



DR. FRANCIS SELEMO, HCPC

**Consultant Psychologist, CBT Therapist, Behavioural Couple Therapy (BCT) Practitioner,
Long Term Health Conditions Therapy Practitioner**

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PERSONAL STATEMENT

I am a consultant-grade clinician with 8 out of my 10 UK national health (NHS) and private service users reporting good recovery. A chartered psychologist, HCPC registered clinical psychologist and co-author of more than 10 wellbeing books with plus 28 years' therapy experience (1995 to date). I specialise in occupational and family healthcare and in the application of psychological techniques to mental health problems, wellbeing resilience, performance improvement, assessment and treatment, supervision, training, consultation and research/service evaluation. As a clinical psychologist, an accredited CBT therapist, Behavioural Couple Therapy practitioner and Long Term Health Conditions practitioner, I directly work with patients or deliver supervision, training and consultation to staff and managers working with mental health, including workplace, school, migration, relationships, complex trauma, depression, anxiety, addictions, hearing voices, delusions, challenging behaviours, physical conditions, cultural and faith issues. I have worked as a therapist and clinical service lead/manager in a UK national health service (NHS). I worked in the UK NHS, private hospitals, rehabilitation centres and charities in the UK and overseas.

PROFESSIONAL REGISTRATIONS

- Practitioner/Registered Psychologist, Clinical Psychologist, Health and Care Professions Council (HCPC PYL20498).
- Chartered Management Institute (CMI, 4166797). July 2010 to date.
- Chartered Psychologist, Clinical Psychologist (2007-Date), Associate Fellowship (21/11/2011-Date), British Psychological Society (BPS096473).
- Cognitive Behavioural Psychotherapist, British Association of Behavioural & Cognitive Psychotherapy (BABCP 091005). Full (2012-Date) and Provisional (31/03/2011) accreditation.

TREATMENT SKILLS

- Clinical psychology, CBT, Behavioural Couple Therapy (BCT).
- Long Term Health Conditions Therapy.
- Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT).
- Compassion Focused Therapy (CTF), Counselling with CBT, Narrative Exposure Therapy (NET).

MANAGEMENT AND CLINICAL LEADERSHIP EDUCATION

- 28/09/2023: Trauma-Informed Care Webinar: Association of Clinical Psychologists, UK.
- 10/2018-3/2019: Postgraduate certificate in Long Term Conditions, Royal Holloway University of London.

- 2011- 2012: Cognitive behavioural psychotherapy accreditation, British Association of Behavioural & Cognitive Psychotherapy.
- 2003-2007: Doctor of clinical psychology, University of Essex, UK.
- 21/11/2007: Passed dissertation and awarded post-qualification statement of equivalence in clinical psychology, BPS, UK.
- 2001-2006: Overseas Trained Clinical Psychologist in UK-BPS Assessed and Passed Post-qualification clinical psychology training in substance misuse, elderly people mental health, children and adults with a learning disability and UK Professional practice issues.
- 1996: Assessed and granted training needs exemptions- adult, children and adolescence mental health, BPS, UK.
- 1994-1995: Master of Science-clinical psychology, University of Lagos, Nigeria.

EMPLOYMENT AND WORK HISTORY

22/08/2023-14/12/2024: Locum Consultant Clinical Psychologist & Head of Psychology and Therapies (Part-Time): Nouvita, Baldock Manor Hospital, 4 London Road, Baldock, Herts N8SG7 6ND. Tel.: 01462 491951. Role included:

- Worked for a 3 wards' private hospital that provides specialised care to people under the Mental Health Act or on voluntary admission. They present with personality disorders, psychotic illnesses, complex traumas, substance use disorders, developmental disorders, neuropsychological conditions, patients with significant distress from their pain, or whose pre-existing mental health difficulties interact with the pain (e.g. a male with hopelessness from an injured leg that prevented him from scuba diving);
- Personally engaged in, as well as supervised the trauma informed assessments (including executive function tests such as Trail Making Test, Addenbrooke's cognitive examination) and treatments by other psychologists (e.g. trauma focused cognitive behavioural therapy). Psychological assessments covered patient's level of insight/perception, acceptance of the current medical condition, pre-admission/ ward-stay and pre-charge triggers/stimuli, interests, value and strengths, coping/adapting/defensive mechanisms etc. Led update of the outcomes via the 24 hours hospital report, MDT meetings, ICR/ward round meetings, inter-agency professional meetings, CPA review: etc;
- Providing Reflective Practice for Wards Staff.

2007-date: Private Psychological Practice Clinics, Canary Wharf, London Bridge and Remote:

Provides brief, comprehensive and specialist clinical psychology, cognitive behavioural therapy, couple therapy and long term conditions assessments, formulations, treatments, consultations, supervisions and training. Referrals from Occupational Health Departments, Employee Assisted Programmes (EAP), the NHS, Social Services, legal firms, financial institutions, foreign offices/embassies, Rehabilitation providers, insurance firms, etc. Clients include frontline staff, managers, executives, medical doctors, nurses, Lawyer Politicians, students, war veterans, security personnel, pastors, etc.

16/02/2022-date:Principal Clinical Psychologist, (Part-Time): Change Grow Live (CGL), Brighton, Richmond House Richmond Road, Brighton BN2 3RL : Role included: psychological assessment and treatment of complex emotional needs and addictions.

13/12/2021-27/7/2022: Locum Clinical Service Lead/Manager, (Part-Time): Staff Counselling and Wellbeing Service, South London and Maudsley NHS Trust, Marina House 63-65 Denmark Hill, London SE5 8RS , UK: Role involved: clinical, operational and strategic leadership of the service, including staff reflective practice, supervision, direct assessment and treatment.

25/11/2021-27/10/2022: Locum Consultant Clinical Psychologist (Part-Time): Elysium Healthcare, Rosebank House Hospital, Lower Henley Road, Reading RG4 5LE , UK: Role involved: clinical leadership for talking therapy provision and being part of senior management team of the hospital. Assessment and

treatment of patients with complex mental health and social care needs for admission. Individual and group treatment of patients. Deliver staff reflective sessions and training on psychological skills for the hospital staff. Consultation to the Hospital Director and Ward Manager on improving rehabilitation pathways/recovery and better compassionate engagement with staff members.

11/8/2011-date: Honorary Senior Clinical Psychologist and CBT Therapist (Part-Time): Health City (t/n for Enaikidigha Ltd), Davenport House 16 Pepper Street, Canary Wharf London E14 9RP: Role included: Psychological assessment and treatment to corporate organisations' staff members, psycho-legal clients and social services clients.

07/2017-13/12/2021: Specialist Cognitive Behavioural Therapist, Clinical Psychologist, Behavioural Couple Therapy (BCT) Practitioner and Long-Term Conditions (LTC) Practitioner, Ealing IAPT (Improving Access to Psychological Therapies (IAPT), 3rd Floor 84 Uxbridge Road West Ealing W13 8RA West London NHS Trust: Role included: Clinical supervision and mentoring, triage, specialist assessment and treatment of patients.

05/2016-07/2017: Locum Clinical Psychologist & High Intensity CBT Psychotherapist, Ealing IAPT, West London Mental Health Trust. Role included: Triage, specialist assessment and treatment of patients.

11/2015-03/2016: Locum Clinical Psychologist & High Intensity CBT therapist, Barking & Dagenham IAPT Psychology Service, Northeast London Foundation Trust. Role included: Triage, specialist assessment and treatment of patients.

10/2010-03/2015: Team Leader and Deputy/Acting Services Manager (ended 31/09/2014), New Direction, Crime Reduction Initiative (CRI, now CGL) and Sussex Partnership NHS Foundation Trust. *This is a substance misuse, mental health, and social care integrated services. Roles included: Recovery Team Leader and Lead for Psychological Therapies and Primary Care/ GP Shared Care Prescribing) & Senior Clinical Psychologist (ended 03/2015).* Specialist assessment and treatment of patients.

09/2012- 03/2013: Honorary Post-accreditation CBT Psychotherapist, Deptford IAPT Primary Care Team, South London & Maudsley NHS Trust (SLaM). Roles included: Specialist assessment and treatment of patients.

01/2006-09/2010: Band 8A Senior Clinical Psychologist & Service Manager, Lewisham Addiction Psychology Services and Belmont Psychological Therapy Centre, South London & Maudsley NHS Trust. Roles included: Management, supervision, specialist assessment and treatment of patients.

6/4/-09/2006: Clinical Psychologist (Hon/part-time 2 days), Bromley Older Adult Psychology Service, Oxleas NHS Foundation Trust. Roles included: Specialist assessment and treatment of patients.

12/2003- 12/2005: Team Clinical Psychologist & Psychology Project Lead (part-time), Dual Team, Lewisham, South London and Maudsley Trust. Roles included: Specialist assessment and treatment of patients.

03/2003-09/2003: Clinical Psychologist (Hon, part-time). Child & Family Psychology, South London, and Maudsley Trust. Roles included: Specialist assessment and treatment of patients.

03/2002 – 07/2002: Clinical Psychologist in Training (Honorary, 2days), Psychology Lambert Adults Learning Disability Service, South London, and Maudsley Trust. Roles included: Specialist assessment and treatment of patients.

06/2001-12/2003: Overseas Trained Clinical Psychologist in UK Equivalence Training (Hon, 3days), Addiction Psychology Service, Marina House, South London, and Maudsley Trust. Roles included: Specialist assessment and treatment of patients.

04/1998-10/2000: Clinical Psychologist and project Manager, Africa Peace Mission, Monrovia, Liberia. *Provided psychological trauma consultation and training to the post-war reconciliation, rebuilding and*

humanitarian service and people development programmes ran by national and international organisations (e.g., World Vision, Methodist worldwide, SOS Children Village, etc.

10/1995-04/1996: Trainee Clinical Psychologist, Dept. of Psychiatry, Lagos University Hospital, Nigeria.
Roles included: Triages, assessment and treatment of patients.

ADDITIONAL INFORMATION

- **UK Full-Enhanced Disclosure and Barring Service (DBS).**
- **Co-Awards and Recognitions:**
 - Contributed to 2016 Best Service Award, Ealing IAPT, West London NHS Trust.
 - Co-Led 2013 'Best Performance Service' national award (2013) and 'Most Improved Service' national award (2012), New Direction-CRI/Sussex NHS Trust.
 - Co-Led Clinical governance innovation award' (2010), South London & Maudsley NHS Trust.
- **Work-Life Balance:**
Choir member, school parent governor, author of ten wellbeing books, poet, children storyteller, community charitable volunteer, farmer and gardener, care for animals, plants and nature. Food security-mental wellbeing micro-financer in Ukraine, Nigeria and Liberia.

SELECTED PUBLICATIONS & RESEARCH

- Selemo, F.B et al., (2022): The Calming, Gratitude and Appreciative Techniques. Twin Brain Publishing: London.
- Selemo, F.B et al., (2021): The Growth Mindset Coping Techniques. Twin Brain Publishing: London.
- Patton, R., Selemo, F.B, Smythe, W. & Kelsall, H. (2007). Substance use among patients attending an accident and emergency department. *Emergency Medical Journal*, 24: 146-147.
- Full list of research and written works available.

REFERENCES: Available on request.