

Curriculum Vitae

Dr Sobia Tbsum Khan

Address:

Utopia Psychological Services
Cophthall House
King Street
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Staffordshire
ST5 1UE

Telephone: (01782) 692807**Email:**Sobia@utopiapsychology.co.uk**Professional Registrations****Registration Number**

Registered Practitioner Psychologist with
HCPC

PYL25722

Chartered Clinical Psychologist with the
British Psychological Society

190871

Qualifications**Date**

Doctorate of Clinical Psychology (DClinPsy)
University of Nottingham

Sept 2010

BSc Psychology
Nottingham Trent University

Sept 2004

Bond Solon Expert Witness Certificate
Cardiff University Law School

April 2017

Prince 2 - Practitioner (Project Management)

August 2021

Professional Experience

June 2021**Consultant Clinical Psychologist**

Lead for Physical Health Psychology and Paediatric
Psychology

- Clinical supervisor for staff in critical care, oncology, bariatric psychology, spinal injuries, paediatrics and community health psychology services
- Work strategically with stakeholders to deliver clinical services as part of contracts
- Senior leadership position in the NHS

Dec 2015 - Present**Director of Utopia Psychological Services**

- Provide psychological assessment and therapy to clients (including CBT, EMDR and solution focused therapy)
- I deliver bespoke training packages to organisations
- I offer Expert Witness services and have completed 5 days of the Bond Solon Expert Witness training. This includes: Writing court compliant reports; witness

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familiarisation; cross examination and civil law and procedure rules

Dec 2017 - June 2021

Clinical Psychologist

North Staffordshire Combined NHS Mental Health Trust
Critical Care - University Hospital of North Midlands

- Trauma specialist and specialize in the assessment and treatment of Post Intensive care Syndrome
- Psychological assessment and interventions for patients in Critical Care
- Psychological Consultancy to Multi-Disciplinary Team in Critical care
- Service development, staff training and research
- Lead for psychological follow up of Covid patients who were discharged from Critical Care
- Worked in Critical Care during the covid pandemic and was involved in outpatient follow-up of survivors of covid from critical care.

Dec 2010 - Jan 2018

Clinical Psychologist

Black Country Partnership NHS Foundation Trust (BCPFT) Adult
In-patient Mental Health Services

- Psychological assessment (including psychometrics and personality tests), formulation and interventions for patients admitted to hospital for treatment for a range of complex mental health needs (including PTSD, depression, anxiety, personality disorders, psychosis, OCD, substance misuse, self harm)
- Supervision and development of assistant psychologists and allied health professionals
- Project work
- Service development and evaluation
- Staff training and consultancy
- Reports for Mental Health Act tribunals

May 2012 - Nov 2012

Clinical Psychologist

BCPFT - Adult Psychiatric Intensive Care Unit (PICU)

- Provision of supervision and reflective practice for unit staff
- Psychological consultancy in the context of interdisciplinary working to aid in delivering appropriate package of care to patients.
- Delivering direct and in-direct psychological interventions to service users

Sept 2010 - Aug 2015

Clinical Psychologist/ National Trainer

Freedom from Torture - Human Rights Organisation

- Delivery of holistic rehabilitation to Survivors of Torture living in the UK using an interdisciplinary approach
- Working with an international client group
- Supervision and recruitment of staff
- Casework
- National training and capacity building

- Taking instructions from solicitors to provide expert/ professional witness reports for asylum and immigration cases

Sept 2007 - Sept 2010 **Trainee Clinical Psychologist**
Derbyshire Mental Health Services NHS Foundation Trust

Oct 2006 - Aug 2007 **Assistant Psychologist**
South Birmingham Healthcare Trust
Adult Learning Disabilities Services

- Cognitive and IQ assessments for adults with Learning disabilities
- Carry out behavioural observations for clients who presented with challenging behaviour

May 2005 - Oct 2006 **Assistant Psychologist**
South Birmingham Primary Care Trust
In-patient Neuropsychological Services

- Neuropsychological Assessment of adults with acquired head injuries and traumatic head injuries
- Neuropsychological rehabilitation for clients with neurological damage e.g. Amnesia, executive difficulties, speech and language difficulties, adjustment problems, and mood difficulties

Other Appointments **Honorary Lecturer**

Feb 2011- 2018 University of Nottingham -Doctorate of Clinical Psychology
'Psychological Interventions for refugees and asylum seekers'

May 2011- 2016 University of Birmingham - Graduate Diploma in CBT
'Culture, diversity, spirituality & working with interpreters'

Training

I am confident in the design, delivery and evaluation of bespoke training packages. My training portfolio includes:

-**Amnesty International (London - 2 days)** - Training International Human Rights Lawyers and Researchers for three consecutive years on 'Preventing re-traumatisation when interviewing survivors of human rights violations'

- **BSMHT Step 4 and CMHT (Birmingham - 2 days)** - Training Clinical Psychologists, Psychotherapists and Counsellors on 'How to work with survivors of torture'

- **IAPT (Birmingham -3 days)** Training High Intensity workers on 'Working with interpreters' & 'Delivering psychological interventions to refugees and asylumseekers'

- **Refugee Action (Birmingham- 2 days)** - Training caseworkers and managers on 'Self-care

and vicarious trauma’

- Royal Hallamshire Hospital - Neurology Department (Sheffield - 1 day) Training Neurologists on ‘Asylum seekers experiences of trauma and medically unexplained seizures’

Additional Information

- Personal Professional Indemnity Insurance
- Full Enhanced DBS check completed in 2020
- Clean UK driving license
- Skilled in working with interpreters