



CRISTINA SUTAC, HCPC
Clinical Psychologist with CBT Therapy

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Accomplished professional with 10+ years of experience in psychological assessment, planning of intervention, and treatment of complex psychological problems.

Track record of providing highly specialist psychological assessments and clinical understanding of patients, interpretation and integration of complex data from a variety of sources including psychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with patients, family members and others involved in the patient's care.

Areas of Expertise

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|---------------------------|-------------------|------------------------------|
| • Clinical Psychology | • Assessment & | • Planning & Intervention |
| • Risk Assessment | Formulation | • Mental and Physical Health |
| • Psychological Treatment | • Research Skills | • CBT Therapy |
| | • Time Management | |

Career Experience

Clinical Psychologist, The Hennessy Partnership, UK

April 2023 - Current

Working for a private provider of Complex Care Services specialized in supporting individuals with mental health disorders, chronic health conditions, substance use disorders, neurological disorders, LD, brain injuries, physical difficulties.

- Psychological assessment, formulation and intervention for individuals with complex care needs.
- Formulating reports regarding resident progress, competency and dangerousness.
- Consultation with medical personnel regarding resident status and making recommendations on admission.
- Supporting the services in instances of disruptive and assaultive resident behaviour.
- Participating in MDT meetings, staff and professional meetings.

Clinical Psychologist, Priory Group, UK

August 2022 – April 2023

- Working across two male wards with complex patients sectioned under the Mental Health Act and at risk of violence and aggression. Psychological assessment, formulation, intervention and evaluation in line with the patient's presentation and care pathway.

- Consultation and advice to professional staff from other disciplines on psychological assessment, therapy and techniques for working effectively with particular service users.
- Contribution to CPA reviews and providing a psychological perspective regarding patient treatment, management and risk assessment, systemic interventions and staff support in order to aid multi-disciplinary decision-making and ward management.
- Providing Reflective Practice for Wards Staff.
- Weekly attendance at ward rounds reviews and MDT meetings.

Clinical Psychologist, Pennine Care NHS, UK

March 2022-December 2022

Working for 2 services - Psychological Pain Team and Physical Health Team with referred patients who may be experiencing significant distress as a result of their pain, or who have pre-existing mental health difficulties which interact with the pain.

- Psychological assessment, collaborative formulation and treatment.
- Formulating reports which communicate in a skilled and sensitive manner assessment, formulation, treatment planning and risk assessment.
- Weekly MDT meetings to discuss individual patient cases and new referred patients.

Clinical Psychologist, B Braun Mental Health, Romania

2013 – 2020

Formulating and implementing plans for the formal psychological treatment and management of a patient's psychological health problems. Evaluating and making decisions about treatment options taking into consideration both theoretical and therapeutic models and highly complex factors concerning historical and developmental processes that have shaped the individual (categories of patients were young persons, adults and the elderly aged 65+).

- Initial psychological assessment investigating the patient immediately after initiating the treatment at the hospital, faced with the need to be dialyzed and the main purpose of this evaluation was to investigate the patient's level of acceptance of the current medical condition and the perceptions of his disease.
- Psychodiagnosis and clinical assessment evaluating anxiety disorders, OCD, depressive disorders, early identification of psychosis, determining the level of cognitive impairment and global impairment in people with neurological or psychiatric diagnosis (Alzheimer, Parkinson, migraines with headaches) and identification of aggressive tendencies.
- Designed, implemented and managed the magazine "A New Life" which was made in collaboration with patients and medical staff from all dialysis centres who have contributed with different articles about their stories related to the onset of dialysis and the effects of treatment in their life.

Practitioner Psychologist, Private Clinical Psychology Services, Romania

2010 – 2013

Exercising autonomous professional responsibility for the assessment, treatment and evaluation of patients. Contributing directly and indirectly to a psychologically based framework of understanding and care for the benefit of all patients seen by the Psychology Service. Continuing to develop the skills of a reflexive and reflective scientist practitioner, taking part in regular professional supervision and appraisal, and maintaining an active engagement with current developments in the field of clinical psychology.

- Evaluation of the relevant psychological factors in order to establish the causality and social-familial implication and the psycho-educational context of the young people that committed juvenile delinquency

- Analysis of the personality profiles by organizing the criteria for the pathology of personality disorders and coping/adapting/defensive mechanisms.
- Establishing the intellectual level in children and young people and also particularities in their emotional development, with impact upon the performance in the informative-educative activities.

Additional Experience

Voluntary Psychologist, Save the Children International

Education

Graduation Diploma in Clinical Psychology

The Romanian Association of Community Psychology, Romania

Master's Degree in Testing and Measuring in Psychology

Petre Andrei University, Faculty of Psychology and Social Assistance, Romania

Bachelor's Degree in Psychology

Petre Andrei University, Faculty of Psychology and Educational Sciences, Romania

Licenses & Certifications

HCPC Recognition, Health and Care Professions Council

Continuous Professional Development

Trauma Focused CBT, 2023

Making the Most of the Therapeutic Relationship, 2022

Clinical approach to anxiety pathology, 2020

Applications of computerized methodology for psychological examination, 2019

Strategies for integrated approach to psychological, medical and social services, 2017

Mastering Your Personal Leadership, 2016

Integrative, preventive and psychological intervention in the community, 2015

CBT. Applications for adherence in patients treated by hemodialysis, 2014

**Workshop on Depression, Anxiety, Aggression and ADHD in Children and Adolescents,
2012**