

ANISHA T

PSYCHOLOGIST

IG119TQ, 77 Sherwood Gardens , London, UK | anishaashi2001@gmail.com | +917012686707

SUMMARY

A results-driven Health Psychologist with extensive experience in the UK’s healthcare system, specializing in care coordination for individuals with learning disabilities. Proven expertise in delivering personalized interventions, enhancing patient satisfaction, and improving health outcomes through collaboration with multidisciplinary teams. Adept in managing care across multiple practices and ensuring meticulous documentation using EMIS Web. Possesses strong cross-cultural communication, problem-solving, and patient advocacy skills, making significant contributions to holistic and patient-centered care.

Key Skills

- Psychological Assessment & Testing
- Health Behavior Change Interventions
- Research Design & Methodology
- Crisis Intervention & Mental Health Support
- Cross-Cultural Communication & Multicultural Competence
- Data Management & Documentation (EMIS Web
- Ethical & Legal Considerations in Healthcare
- Team Collaboration & Interdisciplinary Approach
- Problem-Solving & Patient Advocacy

Professional experience

Learning Disabilities Care Coordinator, NHS PCN, United Kingdom

May 2024 – Present

- Managed care across 5 NHS practices, ensuring patients received personalized interventions through a combination of telephone, home, and in-clinic consultations.
- Improved patient satisfaction by delivering timely interventions and fostering communication across healthcare providers.
- Developed individualized care plans in collaboration with psychologists, social workers, and occupational therapists, enhancing holistic care delivery.
- Trained caregivers and families to support patients with learning disabilities, empowering them in their caregiving roles.
- Advocated for patient rights, ensuring access to vital resources and healthcare services, while documenting care plans in EMIS Web.

- Provided comprehensive support to vulnerable individuals, enabling them to maintain independence and improve their quality of life.
- Collaborated with nursing teams to ensure clear communication and the provision of high-quality care in a multidisciplinary environment.
- Assisted patients with physical exercises and daily activities, focusing on enhancing physical health and well-being.
- Delivered specialized care to dementia patients, facilitating group activities that promoted social engagement and cognitive stimulation.
- Maintained strict adherence to confidentiality protocols and healthcare regulations, ensuring patient privacy and high standards of care.

Education

MSc Health Psychology

2022 – 2023

Coventry University, United Kingdom

- Key Coursework: Behavior Change Techniques, PRISM Technology Interventions, Patient Information Leaflet Development
- Dissertation: "Self-Esteem, Stigmatization, and Social Anxiety among Psoriasis Patients" – Investigated the psychological impacts of chronic skin conditions and social stigmatization.

BSc Psychology

2019 – 2022

Calicut University, Kerala, India

- Research Project: "Self-Regulation and Flow State of Mind among Athletes" – Explored the psychological dynamics of peak performance in sports.

Certifications

- | | | |
|---|--|---------------------------|
| • CMI Level 7 Qualification – Chartered Management Institute. | • Supporting People with Learning Disabilities | • Mental Health Awareness |
| • Safeguarding Adults and Children. | • Information Governance | • Dementia Awareness |

Trainings Attended

- | | | |
|--|--|----------------------------------|
| • Care Coordinator Training | • Shared Decision-Making Skills | • Safeguarding Children & Adults |
| • Personalized Care and Support Planning | • Supporting People with Learning Disabilities | |

Professional Memberships

- Chartered Management Institute

Languages

- English (Fluent)
 - Malayalam (Native)
 - Hindi
-