



MISS FEDERICA ZAMMUTO

Clinical Psychologist, Counselling Psychologist, Trained CBT Practitioner, Trained Dialectical Behavioural Therapy (DBT) Practitioner, CAMHS Children and Adolescent Practitioner.

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

A dedicated, & enthusiastic psychologist with a background in mental health, substance abuse, & working in multicultural environments

Education

3/2022 – 5/2022 5-day Foundational Training Course in Dialectical Behaviour Therapy at British Isles DBT Training Team

1/2021 – 3/2022 Postgraduate Certificate Psychological Well-Being Practitioner (Low-Intensity CBT) | University of Essex, United Kingdom

10/2018 – 1/2020 Qualifications & Credit Framework: Social Work & Health Care (Level 3)

9/2018 – 8/2019 Postgraduate Certificate Cognitive Behavioural Practice | Queen's University Belfast, United Kingdom |Grade: Commendation

12/2008 – 3/2011 Psychology MSc | University of Turin, Italy.

9/2003 – 11/2008 Psychology BSc | University of Catania, Italy |Grade: 95/110 (equiv 2:1)

Professional Body and Membership

2021- present

HCPC registered as a Clinical and Counseling Psychologist
Membership number: PYL039682

Relevant Work Experience

01/2022-present: Clinical and Counseling Psychologist.

Essex Partnership University NHS Foundation Trust (EPUT) CAMHS Children and Adolescent Inpatient Services

- Provide specialist psychological assessments, formulations and interventions for young people aged between 13 and 18 years with a range of psychological needs of a complex nature in an inpatient setting
- Provide both generic and specialist psychology assessments and devise highly specialised programmes of care and services to improve outcome for young people and their families.
- Care coordination of allocated cases
- Provide professional and clinical supervision to clinical psychology trainees and other staff members
- Lead therapy groups and promote understanding of group dynamics using a psychological perspective.
- Lead DBT group for young people
- Collaborate with clinicians in the multi-disciplinary team and with external professional networks
- Contribute to the strategic and operational development of the inpatient service

- Research and service evaluation (audit process of the service, evaluation, and monitoring of therapeutic practice and outcomes of clinical work within the clinical psychology service)

6/2023- 11/2023: Overseas Trained Clinical Psychologist undertaking UK Adaptation Period. Essex Partnership University NHS Foundation Trust (EPUT) Specialist Dementia and Frailty Service

- Adaptation period aimed to develop the required clinical psychology competencies (assessment, formulation, intervention and care planning) with Older Adults with cognitive impairment and diagnosis of dementia
- Conduct formalized psychological assessments including eligibility, dementia, and neuro-psychometric assessments
- Carry out psychological interventions based on a broad range of psychological approaches, using IPT and CBT

11/2022- 6/2023: Overseas Trained Clinical Psychologist undertaking UK Adaptation Period. Hertfordshire Partnership University NHS Foundation Trust, Learning Disability Specialist Health Services

- Adaptation period aimed to develop the required clinical psychology competencies (assessment, formulation, intervention and care planning) with Adults within the Learning Disabilities Service in a community setting
- Conduct formalized psychological assessments including the ADI-R ASD Assessment, and a dementia assessment using the CAMDEX-II and be part of an eligibility assessment

01/2021-01/2022: Trainee Psychological Wellbeing Practitioner | Hertfordshire Partnership University NHS Foundation Trust

- Using Step 2 Psychological Interventions within a primary care setting based on Cognitive Behavioral Therapy to assess and treat individuals with mild to moderate mental health problems
- Assessment includes: 5P, Risk assessment/risk management, psychometric assessment, diagnostic assessment, mental health clustering assessment, problem formulation assessment, treatment planning assessment
- Working as a part of a multidisciplinary team and other key stakeholders from outside the organizations and health and social care providers

06/2018 – 12/2020: Project worker | Threshold NI

Providing practical & psychological support for clients with mental illnesses such as psychosis, personality disorder, depression & learning disabilities as well as physical illness in a therapeutic community

Duties

- Using a psychodynamic approach in key work sessions; supporting clients while promoting independent living, monitoring & assessing clients' wellbeing, client advocacy & crisis management incl. 24hr call out
- Contributing to meetings; liaising with various disciplines from GPs & Psychiatrist through to social workers; adhering to safeguarding & confidentiality procedures
- Administrative support: writing reports, risk assessments & client support & care plans
- Keeping up to date with training & personal development plans; supporting new staff
- Planning & running CBT based group activity sessions for: depression & anxiety awareness; coping strategies; promotion of health & wellbeing, self-esteem & sense of self-empowerment

01/18 – 6/2018: Volunteer Support Group Facilitator | AWARE NI

Led support groups for people affected by depression, bipolar disorder, anxiety, trauma & grief

Key learnings: Suicidal support training

9/2015 – 11/2016: Trainee Psychologist | Centro Crisi | Italy

1000-hour placement role supporting adults with a history of drug/alcohol abuse, mental health issues & HIV infection

Key learnings: Acquired knowledge of pharmacological treatments for drug dependency

3/2015 – 8/2015: Support worker | Fremantle Women's Refuge | Australia

Provided guidance & support to enable women to deal with their experiences of physical & psychological abuse

Key learnings: Guided by my manager, I planned & delivered group therapy sessions involving the cycle & patterns of abuse

3/2015 – 8/2015: Counsellor | Fresh Start-Recovery Program | Australia

Supported adults with a history of drug/alcohol abuse from their initial assessment & detox through to relapse prevention, housing & education

Key learnings: Shadowing psychologists • developed ability to remain calm in stressful situations • gained insight into the behavioural & mental processes of addiction

5/2014 – 2/2015: Case worker | Metropolitan Migrant Resource Centre | Australia

Provided advice, support, advocacy & guidance for migrants of various backgrounds, helping in their resettlement & access to welfare & rights

Key learnings: Gained experience of working in a multicultural environment • developed sensitivity towards other cultures

Additional Skills

IT literate, statistical analysis using SPSS, full driver's license, Languages: Italian (native), English (professional), Spanish (Working)