**RAHMA ALI**

**Mobile: 07714427233**

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**Certificates:**

**Web development intensive – Coding Black females (November 2023)**

**Intro to Web development – Code First Girls (April 2023)**

**Intro to Python - Code First Girls (June 2023)**

**NHS -West Sussex- Time to talk March 2021- on going**

**Locum Psychological therapist**

* Making decisions as part of a multidisciplinary team to assess the suitability of new referrals and adhering to the department's referral protocols whilst referring unsuitable clients on the appropriate service (signposting to community support or referring to secondary mental health team) or step-up the person's treatment to high-intensity therapy in the form of CBT or other modalities for therapy (counselling, IPT and EMDR).
* Developing treatment plans in line with evidence-based high-intensity interventions and tailoring them to client’s needs to ensure reliable improvement and recovery.
* Administering specialist questionnaires to assist in treatment planning rationale (OCI, HAI, PCL-5, PDSS, Penn state worry and SPIN).

**IESO - Online Digital Therapies (Remote)**

**Affiliate PWP and CBT October 2019 – on going**

* Offering online therapy sessions to patients experiencing moderate presentations using an online platform and through direct messaging service.
* Completing up to date CPD training and supervision to ensure therapeutic skills is strengthened.
* Completing highly accurate and detailed clinical notes.
* Responding instantly to patients’ messages and practicing flexible approach.

**Meriden Wellbeing Dec 2020- May 2021**

**CBT Group Facilitator**

* Support managers and clinical lead in creating APPs and a website that supports patients in personalising their care needs.
* This includes liaising with patients on their experiences as well as compiling research to evidence how these services assisted treatment outcomes.
* Prepare material for depression CBT based group and individually facilitating sessions online. Delivering treatment protocols that are in line with NICE guidelines via webinars.
* Adjusting treatment interventions to incorporate COVID-19 adjustment to treatment material.
* Incorporating adjustment to supporting clients from diverse populations and backgrounds.
* Providing additional signposting and community information into webinar resources.

**Chinese Mental Health Association [CMHA] (Remote) May 2020- February 2021**

* Work within IAPT stepped care model and follow the procedures and guidelines of the service
* Deliver assessments and short-term interventions for working age clients with mild to moderate anxiety and depression based on a cognitive behavioural model under the NICE guidelines (Step 2)
* Provide support service to increase intake during COVID-19 by offering triages and LI-CBT

**Trainee Cognitive Behavioural Therapist: Honorary** **September 2019- March 2021**

**Placement sites: Redbridge Talking therapies, Headstrong Counselling & CMHA**

* Conducting Hight intensity interventions, whilst being overseen by BABCP supervisor
* Assessing and treating clients presenting with Axis I disorders (GAD, depression, MDD, OCD, PTSD, multiple-trauma, Panic disorder, Specific phobia, Health anxiety, low self-esteem etc.)

**NHS- NELFT- Redbridge Talking Therapies**

**Psychological Wellbeing Practitioner [Locum] September 2018- July 2020**

* Working in multi-professional workforce to increase access and engagement with treatments for individuals experiencing depression, anxiety and other common mental health conditions and facilitating them to be empowered in managing their care.
* Completing risk assessments and formulating clinical judgement through collaboration of supervision and steeping client up/down based on the step care model.
* Flexibility using specialist systems IAPTus/PCMIS to record patient contact and observation notes and liaising with wider health care professionals, such as GP’s and Health care and community teams to make necessary referrals.

**NHS- ELFT- Newham Talking Therapies-**

**Trainee Psychological Wellbeing Practitioner September 2017- September 2018**

* Assess and support people with a common mental health problem in the self-management of their recovery.
* Conducting brief assessments to ascertain patient’s goals for therapy and self-guided approach to recovery following evidence based high-volume low-intensity psychological treatments.
* Utilising case management and clinical skills to further my learning and implementation of provisional diagnosis with patient-centred treatment in mind.
* Completing effective risk assessments to ensure the patient is aligned with necessary support or referred up for more immediate support.
* Screening suitability of new referrals and adhering to the department's referral protocols in the stepped care platform.
* Supporting diverse patient profiles to ensure they have the necessary support to facilitate their engagement and to foremost empower them in their self-care.

**NHS- ELFT*- Coborn Adolescent Mental Health***

**Social Therapist May 2016 - September 2017**

* Working in a Tier 4 service, including inpatient services to adolescents aged 12-18 years who are experiencing acute and severe mental health difficulties, whilst also supporting their wider families/ carers in engaging with their treatment plan.
* Providing high quality, responsive mental health service to young people and their family/carers.
* Ensuring clients mental state is monitored and clinically recording patient’s presentation.   
  Promoting therapeutic relationship with adolescent and working as part of wider care management team alongside nurses and MDT.
* Leading social events aimed at developing patients’ social skills and helping to reduce feelings of isolation and support recovery and to promote mental and physical wellbeing to optimise independence.

**University College London (UCL)-**

**IT Student Service Desk Assistance November 2014 – February 2016**

* Providing first line support to wide variety of clients (academics, guest visitors, lectures etc) and assisting them with hardware, software, network and communications problems by phone, email and desk-side support.
* Ensuring all support calls and service requests are logged and administered using the appropriate service desk software and working to any agreed Service Level Agreement.
* To ensure support calls are escalated to the appropriate member of the internal/external team, using the agreed escalation procedures using a ticket system and liaising with system analysts to come to resolutions.

**EDUCATION / TRAINING**

**Buckinghamshire New University**

**MSc Cognitive Behavioural Therapy (Level 2 -BABCP) PASS - April 2021**

Long-Term Health Conditions (Training) **June 2018**

**Kings College University**

**University College London (UCL)**

**PG Cert Cognitive Behavioural Interventions - PASS- Sept 2017 - Sept 2018**

**University College London (UCL)                                                   Sept 2014 - Sept 2015**

MSc Medical Anthropology - **Merit**

**University of East London                                                                   Sept 2011- June 2014**

Psychology with HRM:**Awarded 2:1**(Second-class honours, upper division)

**Barking Abbey 6th Form                                                                           Sept 2007 - July 2009**

**A Levels;**Biology [C], Chemistry [D],  and Psychology [B]

**Barking Abbey Secondary School                                                                   Sept 2002 - July 2007**

 Maths [B], English [C], Science [BB]

***References available on request***