



Dr Elena Arora

AFBPsS, CPsychol

Chartered Counselling Psychologist



Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL34218**
British Psychological Society Membership: **694518**

Dr Arora is a Chartered Counselling Consultant Psychologist with a professional background in primary and secondary mental health care settings. She is currently specialising in working with complex cases in an inpatient psychiatric facility and in an independent private practice. She is also experienced in assessing individuals and families and preparing medico-legal reports.

Dr Arora specialises in and has prepared reports for the following areas

- Assessment of attachment between parents and children and parental alienation
- Impact of domestic violence on adults and children
- Assessment of the impact of a parent's psychological status on their children and their ability to provide care for them
- Issues relating to abuse and neglect
- Non-accident injury
- Cognitive Assessments
- Risk assessment of children with parents diagnosed with drug and alcohol abuse
- Assessment of parent's ability to work with professionals
- Assessment of anxiety and depression
- Assessment of the cognitive and emotional functioning of a child and the impact of parenting and/or close relationships on this
- IQ assessment
- Assessment of violence including domestic and sexual violence
- Assessment of personality disorders in adults including psychopathy
- Capacity assessments
- Complex mental health assessments

Dr Arora trained in giving evidence in court in Private and Public Law Family Court as well as Criminal Court proceedings.

PROFESSIONAL QUALIFICATIONS

2017	Doctor of Counselling Psychology and Psychotherapy by Professional Studies – Middlesex University/Metanoia Institute
2014	Clinical Diploma in Integrative Psychotherapy – Metanoia Institute
2013	Clinical Diploma in Integrative Psychodynamic Counselling – Metanoia Institute
2009	Foundation Certificate in Psychotherapy and Counselling Psychology – Regent's College, School of Psychotherapy & Counselling
2002	BSc in Psychology (First Class with Honours) – Moscow State University, Faculty of Psychology

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SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2020	START – Short Term Assessment of Risk and Treatability
2020	EMDR (Parts 1, 2, 3) – Eye Movement Desensitization Reprocessing
2019	QNPICU Peer Reviewer (The Royal College of Psychiatry)
2018	IPDE – International Personality Disorder Examination (TIOFP)
2018	Neuropsychological Assessments for Counselling Psychologists (The BPS)
2018	Psychometrics: Using and Interpreting Wechsler Ability Measures (The BPS)
2018	Essential Supervision Skills (SDS Seminars Ltd, the BPS approved certificate)
2017	PCLR - The Psychopathy Check List Revised (Concept Professional Training)
2017	RSVP - The Risk for Sexual Violence Protocol (Concept Professional Training)
2017	Expert Witness (The BPS)
2017	HCR20- Evaluation of Risk for Violence using Version 3 (Concept Professional Training)
2013	Basic Drug and Alcohol Awareness Training (HAGAM)
2011	Certificate of competency in using psychological tests (Metanoia Institute)
2011	Mental Health First Aid (MFHA)

WORK HISTORY

2018 – Present Head of Psychology & Therapies - Baldock Manor Hospital, Nouvita Healthcare

- Being the clinical lead for the psychology and therapies provision across all wards of the hospital inclusive of PICU (Female), Acute Ward (Males), HDU Ward (Males & Females). Holding an overall responsibility for the design and implementation of the psychology and therapies approach to the service delivery and the care pathway. Leading on the design and implementation of the psychology and therapies evidence-based outcome measures system and audits.
- Providing complex psychological assessments and reports including pre-admission, CPA, progress reports, case summaries, discharge summaries and making clinical treatment recommendations. Developing and implementing therapy and rehabilitation programmes to the inpatients that present with a wide range of complex mental health issues including personality disorders, psychosis, and other psychiatric and neurological conditions co-morbid with physical health issues. Providing training and consultation to multidisciplinary team members and other clinical staff. Participating in CPA meeting and other professional forums and case conferences designed to ensure patients' progress.
- Managing a team of staff responsible for the psychology and therapies provision, including Psychologists, OT, SALT, Physiotherapist, etc. Supervising psychology staff. Running a psychiatric familiarisation trainee placement programme.

2013 – Present Independent Clinical Practice.

- Providing psychological assessments to individual adults, couples and families that present with a wide range of issues including complex mental health problems and psychiatric conditions.
- Devising and delivering bespoke therapeutic intervention programmes and treatments that draw upon the principles of CBT, mindfulness, DBT, EMDR, psychodynamic and attachment-based interventions and parenting interventions.

- Delivering supervision to qualified psychologists, trainees and allied professionals. Delivering mentoring and training programmes as well as consultation to professionals.
- I am a preferred service provider for the healthcare insurers inclusive of Vitality Health, CIGNA, AVIVA, AXA PPI, WPA.

2017 – 18 Principal Psychologist - Baldock Manor Hospital, Nouvita Healthcare

- Overseeing and managing the psychological provision for the male and female rehabilitation units and secure LD unit and contributing to the development of a psychosocial treatment directory for the patient groups in admission. Responsible for providing psychological treatments and assessments for each patient and supporting the multidisciplinary team.
- Line managing and supervising assistant psychologists and providing reflective practice and training to the nursing staff. Completing risk assessments and providing group and individualised therapy programmes aimed at reducing challenging/offending behaviour and self-harm/suicidal behaviour

2010 – 17 Trainee Counselling Psychologist and Psychotherapist Placements

- Central and North-West London NHS Foundation Trust, St Charles Mental Health Centre
- Ealing Abbey Counselling Services
- Hillingdon Mind
- Metanoia Counselling and Psychotherapy Services

2007 – 10 Helpline Mentor and Volunteers Trainer First Steps to Freedom

ACADEMIC ROLES

2017 – Present Internal Examiner/Sessional Tutor - Metanoia Institute/Middlesex University

2018 – 19 Primary Tutor/Lecturer on a Doctorate in Counselling Psychology and Psychotherapy by Professional Studies Programme

CONFERENCE PRESENTATIONS AND RESEARCH

2018 – 2019 QNPICU Annual Forum, Royal College of Psychiatrists, London

- The power of words – the use of language with PICU patients (oral presentation) - 2019
- The power of a brief encounter – working relationally with PICU patients (oral presentation) - 2018

2016 The British Psychological Society Counselling Division Annual Conference, Brighton

- Joy and laughter in the therapy room: a grounded theory study - workshop

2015 UKCP Research Conference, London

- Joy and laughter in the therapy room - workshop

2015 The British Psychological Society Annual Conference, Liverpool

- Joy and laughter in the therapy room - workshop

2014 - 2015 Middlesex University Doctorate Conference, London

- Joy and laughter in the therapy room (2014 – poster; 2015 – workshop)

LANGUAGES

English

Russian