



The
British
Psychological
Society

Chartered Psychologist

CURRICULUM VITAE

Of

DR. AMITA SARKAR

Chartered Clinical Psychologist

Tel: 07733303767

E-mail: amitasarkar22@gmail.com

**Clinic Address :
Holmfield Consulting Rooms
1, Holmfield Court
Holmfield Road, Stoneygate
Leicester LE2 1SD**

Tel. 0116 2706841, Fax. 0116 2745187

www.holfieldcr.co.uk

Personal Details

I am a Chartered Clinical psychologist. I have a master's degree in psychology. I also possess a Doctorate degree and Master of philosophy in clinical psychology. I am a Member of British Psychological Society and have 23 years of experience working as a clinical psychologist within NHS and other organisations, with **adults of working age (18-65 years) and in child and adolescent (0 -18 years) mental health services.**

Eligibility Chartered Clinical Psychologist, U.K.

BPS Registration **88523**

Qualifications

- Bachelor of Arts (B.A.), University of Lucknow, India
- Masters in Psychology (M.A.), University of Lucknow, India
- Master of Philosophy in Clinical Psychology (MPhil), National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore University, India,
- Doctorate in Clinical Psychology, University of Essex and Tavistock Clinic, London

Professional Affiliations

- Member of British Psychological Society (BPS)
- Practitioner Psychologist registered with Health Professionals Council (HPC)
- Member of Division of Clinical Psychology (DCP)
- Honorary Secretary, Trent Branch of Division of Clinical Psychology (DCP)
- Member, Special Interest group of children & young people,
- Member, Special interest group of early intervention in psychology
- Member of Association for Child & Adolescent Mental Health (ACAMHS, U.K)

Languages:

English, Hindi, Urdu and Bengal

Employment History

April 2007-Till Date

Full Time Private Practice & Expert Witness

October 2006-April 2007

Highly specialist clinical psychologist, Child & Adolescent Mental Health Services (CAMHS) Enfield BEH NHS Mental Health Trust, London

July 2006-October 2006

Clinical psychologist, Redbridge PCT, Child Guidance Centre, Redbridge, London

Aug 2005- July 2006

Lead Clinical psychologist, Catio Nightingale Adolescent Inpatient Unit, Chelsea, London

June 2003- Dec 2004

Principal clinical psychologist, CAMHS South West London & St. George's Health NHS Trust, London

Jan 2001- May 2003

Principal clinical psychologist, CAMHS, South West London & St. George's Mental Health NHS Trust, London

July 1998- Dec 2000

Clinical psychologist- Grade A, Adult Mental Health Services, North Glamorgan NHS Trust. South Wales

July 1996 - Aug 1997

Clinical psychologist, Vidya Sagar Institute of Mental Health & Neurosciences (VIMHANS), New Delhi, India.

Sept 1995 -June 1996

Post qualification research placement, Child & adolescent unit (NIMHANS), Bangalore,

Jan 1995-August 1995

Assistant house manager in therapeutic community psychiatric rehabilitation half-way home, Richmond Fellowship Society, India.

Clinical Experience and Expertise

A. Extensive experience of clinical and formal psychometric assessments with children, young people and adults, such as:

- Cognitive and I.Q. tests
- Neuropsychological assessments
- Personality assessments
- Assessment of learning disability in children and adults, Mental Capacity Assessment
- Risk Assessments and Management Issues
- Developmental assessment of children
- Assessment of mental health and psychological disorders
- Parenting and family/marital relationships
- Assessment of attachment and parent-child contact related issues.

B. Skilled and experienced in the identification, diagnosis and psychological formulations of mental health problems, such as:

- Depression
- Anxiety, phobic disorders
- Obsessive compulsive disorder
- Severe psychotic illnesses like schizophrenia, bipolar disorder
- Personality Disorders in Adults
- Autism and pervasive developmental disorders and children and adults
- Learning disabilities
- Attention deficit hyperkinetic disorder
- Conduct problems in children & young people
- Emotional and behavioural disorders in children and adolescents

C. Areas of special clinical & research interest

My research interest is on the influence of culture on mediating risk, vulnerability and protective factors on mental health, an area that my doctoral thesis addresses. I possess particular expertise and skills in understanding and assessing the cultural aspects in mental health and parenting in people from South Asian countries such as India, Pakistan, Bangladesh, Nepal, Sri Lanka.

As a full time clinician, I have gained clinical experience and expertise in assessment and therapy with clients from minority cultural groups, especially those from South Asian community. I have participated as invited speaker in National and International conferences, for presentations and workshops about cultural issues in child protection matters, as well as other relevant clinical topics. In addition, experience of working with people of different racial and cultural groups and from different countries, has stimulated my interest in issues of race and culture that influence psychological wellbeing.

D. Knowledge of interface of mental health law and forensic issues

I have been involved in preparing numerous court reports and giving expert testimony in family courts in private family law cases, as well as child care proceedings such as child abuse and protection. I have knowledge of Mental Health Act 1983 and Children's Act 2004 and related legislations and policies.

I have experience of assessing children and families for the purpose of child protection and contact issues. I have completed a number of court reports regarding psychological assessments in Family Law- public & private cases and have extensive experience of preparing reports in relation to children and their parents. I have extensive experience of preparing psychological assessments pertaining to the issues of placements, contact, and risk & parenting abilities. I have conducted a number of assessments of personality and mental health of parents, marital relationships and issues of domestic violence, for child care proceedings including cases in civil and family courts.

As an expert witness I have prepared many court reports providing opinions on child-parent relationship and contact, parenting skills and roles, parental capacities for care and protection of children. In addition my role involves giving court evidence in family care proceedings.

E. Post Traumatic sequelae of Personal Injury, RTA and clinical Negligence

Psychological assessment of clients who have suffered as a result of the negligence or (in the case of criminal injuries) malevolence of others can, if he or she chooses, form a major part of the work of a forensic & clinical psychologist. I have experience of consultations, therapy and medico-legal work with RTA victims, accidents at work, occupational stress where there is deemed to be employer liability, injuries sustained in public places, and medical negligence.

I am trained in Therapies for trauma and PTSD, such as cognitive-behaviour therapy (CBT) and eye movement desensitization reprocessing (EMDR).

F. Consultation-Liaison and Network management with forensic professionals

My role as a professional expert includes consultation-liaison work with other professionals such as solicitors, judges, legal guardians, foster parents and social workers on issues of psychological damage to young persons.

I have participated in multi-agency case conferences in the cases of children 'in need' as well as those 'at risk' advising on risk assessment and developing risk management strategies with other professionals.

I have conducted assessments of personality and mental health of parents, marital relationships and issues of domestic violence, for child care proceedings including cases in civil and family courts.

As an expert witness I have prepared many court reports providing opinions on child-parent relationship and contact, parenting skills and roles, parental capacities for care and protection of children.

G. Special interest and experience in assessment and treatment of challenging behaviours

I have extensive clinical experience of working for over 15 years with psychologically damaged people who have been deprived of positive attachments. I provide therapies on principles of systemic and family therapy to these children/adolescents and their families.

I have worked with clients whose experiences of physical and sexual abuse, parental neglect and non-accidental injuries during their developmental phase have converted them from victims to victimizers, e.g. sex offenders, conduct disorder and juvenile offending behaviours.

Many of the clients I have worked with have had drug and alcohol misuse problems and have a history of offending behaviours.

I have assessed and provided therapy to children and adolescents who have been looked after by the local authorities. I have expertise in areas of domestic violence, victimology and trauma working with cases of childhood sexual abuse, deliberate self-harm, attachment disorders, conduct problems and temperamental difficulties (emerging personality disorders).

I have worked with individuals with the diagnosis of post-traumatic stress disorder, in its manifestation as acute, chronic and complex subtypes, the latter overlapping with borderline personality disorder (in adults) and mixed conduct disorder of emotion and behaviour (in children and adolescents).

H. Experience & Training in Psychotherapeutic Treatments

My primary career interest is in the area of child & adolescent mental health, with a special clinical interest in mental health law and psychological distress. My interest in working with families has also been a motivating factor for my clinical practice with various client groups; both adults and children. A thorough grounding in clinical neuropsychology, developmental/dynamic models and systems theory has helped me to understand the bio-psycho-social framework of formulating children and young people's psychological difficulties. I am skilled to use Cognitive-behaviour therapy in various clinical conditions and I keep myself updated by attending regular courses and workshops.

In order to complement my basic training in family therapy in India, I completed an introductory certificate in systemic family therapy from family therapy institute, Cardiff, U.K. Further, I attended training in systemic family therapy with children, adolescents and families, organized by Tavistock Clinic, London, U.K.

I have recently completed EMDR therapy training for Post Traumatic Stress Disorder (PTSD) and I have taken up training in Positive Parenting Programme. I have also

pursued my interest in parent training and skills development for carers/foster parents. I offer group and individual parent training to parents of difficult to manage children.

My expertise in areas of victimology and trauma has been enhanced by working with cases of childhood sexual abuse, deliberate self-harm, attachment disorders, conduct problems and temperamental difficulties (emerging personality disorders). I have worked with individuals with the diagnosis of post-traumatic stress disorder, in its manifestation as acute, chronic and complex subtypes, the latter overlapping with borderline personality disorder (in adults) and mixed conduct disorder of emotion and behaviour (in adolescents).