

CV

EDWARD BBIRA, HCPC

PSYCHOTHERAPIST, ART THERAPIST. IAPT CBT & SYSTEMIC FAMILY PRACTICE
TRAINED

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BIOGRAPHY AND CAREER SUMMARY

- I have over 10 years' experience working as a therapist with a range of client groups in the National Health Service (NHS), schools, adult forensics, adoption and youth offending services. I am experienced in carrying out assessments and delivering short-term and long-term support in key evidence based modalities; Art Psychotherapy, Systemic Family Practice, Cognitive Behaviour Therapy (CBT), Parent Training, Children Accelerated Trauma Treatment (CATT), and clinical supervision.
- I offer individual, family, group sessions, face-to-face and online.
- **Issues I help with:** Depression, anxiety, work related stress, low self-confidence/self esteem, terminal illness and end of life support, trauma, bullying, breakdown in relationships, parent child conflict, family issues, bereavement, etc.
- Last year over 89% of my clients reported progress and *reliable change* in their goals for therapy using the Goal Based Outcomes Monitoring form (GBOM).

EDUCATION

- January 2018 - December 2019: Postgraduate Diploma, CYP-IAPT Systemic Family Practice
King's College London
- September 2008 – June 2010: Master of Arts, Art Therapy, University of Roehampton, London
- January – December 2012: Postgraduate Diploma, CYP-IAPT CBT & Parent Training
University College London
- October 1997 – October 2000: Bachelor of Industrial and Fine Arts, Makerere University, Kampala

WORK EXPERIENCE

March 2020- Present- Psychotherapist (CBT/Systemic Family Practice) & Art Therapist, Health City, London:

- Specialist assessments and treatment of trauma, mood disorders, depression, eating disorders, anxiety and most psychological problems in children, young people and adults.
- Provides cognitive behavioral therapy (CBT), Art Therapy, trauma therapy and Systemic Family Practice.

December 2015 – December 2019: Senior Art Psychotherapy Practitioner/Clinical Supervisor. Coram, London

- My role involved planning and delivering goal oriented, evidence based therapy sessions for groups or individual clients with complex needs. I provided supervision to junior therapists in the team and general managerial duties in the service.

January 2019 – December 2019: Systemic Family Practitioner – trainee. Kent County Post Adoption Support Service, Maidstone

- I delivered systemic family and therapeutic parenting interventions for families.

August 2011 – March 2014: Art Therapist/CBT-IAPT Therapist. Barnet, Enfield & Haringey Mental Health NHS Trust, London

- I carried out general assessments, and offered short-term and long-term therapy sessions with the CAMHS team in Haringey.

April 2012 – December 2015: Art Therapist. Coram, London

As a school-based art therapist, I planned and delivered individual and group art therapy sessions in a mainstream and specialist primary school.

September 2008 – June 2009: Art Therapist – trainee West London Mental Health NHS Trust-Forensic Service, London.

- Planning and delivering individual and group art therapy sessions for young people and adults on a mental health medium secure unit.

September 2009 – June 2010: Art Therapist – trainee. Barnet, Enfield & Haringey Mental Health NHS Trust, London

- Successfully completed a training placement with Haringey CAMHS team

CPD COURSES

- November 2018: Working Together 2018: Safeguarding Training, Coram, London.
- June 2018: Somatic Psychology: Enhancement Embodiment in Trauma Treatment: Arielle Schwartz PhD.
- October 2017: Diversity and Equality training: The Legislative Framework, Coram London
- April 2017: Attended the International Trauma conference, London "*Congress Attachment and Trauma: The resilience of mind and body*" Institute of Cognitive Science

PUBLICATIONS

Bbira, E. (2016). Peace and Art: A report on a one-off art workshop with underprivileged children and young people in Kampala, Uganda. *Art Therapy Online*, 7(1).

<http://journals.gold.ac.uk/index.php/atol/article/view/405>:

MEMBERSHIP AND REGISTRATION WITH PROFESSIONAL BODIES

- Member of British Association of Art Therapists (BAAT) Full member number: 23535) London United Kingdom.
- Art Therapist registered with the Health & Care Professions Council (HCPC (No: AS13959) United Kingdom.