



Mrs Manminder Hewey
Accredited Cognitive Behavioural Therapist & Trained EMDR Practitioner.

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Profile

Over twenty years' experience working in primary and secondary care Mental Health setting within the NHS. I have acquired sound and proficient knowledge in providing evidence-based CBT, to include the third wave of interventions and EMDR. As an established and accredited CBT clinician, I bring advanced up to date knowledge and understand the importance in nurturing and developing staff. Therefore, I provide excellent quality CBT and clinical supervision for complex mental health presentations. I have a depth of knowledge in designing and facilitating group interventions. As a senior clinician also acquiring experience in providing line management, duty, and risk support for a large team, to further strengthen my leadership capabilities. Most importantly I build strong therapeutic alliances in a non-judgemental way to the clients I treat, resulting in positive outcomes.

Professional Registration

- BABCP full accreditation: 090280
- EMDR 3-part training with EMDR Europe

Skills

- ❖ Trained and qualified in providing evidence-based:
 - EMDR for trauma/PTSD.
- ❖ Trained and qualified in providing evidence-based CBT treatment for a spectrum of disorders including:
 - Depression
 - Low self-esteem
 - Obsessive Compulsive Disorder
 - Personality Disorders
 - Bi-polar
 - Complex-Post Traumatic Stress Disorder
 - Generalised Anxiety
 - Post traumatic stress disorder
 - Social to Specific phobias
 - Schizophrenia
 - Paranoid Personality

Qualifications

2008 – 2009: Post Graduate Diploma in Cognitive Behavioural Therapy, Royal Holloway University, UK.

Employment History

2023 – Present Senior CBT/EMDR Qualified Psychotherapist, Mental health integrated network Teams (M.I.N.T), West London NHS Trust, UK.

- ❖ Formulating complex treatment plans and assessments for my clients.
- ❖ Responsible for providing CBT clinical supervision to trainee therapists.
- ❖ Managing and facilitating the PTSD stabilisation group.

- ❖ Responsible for making clinical decisions around managing risk to provide support to junior staff members.
- ❖ Actively participating in daily multi-disciplinary team triage meetings to assess suitability of clients into the service.
- ❖ Weekly zoning meetings to monitor progress of complex individuals to include patients with Community Treatment Orders, increased risk of suicide or relapse and detainment under the mental health act.
- ❖ Attending weekly interface meetings with external agencies to ensure client care is optimised.
- ❖ Actively participate in reflective practice and ensure the wellbeing of my work colleagues.
- ❖ Initiating daily contact across the Multi-Disciplinary Team I work with.
- ❖ Charing weekly clinical case discussions for complex individuals.
- ❖ Facilitating weekly psychology clinical consultations to the team for psychology guidance and input.
- ❖ Attending monthly business meetings to help inform and guide service provision.
- ❖ Attending weekly / monthly clinical supervision for CBT and EMDR to enhance my clinical skills.

2018 – 2023: Senior Manager & CBT/EMDR Qualified Psychotherapist, I.A.P.T, West London NHS Trust, UK.

- ❖ Provided daily CBT and EMDR interventions to clients.
- ❖ Treated clients daily utilising CBT and EMDR interventions.
- ❖ Facilitated monthly line management of staff.
- ❖ Held Weekly CBT clinical supervision of multiple CBT staff members.
- ❖ Provided high level of senior duty cover for a large team.
- ❖ Responsible for monitoring staff sickness, maternity leave, annual leave, and conduct/capability issues with staff.
- ❖ Actively involved in investigating complaints and serious incidents
- ❖ Participated in monthly clinical improvement meetings.
- ❖ Involved in weekly seniors' meetings to help improve service provision.
- ❖ Responsible for implementing a service user forum to help improve mental health services from a service user perspective.
- ❖ Involved in the implementation of better mental health access for 18- to 25-year-olds.
- ❖ Involved in helping to implement a new mental health integrated network team (MINT) across the borough.

2007 – 2018: CBT Psychotherapist , I.A.P.T, West London NHS Trust, UK.

- ❖ Provided CBT for clients presenting with mental health anxiety disorders.
- ❖ Treated clients using EMDR for complex PTSD presentations.
- ❖ Responsible for providing CBT clinical supervision for trainees.
- ❖ Actively involved in community events in providing mental health support.
- ❖ Provided community workshops as well as facilitated group interventions to hard-to-reach BAME individuals.

2007 – 2008: Graduate Mental Health Worker, NHS Mental Health & Wellbeing Service, West London NHS Trust, UK.

- ❖ Treated clients with mild to moderate anxiety disorders.
- ❖ Implemented appropriate and efficient IT systems.
- ❖ Promoted Mental Health Services to the BAME community to generate awareness.
- ❖ Attended monthly GP meetings as a link worker.

Training

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| - - EMDR 3-part training with EMDR Europe | Mindful Based Cognitive Behavioural Therapy |
| - Compassion Focused Therapy | - Deep Brain Re-Orienting |
| - Dialectical Behavioural Therapy | - Treating Personality Disorders |
| - Medically Unexplained Symptoms | - Long Term Conditions |
| - Suicide Prevention and Risk management | |

Notable Achievements

- ❖ Appearance on local radio station to promote mental health access.
- ❖ Multiple appearances on Zee TV for live phone-in questions regarding mental health.
- ❖ Front page coverage for an Interview with the West London Communication magazine.
- ❖ Involved in writing an article regarding hearing the voices of Graduate Mental Health worker experiences, published in the journal of psychiatry.
- ❖ Successfully completing a BAME leadership programme to support promotion from this minority into senior positions.

Interests

Due to my natural curiosity and interest in mental Health, I spend much of my free time reading and keeping abreast with the latest developments in mental health disorders. I have a particular interest in neuroscience and the development of the brain, so spend much of my time in reading around the subject. As a firm believer to good mental health, I feel it is imperative to have a healthy balance between work, rest and play. Therefore, outside of work I spend time socialising with likeminded individuals, enjoy walking and having a healthy routine and sleep schedule. Amongst my other interests, they include cooking, swimming, going on holidays and watching crime dramas.