor/PWP, Carrs Lane Counselling, St Martin's Centre for Health and Healing**

- Lead and facilitate group and individual therapy sessions based on the clients presenting problems
- Complete risk assessments over the phone and face to face. -Deliver treatments and interventions, in order to promote and develop the mental, emotional, physical and social well-being of clients; liaising with family and carers.

### **SPECIALIST TRAINING**

**2018** Expert Witness – Medico Legal Report Writing

**2018** Expert Witness – Report Writing

**2018** Expert Witness – Courtroom Evidence

**2018** Expert Witness - Using Psychometrics

### **PUBLICATIONS AND PRESENTATIONS**

Attachment and the Inner Child

The impact of Trauma on Personal Development