

# SABINA BEDI

## Principal Counselling Psychologist



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I have held Consultant Counselling Psychology posts, with over twenty-two years' experience of working in various organisations including, the NHS, schools, children's centres, residential children's home and inpatient CAMHS Tier 4 hospitals. I have experience supporting toddlers, children and young people with mental health difficulties and worked in a community CAMHS team for over ten years. I have also completed training in different parenting courses for example, Triple p, Solihull approach and mellow parenting. Over the past eight years I have completed ASD and ADHD assessments for private organisations, inpatient CAMHS Tier 4 hospitals and for a neurodevelopmental team in the NHS.

**Locations: Wolverhampton and remote**

### EXPERIENCE

10/2025 – Current

#### **Director, Oakley Psychology Service Ltd**

- Providing ASD and ADHD assessments and post diagnostic psychological support.
- Providing psychological therapy for children and families.
- Providing psychological therapy and parenting support for neurodivergent parents.
- ADHD coaching.
- Consultation, reflective practice and supervision to staff working in inpatient CAMHS tier 4 hospitals.
- Providing psychological support for young people with eating disorders including ARFID.
- Specialist psychological support to parents aimed at improving the wellbeing of children under the age of five.
- Parenting training to schools, hospitals and residential children's home on trauma.

01/2021 - 10/2025

#### **Consultant Counselling Psychologist, Neurodevelopmental Team, Birmingham Community NHS Trust**

- Working as a Consultant Counselling Psychologist and providing specialist assessments and contributing to multidisciplinary meeting.
- Leading on service development and providing consultation to team members.
- Assessments completed in the team were ADI-R, ADOD-2, TAP and CARS2.

09/2023-01/2025

#### **Park Lodge, Arcadia Care, Wolverhampton**

- Development of the psychology pathway and service at the CAMHS-ED service.
- Development of the ASD pathway at the hospital, including assessments, psychological therapy and contributing to CETR'S and undertaking complex functional behavioural assessments for the young people and supporting the hospital staff in implementing the PBS plans.
- Providing group therapies to the young people including, DBT groups, CFT groups and a body image group.
- Training for hospital staff on eating disorders, trauma, attachment, ARFID and positive behavioural support plans.
- Providing reflective practice, debrief sessions and contributing to safeguarding supervision sessions.

09/2022 - 02/2023	<b>Tizard Centre, University of Kent, Early Identification of Autism Project</b> <ul style="list-style-type: none"> <li>• Providing ASD assessments and feedback sessions with families.</li> </ul>
09/2017 - 07/2024	<b>Huntercombe Hospital, Head of Psychology Service</b> <ul style="list-style-type: none"> <li>• Developmental of psychology service at the PICU ward, GAU ward and ED ward.</li> <li>• Providing psychological therapy to the young people admitted to the hospital and working as part of a multidisciplinary team.</li> <li>• Contributing to MDT meetings.</li> <li>• Providing training to hospital staff on ASD, attachment difficulties and eating disorders.</li> <li>• Providing reflective practice and debrief sessions.</li> <li>• ASD/ ADHD assessment.</li> </ul>
05/2017 – 07/2019	<b>Neurodevelopment Team, Black Country Partnership Trust</b> <ul style="list-style-type: none"> <li>• Providing ASD assessments as part of a multidisciplinary team for children under the age five.</li> </ul>
03/2017 – 12/2019	<b>Care and Management Services, Residential Children's Homes</b> <ul style="list-style-type: none"> <li>• Providing psychological therapy to the young people living in the homes.</li> <li>• Providing reflective practice, training and consultation to staff working in the children's homes.</li> </ul>
03/2017 – 03/2018	<b>Virgin Care Private, 133 Edmund Street, Birmingham</b> <ul style="list-style-type: none"> <li>• Service development and lead psychologist. Developed the ASD pathway with the consultant psychiatrist</li> </ul>
2014 – 2016	<b>Family Nurse Partnership, Black Country Partnership Trust</b> <ul style="list-style-type: none"> <li>• Providing monthly supervision to three FNP teams and individual supervision to the FNP manager.</li> </ul>
08/2007 – 09/2016	<b>Sandwell CAMHS, Black Country Partnership NHS Trust</b> <ul style="list-style-type: none"> <li>• Managed the psychology waiting list.</li> <li>• Supervised band 8a/8b psychologists and junior psychiatrists.</li> <li>• Provided psychological therapy and parenting groups.</li> <li>• Clinical governance lead.</li> </ul>
08/2013 – 08/2017	<b>Sure Start, Children's Centres, Black Country Partnership NHS Trust</b> <ul style="list-style-type: none"> <li>• Providing psychological therapy across four Sure Start centres.</li> <li>• Providing sleep groups, feeding groups, antenatal groups.</li> <li>• Training on infant mental health for Sure Start centre staff and staff on the maternity wards.</li> </ul>

## QUALIFICATIONS

2005	<b>Diploma in Psychoanalytic Infant Observation Studies</b> <b>Birmingham BTTP and Tavistock Clinic</b>
2003	<b>MSc Diploma in Counselling Psychology</b>
2003	<b>Professional Training in Counselling Psychology, MSc Counselling Psychology</b>
1999	<b>BSc (Hons) Psychology (2:1)</b>

## **ADDITIONAL CLINICAL TRAINING**

- Solihull Approach Trainer (2003-2025)
- Primary certificate in health and wellbeing coaching, Centre of Stress management and coaching, 2025)
- Assessment and diagnosis of ADHD , UKAAN , 2024.
- Psychological therapy for ADHD, UKAAN, 2023.
- ACT and ADHD with Russell Harris, 2023.
- Family law and procedure, Bond Solon, 2021.
- EMDR Level 1 and 2 Children, Susan Darker-Smith, 2021.
- Primary Certificate in Stress Management, Centre of Stress management and coaching, 2020.
- Primary Certificate in Performance coaching, Centre of Stress management and coaching, 2020.
- Primary Certificate in Resilience Coaching 2020.
- Autism Diagnosis Interview-Revised (ADI-R), Beginning A, 2020.
- Autism Diagnosis Observation Schedule, (ADOS-2) , Beginning A, 2020.
- Autism Training in CAMHS tier 4 Services, Maudsley Learning, SLAM Trust, 2019.
- ARFID, GOSH, 2019.
- 3DI, GOSH, 2019.
- PBS, BILD, 2018.
- The role of Consultant Psychologist in Family Nurse Partnership, 2016.
- EMDR, level 1-3, EMDR Extra, 2010.
- Mellow Parenting, 2008
- Triple P, 2008.

## **KEY SKILLS**

- Teaching and training
- Reflective practice and consultation
- Neurodevelopmental assessments and psychological therapy
- Systems and school support.
- Parenting groups
- Psychological therapy for under-fives.
- Eating Disorders
- Trauma and PTSD
- Anxiety and depression
- Positive Behaviour Support

## **PROFESSIONAL MEMBERSHIPS**

- Health and Care Professions Council (HCPC)

## **REFERENCES**

- References available on request