



# Health City

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**RAFFAELLA LODIGIANI, HCPC**

**Clinical Psychologist specialised in Cognitive Behavioural Therapy.  
Trained in Schema Therapy. Skilled in Acceptance Commitment Therapy  
and Compassion Focused Therapy.**

Health City, Davenport House, 16 Pepper Street, Canary Wharf, London  
E14 9RP. Tel: 0333 800 3006, 0333 789 0012.

Email: [info@healthcity.org.uk](mailto:info@healthcity.org.uk),  
<https://landing.healthcity.org.uk>

## **PROFESSIONAL PROFILE/ MEMBERSHIPS.**

- I have over 20 years' experience in psychological assessment and treatment of clients.
- Health & Care Professions and Council (HCPC) registration PYL30458 (modality-Clinical psychologist) 01/06/2023 to 31/05/2025. Clinical Psychologist since January 2013.
- British Association for Behavioural and Cognitive Psychotherapies (BABCP). Full accreditation since 2022. Membership Number: 130465.

## **COMPETENCIES**

- Assess, understand and formulate a client's problem(s) as a clinical psychologist and cognitive behavioural therapist.
- Diagnosis according to the DSM V (Diagnostic and Statistical Manual of Mental Disorders).
- Clinical experience in different NHS settings in the United Kingdom as well as private settings.

## **EMPLOYMENT HISTORY**

**April 2021 -to date: IAPT Service, Northamptonshire Healthcare NHS Foundation trust. Part-time Locum Clinical psychologist/ Step 3 CBT/ Band 7.**

I work as part of a team with Qualified Psychological Wellbeing Practitioners, Cognitive Behavioural Therapists, Clinical Psychologists, providing Step 3 cognitive behavioral interventions.

Responsibilities:

- To develop psychological formulation using the outcome of the assessment.
- To use psychological formulation to plan appropriate interventions that take into account the clients prospective and objectives.
- To use psychological formulation and explanatory models of development and maintenance of disorders with patients to facilitate their understanding of their own experience.
- To ensure that the appropriate plan of intervention is applied.
- To engage in evidence based practice, evaluating practice systematically (evaluating intervention plans using recognized outcome measures and revising the treatment plan as necessary).
- To lease with GPs, Single Point of Access and other Services.
- To work autonomously within professional guidelines and the overall framework of the team and organizational policies and procedures.
- To attend regular clinical supervision, to maintain skills and to maintain high professional standards.
- To keep accurate and up to date case notes, information and other documentation in accordance both with the service's policies and procedure.

**September 2020- April 2021: IAPT Service Barnet, Enfield and Haringey NHS. Part-time Locum Clinical psychologist/ Step 3 CBT/ Band 7.**

**February 2020- August 2020: IAPT Service SABP NHS. Part-time Clinical psychologist/ Step 3 CBT/ Band 7.**

**December 2019- February 2020: IAPT Service Barnet, Enfield and Haringey NHS. Part-time Locum Clinical psychologist/ Step 3 CBT/ Band 7.**

**February 2018- November 2019: IAPT Service. Part-time Clinical psychologist/ Step 3 CBT/ Band 7 Bank Staff SWLSTG.**

**October 2017- February 2017: Axcis Education Recruitment London Assistant Teacher Special Needs.**

**May 2017- October 2017: Adult Community Learning Disability Team, NELFT,NHS, Havering, United Kingdom, Clinical Psychologist.**

I worked as a part of a team with psychiatrists, psychologists, psychotherapists, social workers, and other professionals, providing psychological assessments, cognitive behavioural interventions and support and advice to family and carers.

**August 2016- January 2017: Tier 3 Emotional Wellbeing Mental Health Service, (Child and Adolescent Mental Health Service), NELFT NHS, Chelmsford, United Kingdom. Locum Clinical Psychologist.**

**January 2016- May 2016: Central Recruitment London Bank support worker.**

**August 2015- December 2015: Tier 3 Child and Adolescent Mental Health Service, NHS, Peterborough, United Kingdom. Locum Clinical Psychologist.**

I worked as part of a team with psychiatrists, psychologists, psychotherapists, CAMHS practitioners, and other professionals. I was responsible for providing cognitive behavioral therapy for anxiety disorders, depression and OCD. I was also providing support and advice to families and carers.  
( RIO electronic care record system).

**September 2012- August 2015: Welmede, London. Support Worker with Learning Disabilities.**

**February 2012- July 2012: Axcis Education Recruitment in London Special needs Teaching Assistant.**

**April 2010-June 2011: IAPT Service NHS Italy (Regional Health Service Liguria, ASL3 Genovese, Italy). Clinical Psychologist and Cognitive Behavioural Psychotherapist (trainee)**

I provided specialist psychological assessments and Cognitive Behavioural interventions for the treatment of Depression and Anxiety Disorders. I worked as part of a team with psychiatrists, psychologists, psychotherapists, social workers and other professionals.

**September 2008- June 2009. September 2009- March 2010: Child and Adolescent Mental Health Service, NHS Italy (Regional Health Service Liguria, ASL3 Genovese, Italy). Clinical Psychologist and Cognitive Behavioural Therapist (trainee).**

I worked as a part of a team with psychiatrists, psychologists, psychotherapists, social workers and other professionals, providing psychological assessments to children and adolescents, cognitive behavioral interventions to adolescents and support and advice to their family and carers.

**April 2004-April 2005: Eating Disorder Centre, NHS Italy (Regional Health Service Liguria, ASL3 Genovese, Italy). Assistant Psychologist (trainee).**

The outpatient service provides clinical assessment and treatment (E-CBT) for adult patient with eating disorders.

I worked as part of a multi-disciplinary team. I was responsible for: administering and scoring test batteries; contributing to the behavioural part of the treatment, explaining clients self-monitoring, regular eating and helping them generate alternative activities to binges; assisting running therapeutic groups.

**March 2003- June 2003: Drug Addiction Service, ASL3 Genovese ( Regional Health Service) in Genova, Italy. Assistant Psychologist (trainee).**

This was a short placement before my Masters Degree where I became familiar with the way services work in my city, how they are organized and the role of the psychologist in different type of settings.

**June 1996- July 1998: C.A.R.T. Video s.r.l. Genoa, Italy. Video editor and**

**camera operator (commercials, local news, sport events, concerts, conferences).**

### **EDUCATIONAL QUALIFICATION**

- 2021 Schema Therapy training
- 2006 – 2010 Cognitive Behavioural Therapy for adults, four years postgraduate training ASIPSE, Milan (including 200 hours of supervised clinical practice; case study thesis).
- 2004 - 2005 Exam to access to Italy's professional body of psychologists.
- 2001 - 2004 Master degree in Developmental Psychology, Parma University- Italy
- 1998 - 2001 Bachelor degree in Psychology, Parma University Italy
- 1988 - 1994 Art high school, S. Dorotea School Genoa, Italy.

### **COURSES AND TRAINING**

- 2023 Evidence Based Treatment of Body Dysmorphic Disorder.
- 2022 Current approaches of treating generalised anxiety disorder.
- 2021 Schema Therapy – Beyond the Basics & Working with Complex Presentations including BPD & NPD
- 2021 Schema Therapy- Working with Cluster-C & Structure and Process of a Typical Schema Therapy Session.
- 2021 The Fundamentals of Schema Therapy & Working with Complex Presentations including BPD.
- 2016 Using Imagery in CBT.

### **LANGUAGES**

- English advanced level (written and spoken).
- Spanish intermediate level (written and spoken).

### **INTERESTS**

- Mindfulness meditation and Loving- Kindness meditation.
- I enjoy keeping fit through sport activities and gym.
- I have a keen interest in different cultures.
- I enjoy reading and watching movies