



Health City
HEALTH·IS·WEALTH·Ad°Maio**re**m°Dei°Gloria¶¶

Dr Alina Luben

Trained EMDR Practitioner and Psychiatrist with CBT Skills.

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

Alina.Luben 2@healthcity.org.uk

Website: <https://landing.healthcity.org.uk/>

THERAPY EXPERIENCE

I am a psychiatrist with a special interest in talking therapies. I developed a keen interest in mind - body based therapeutic approaches and trained in EMDR and Brainspotting. My special interest is in EMDR.

During my core and higher training in psychiatry I developed my psychotherapy skills further. As part of my training I completed CBT cases under supervision in Child and Adolescent Mental Health Psychiatry working with children. Also, my CBT skills were very useful in my day to day practice throughout my working time in Psychiatry from 2009 until present. In addition, during my training I completed under supervision a one year long psychodynamic psychotherapy case and a 6 months case in Cognitive Analytical therapy.

POST GRADUATE EDUCATION

EMDR Europe Association Number:	L0433
GMC number	6133435-Full registration
IELTS	London, July 2005
PLAB exam	General Medical Council, April 2006
MRCPsych	October 2016
CCT in Forensic Psychiatry	August 2021
Member of the Simulation Faculty at the RCPsych - 2018	

UNDERGRADUATE EDUCATION

Oct 1998 – Sept 2004	Medical Degree - University of Medicine and Pharmacy Timisoara, Romania - Graduated with Excellent
----------------------	--

Within the NHS

- Brief Psychodynamic Psychotherapy Case - one year long as a core trainee
- CBT x 6 cases - one adult and 5 CBT cases during CAMHS rotation
- MBT (Mentalisation based therapy) cases x 2 (6 months long)
- CAT (Cognitive analytical therapy) case (6 months long)
- Personality disorder assessments during Psychological therapies rotation

Therapy courses/training attended:

- EMDR (Eye movement and desensitisation reprocessing) Level I, II, III - March 2022
- Healing Complex Trauma and Dissociation with Ego State Therapy and EMDR Masterclass - March 2022
- EMDR Therapy for complex trauma, psychosis and dissociation - Mirabilis Health Institute - March 2022
- EMDR flash technique June 2020
- April 2023 - present Integrative psychotherapy training, Association of Integrative Psychotherapy, Romanian/British training programme - enrolled - 4 years hybrid/live

Other interests

- Brainspotting trauma therapy - trained in Level 1, 2 and 3 - 2020
- Brainspotting trauma therapy Masterclass 2021
- BWRT (Brain Working Recursive Therapy) Level 1 March 2022 - member of the BWRT institute BWRT
- RTT (Rapid Transformational Therapy - June 2019

EMPLOYMENT HISTORY

- June - Sept 2023 - Specialty doctor, Forward Thinking Birmingham, CMHT
- February - June 2023 - Life Coach - Romania
- Oct 22 – Nov 22 - Specialty doctor, Old Age Psychiatry, St Mary`s Hospital, Isle of Wight
Nov 21 - Jan 2022 - Specialty doctor Ellern Mede Hospital, Eating Disorders

Presentations

- PTSD - assessment and therapeutic intervention - online course - as a presenter

Voluntary work

June 2008 & May 2009 - Voluntary work in Kisizii Hospital, Uganda

Languages

- I speak fluent English and Romanian and have good knowledge of French.

