

CURRICULUM VITAE

Shikainah Champion (aka Shikainah Champion-Samuel)

DoB: 18.08.1976, Gender: Female

Clinic address: Castle house, Park road, Banstead, Surrey, SM7 3BT, UK

Website: www.essfourpsy.com

Mobile: 00447511639776

Email: shikainah@essfourpsy.com

2023

SUMMARY

Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitization & Reprocessing (EMDR) practitioner. Also offer Behavioural Couples Therapy (BCT) and Narrative Exposure Therapy (NET). Experienced CBT supervisor for Psychological WellBeing Practitioners (PWPs) and High Intensity CBT trainees.

Overseas qualification of Masters in Clinical Psychology. Currently working as Psychological Therapist in an IAPT Primary Care Psychological Therapies within the National Health Service (NHS), UK for 14 years. Special interest in trauma, war veterans, refugee and ethnic minority groups. Experienced trainer for clinicians and allied staff groups both UK-wide and internationally. *Fluent in English, Tamil, Hindi and Urdu and able to deliver therapy and training in these languages.* Registered as fully accredited CBT therapist with British Association of Behaviour and Cognitive Psychotherapies (BABCP)

EDUCATION & TRAINING

- 2021 **CBT Supervisor training for High Intensity IAPT**
(CNWL, London CBT training centre & Royal Holloway, University of London) <http://www.central-london-cbt.com/>
- 2021 **Narrative Exposure Therapy for Refugees & Asylum-seekers**
(CNWL, London CBT training centre & Royal Holloway, University of London) <http://www.central-london-cbt.com/>
- 2019-2020 **CBT Supervisor training for Low Intensity IAPT / PWPs**
(University College London) <https://www.ucl.ac.uk>

- 2018 **Behavioural Couples Therapy (BCT)**
(London CBT training centre) <http://www.central-london-cbt.com/>
- 2018 **Level 3 EMDR training**
(EMDR Academy) www.emdracademy.co.uk
- 2014 **Eye Movement Desensitization & Reprocessing (EMDR)
Level 1 and 2**
Alexandra Richman Associates, UK
www.emdr-training.com
- 2009-2010 **Post Graduate Diploma in Behaviour & Cognitive
Psychotherapies**
CBT High Intensity IAPT route (via CNWL NHS Trust &
Royal Holloway, University of London, UK)
<https://www.england.nhs.uk/mental-health/adults/iapt/>
- 2005 **Post Graduate Diploma in Children, Youth & Development**
Institute of Social Studies, The Netherlands
www.iss.nl
- 2001-2002 **Post Graduate Diploma in Human Resource Management &
Development**
Xaviers Institute of Management, Mumbai, India
www.ximr.ac.in
- 1997-1999 **Masters in Clinical Psychology**
University of Pune, India
www.unipune.ac.in
- 1994-1997 **Bachelors in Psychology**
Women's Christian College
University of Madras, India
www.wcc.edu.in

PROFESSIONAL EMPLOYMENT

Oct 2009-Present

Employer: Sutton Uplift service under *South West London St.George's mental health NHS Trust* -Improving Access to Psychological Therapies (IAPT)

Team Base: Jubilee Health Centre East, 1st Floor, 6, Stanley Park road, Wallington, London, SM6 0EA

Headquarters: Springfield hospital, 61, Glenburnie Road, London, UK SW17 7DJ
www.suttonuplift.co.uk

THERAPIST

CBT and EMDR therapist treating moderate to severe presentations of the following mental health disorders in persons 16 years old onwards:

- Depression
- Post natal depression
- Depression in context of chronic pain and Long Term Conditions (LTCs)
- Post Traumatic Stress Disorder (PTSD)
- Specific Phobia
- Social Phobia
- Health Anxiety
- Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD)
- Panic & Agoraphobia
- Body Dysmorphic Disorder (BDD)
- Bulimia nervosa

Caseload of 4 patients/day. Receive weekly CBT supervision and monthly EMDR, BCT and NET supervision. Also, carry out diagnostic assessments for primary care presentations and also identify secondary care presentations (like Bipolar Disorder, Personality Disorders, Psychosis etc.) and then appropriately refer on to relevant secondary care teams. Additionally offer ASD/ADHD screening.

Routinely also see cases of depression in context of chronic pain and other Long Term Conditions (LTCs). Use formulation driven CBT and Behavioural Activation to treat clients to work on the depressive symptomatology and enable them to do things they still can do in spite of their LTC.

SUPERVISOR

- Triage supervisor and clinical supervisor of Psychological Well Being Practitioners (PWP) in IAPT team.
- Clinical supervisor of High Intensity IAPT trainees

TRAINER / POLICY ADVISOR/ MENTOR

- Teaching and training PWPs in formulation-driven CBT protocols.
- *BAME project lead* for certain projects in the service. Designed and conducted Depression management groups in Tamil and Hindi/Urdu which were shortlisted for Quality Awards.
- Workshop Leader for clinicians on '*Culturally Competent Psychological Therapy*' – creating bespoke interventions for Tamil and Urdu population groups.
- Special Advisor on Diversity in Decision Making (DIDM) to NHS Trust Boards
- Reverse Mentor to Board Members/ Executive and Non-Executive Directors in NHS Trusts
- Career Mentor to BAME clinicians as part of RISE programme (<https://www.bps.org.uk/member-microsites/division-clinical-psychology/mentoring>)

Jul 2022-Present

Associate EMDR therapist once a week with Re:Cognition Cognitive & Mental health specialists: 77 Wimpole Street, W1G 9RU, London, UK

Nov 2017- Present

Private practice on selected evenings as CBT, EMDR & BCT therapist in Banstead, Surrey and via Zoom. Receive supervision for this with EMDR and CBT consultant and supervisor respectively. See www.essfourpsy.com

Jul 2016-May2018

Online CBT therapist on selected evenings with Ieso Digital Health offering computerised CBT (cCBT). Involves having virtual sessions with client by typing on keyboard in real time. Received monthly supervision for this with Ieso supervisors.

www.iesohealth.com

Oct 2005 –Aug 2006

**Karl Kubel Institute for Development Education (KKID)
427/1, Anaikatti Road, Mankarai, Anaikatti Road, Coimbatore,
Tamil Nadu 641108 Coimbatore, India**

www.kkfindia.com

(An Indo- German NGO with headquarters in Bensheim, Germany. The core activity was to train and equip staff in grass-root level NGOs in 'Capacity Building', 'Micro-financing', 'Monitoring and Evaluation', 'Responding to marginalized sections of society', 'Understanding HIV/AIDS' etc.)

Job title: Programme officer

- Developing and conducting training programmes for Central Social Welfare Board of Government of India, staff of NGOs after disasters like Tsunami, Earthquake, caring for PLWHAs & Training the trainers.
- Drawing up an annual training plan for various needs in the NGO sector.
- Conceptualizing programmes, budgeting, arranging logistics, correspondence, etc.
- Documenting, Making of reports on a periodic basis
- Bringing out a quarterly newsletter- responsible for content, graphics, designing etc.
- Representing the organization in a public forum, networking with allied organizations for knowledge sharing and capacity building.

Reason for leaving: Husband got job in another city. We moved there as a family.

Jan-Dec 2003

**Freelance visiting faculty and workshop facilitator
Coimbatore, India**

- CSI Bishop Appasamy College of Arts and Science, Coimbatore, India for Post graduate students of Social Work- *Business ethics and Counseling techniques* (2003)

Shikainah Champion-Samuel

- State Institute for Administrative Careers, Mumbai, India for Civil Services students- *Applications of Psychology* (2002)
- St. Xavier's College, Mumbai, India- Students of Business Management- *Foundations of Human Skill* (2002)
- Naval Maritime Academy, Mumbai, India - for Merchant Navy personnel- *Communication Skills, Transactional Analysis and Team building* (2000-01)
- SNTD Women's University, Mumbai, India-Post graduate students of Psychology- *Counselling Techniques* (2001)

- Conducted Personality Development Workshops for college students in Coimbatore. The modules were interactive and comprised behaviour modification techniques, memory and study techniques, public speaking, time management, goal setting etc.

Dec 1999-Mar 2002

Oasis India, Mumbai, India

(A Mumbai based NGO with HQ in Kent, UK. Aims for the transformation and empowerment of individuals and communities in Indian cities through projects based on advocacy, health care, education, rehabilitation, training and resourcing)

Job title: Assistant Liaison officer

- Was coordinating an Oasis project called 'Purnata Bhavan'. This was a residential rehabilitation centre that helped women and children infected/affected by HIV/AIDS.
- Handling referrals from Hospitals, grass root level organizations and individuals
- Counseling women and children and their respective families
- Monitoring the psychological well being of these inmates
- Documentation of case studies
- Identifying training needs for both staff and beneficiaries and liaising with relevant expert resources for the same.
- Building up a model for replication. Creating a resource pool of experts and stake holders.
- Use of basic play therapy tools with children
- Facilitating reintegration of women into society or with their families.
- Networking with other NGOs, Churches, Hospitals and corporate bodies for Fund raising.
- Conducting awareness programmes on HIV and other developmental issues in the community and for Companies.

Reason for leaving: Got married and relocated to city where husband was based.

- 2004-2005: Career break due to birth of first daughter. Undertook study programme in the Netherlands during this period.
- 2007-2009: Career break due to relocation from India to UK and birth of second daughter

HONOURS AND AWARDS

- 2018 **Contributor to British Psychological Society (BPS) guidance document for community psychology** [Guidance for psychologists on working with community organisations \(Sep 2018\).PDF \(bps.org.uk\)](#)
- 2017 **Certificate of Acknowledgement of nomination of Tamil depression group- Manoshanthi for partnership working to reduce mental health inequalities**
Awarded by National Positive Practice in Mental Health Awards - The Positive Practice MH Collaborative is a user led multi agency collaborative of seventy-five organisations, including NHS Trusts, CCG's, Police Forces, third sector providers, front line charities and service user groups
<http://positivepracticemh.com/>
- 2016 **Selected by European Forum- Active Citizenship for International MitOst festival** (<http://mitostfestival.org/en/>) in Tblisi, Georgia
Invited as one of the 35 Forum presenters out of 645 applicants by European forum – Active Citizenship (creation of pan European dialogue on issues such as migration, acculturation, international migrant and refugee crisis)
- 2014 **Finalist for Quality Awards on ‘Promoting Partnership’ and ‘Co production’ awards by the South West London, St George’s Mental Health NHS Trust**
Shorlisted as finalist for above mentioned awards based on creating bespoke CBT based Tamil depression management group for refugee/asylum-seeking population in London boroughs of Sutton & Merton.
- 2006 **Jacobs Foundation Conference Travel Award**
Awarded by J Jacobs Foundation, Switzerland to travel and stay in Reyjavik, Iceland to present original paper on *‘Role of Indigenous Folk Arts in fostering mental and emotional health in children’* at International Family Therapy Association conference
- 2005 **Netherlands Fellowship Award**
Awarded by the Dutch Government to undertake the PG Diploma in Children, Youth & Development in the Netherlands
- 2000 **Chancellor’s Gold Medal for standing first in University**

Awarded by the then Chancellor of the University, Governor P.C Alexander (University of Pune, India) for standing first across the disciplines of Mental, Moral and Social Sciences.

- 1997 **Miss Vishnu Rao Memorial Prize for highest marks in Social & Abnormal Psychology**
Awarded by Women's Christian College, Department of Psychology, Chennai, India for scoring the highest marks in the final year of BA Psychology degree.

PROFESSIONAL AFFILIATIONS AND SERVICES _____

British Association of Behaviour and Cognitive Psychotherapies (BABCP)
Fully accredited CBT therapist. Registration number : 100866

Graduate Member British Psychological Society (BPS) (GBR and GBC) GMBPSS
Registration number: 685481

Member of EMDR Association UK
Membership number: C0698

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) _____

- **EMDR 2.0 – Working memory taxation (2022)**
- **Mental Capacity Act training (2021)**
The 4-point mental capacity test
Completing Consent & Capacity Form on RiO
Best interests assessment
How to make an application for Deprivation of Liberty Safeguards
- **Safeguarding Children (latest refresher in 2023)**
- **Safeguarding vulnerable adults (latest refresher in 2023)**
- **Metacognitive Therapy training (2020)**
- **Imagery Rescripting training (2019)**
- **Mental Health Clustering Training (2018)**
Health of Nations Outcomes Scale HoNOS is an internationally recognised outcome measure developed by the Royal College of Psychiatrists Research Unit (CRU) to measure health and social functioning outcomes in Mental Health Services.
- **Working with Complex OCD (2018)**
- **Working with Medically Unexplained & Chronic Fatigue Syndromes (2017)**

PUBLICATIONS & PRESENTATIONS

Invited to present at BABCP International Conference in Manchester (Jul 2017) *Co-Production: Culturally Adapted CBT Group for Tamil refugees and asylum seekers in South West London*

Workshop leader at BABCP Spring Workshops and Conference, *'Diversity and CBT in Practice'* in April 2016 at Kings College, London.

Champion Samuel, S. *'Role of Indigenous Folk Arts in fostering mental and emotional health in children.* Presented at XIV Congress of the International Family Therapy Association at Reykjavik, Iceland (Oct 2006)

Champion Samuel, S. *'Indigenous folk arts as a means of creative therapy for children: A tool for Advocacy'*. PGD paper submitted to the Institute of Social Studies, The Hague, The Netherlands, (June 2005) (mimeo)

Champion Samuel, S. *Innovative use of dance and movement therapy to teach specific skills in learning disabled children.* 28th International Congress of Psychology, Beijing, China, (Aug 2004)

Champion, S. *'Type A behaviour pattern and Triguna in Coronary Heart Disease'*, Presented at 27th International Congress of Psychology, Stockholm, Sweden. (Jul 2000)

ADDITIONAL INFORMATION

- Professional Indemnity
- Enhanced DBS certificate
- References available on request
- Languages spoken: English, Hindi, Urdu and Tamil