



Health City
HEALTH·IS·WEALTH·Ad°Maio^{re}m°Dei°Gloria¶

Mrs Sonya Tancheva
BSc Psychology, MSc Business Psychology PgDip CBT

Cognitive Psychologist, Business Psychologist, Cognitive Behavioural Psychotherapist under training , Research Assistant, Project Manager Cognitive & Experimental Psychology (Thinking , Reasoning and Problem Solving, Analogy Making, Memory, Psycholinguistics), UK and overseas.

Health City, Davenport House, 16 Pepper Street, Canary Wharf, London
E14 9RP. Tel: 0333 800 3006, 0333 789 0012. Email: info@healthcity.org.uk,
Website: <https://healthcity.org.uk/>

Practice under supervision:

2014 - Present: **Psychological Assessment & CBT Practitioner**

General

- ☐ Anger
- ☐ Assertiveness
- ☐ Anxiety Disorders
- Specific phobias
- Panic Disorder (with or without agoraphobia)
- Health Anxiety
- Social Phobia
- Generalised Anxiety Disorder (GAD)
- Obsessive -compulsive Disorder (OCD)
- Trauma/Post-traumatic stress disorder (PTSD)
- ☐ Depression
- ☐ Eating Disorders
- ☐ Self Esteem
- ☐ Sleep Problems

Business Psychology

- ☐ Occupational health referrals;
- ☐ Post-illness back to work interviews phased return planning;
- ☐ Insight Discovery pack – understand and develop employees (better understanding employees and address their concerns as key factors for successful organisation)
- ☐ Measuring g employees attitudes and opinions,employees retention, work quality and productivity
- ☐ Employee measuring surveys as a tailor made from a full scale survey to puls survey or a 360 survey adoptable to customers needs and requirements

- ☐ Team Building
- ☐ Recruitment & retention
- ☐ Leadership Development
- ☐ Organizational Analysis & Development
- ☐ Improving sells performance
- ☐ Transformational leadership

Academic & Professional Qualifications

- Sept 2014 Buckingham New University (High Wycombe,UK)
PGDip Cognitive Behavioural Therapy - PT
- 10/2004 -07/2005 University of Westminster (London , UK)
MSc Business Psychology
- 10/1996 -07/2000 New Bulgarian University (Sofia, Bulgaria)
BSc Psychology

Relevant Employment History

- 2014 – at present **CASSEL Centre**
As:CBT Psychotherapist in Training
- 2014 – at present **Health City**
As:CBT Psychotherapist in Training
- 2007 - at present **Insight Practitioner (London, UK)**
Key responsibilities: HR consultancy
- 07/2000 - 10/2002 **Central and East European Centrer of Cognitive Science**
Department of Cognitive Science and Experimental Psychology,
Sofia, BG
As: Research Assistant
Key responsibilities: test administration, databasing, coding and encoding protocols, other administrative duties
- 07/1998/ 2000 **Central and East European Centrer of Cognitive Science**
Department of Cognitive Science and Experimental Psychology,
Sofia, BG
As: Project Manager

PROJECTS

- «**International Cross- Linguistic Studies in Aphasia**
Supervisors: E. Baits,– University of San Diego , CA and E. Andonova; NBU, BG).
- «**Human Thinking and Reasoning– Context effect in problem solving**»
Supervisors: Dedre Gentner and B. Kokinov Uni. of San Diego, CA and NBU,Sofia,BG.
- «**The role of Mental Imaginary in understanding unknown idioms**»
Supervisors: Armina Janan and Elena Andonova, CEECCS, Sofia,BG.
- **Analogy Making and Context Effect**
Supervisors: Dedre Gentner, Keith Holyoak, University of San Diego, CA;

Professional Memberships

- British Psychological Society (Graduate Membership)
- Insight Development Accreditation
- BABCP non -Accredited Member

Relevant CBT Training

- 26-28/11/2014: CBT/Evidence Based Psychological Treatments. 12 hours, Health City, UK.