



Dr Zahra Shariff

CPsychol, MSc, BSc (Hons)

Chartered Counselling / Practitioner Psychologist



Chartered Psychologists



www.hpc-uk.org

Health Professions Council Registration: **PYL38140**
British Psychological Society Membership: **33504**

Dr Zahra Shariff is a Chartered Counselling Psychologist registered with the Health Professions Council, with experience working within the field of Adult Mental Health. Dr Shariff has developed expertise in the assessment, formulation and treatment of a wide range of areas including psychological distress, depression and anxiety disorders.

Areas of Specialism

- Adult Mental Health
- Domestic Abuse
- PTSD
- Trauma

PROFESSIONAL QUALIFICATIONS

- 2018** Practitioner Counselling Psychology, London Metropolitan University
- 2014** MSc Clinical Application of Psychology, University of Warwick
- 2013** BSc (Hons) Psychology, University of Birmingham

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2020** EMDR (part 1 of 4)
- 2018** Clinical Supervision, BPS accredited training
- 2018** Foundation in Systemic Practice in adults, Camden and Islington Foundation Trust

WORK HISTORY

2020 – Present Chartered Counselling Psychologist, Acute Adult Mental Health, Camden and Islington Foundation Trust

- Offer specialist individual and group clinical assessment and interventions across wards. Supervise trainee psychologists from UCL, Royal Holloway and UEL
- Offer consultation, formulation groups, training and supervision to other professionals on complex cases
- Conduct individual and service-related projects

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

-
- 2018 – 20 Counselling Psychologist, Camden Parents Wellbeing Practice, Camden and Islington NHS Foundation Trust**
- Offered specialist individual, family and group clinical interventions to clients in the community
 - Provided specialist consultation and training offered to professionals
 - Supervised trainees and assistant psychologists
 - Worked within a multi-disciplinary team in children and adult mental health services and local authority
- 2016 – 18 Counselling Psychologist in Training, Improving Access to Psychological Therapies, Barnet Enfield and Haringey (BEH) Mental Health Trust**
- Consultation and initial assessment for suitability and recommendation for therapy
 - Offered individual CBT assessment and interventions to adults with a range of presenting issues including anxiety, depression, relationship problems and self-harm
 - Focus included working on immediate problems, developing healthy coping strategies, gaining understanding of underlying issues and, developing longer term treatment plan where appropriate
 - Delivered training and workshops in the community
- 2017 – 18 Counselling Psychology in Training, Southwark Integrated Therapist Team, South London and Maudsley NHS Trust**
- Assessment and long-term treatment with clients with complex presentations and diagnosis of personality disorders, bipolar and PTSD
 - Formulating in various models including disorder-specific CBT for bipolar, schema-informed therapy encompassing interpersonal difficulties and trauma focused therapy and using Narrative Exposure Therapy to help inform client's longitudinal history
- 2016 – 17 Counsellor, One in Four, non-profit organization**
- Supported survivors of sexual violence and abuse, and child sexual abuse and trauma
 - Delivered therapeutic groups for women who have been sexually assaulted
 - Rape Crisis Centre for women who have been sexually assaulted
- 2016 Counselling Psychologist in Training, Feltham Her Majesty's Young Offender Institution**
- Worked with 14-17-year-old boys delivering client-centred, short-term therapeutic support
 - Implementing individual, short-medium term relational CBT, with motivational interviewing techniques
- 2015 – 16 Counselling Psychologist in Training, Community Support Recovery Team, BEH Mental Health Trust**
- CBT specialist placement, community support and treatment for adults with schizophrenia, bipolar affective disorder, psychotic depression and other psychiatric disorders
 - Assessing, formulation and treatment, assessing and managing risk for vulnerable individuals with long-term and ensuring mental health difficulties and entrenched patterns of self-defeating behaviours