

CURRICULUM VITAE

Name: **Satwant Singh**

PRESENT POSTS:

Clinical Lead Improving Access to Psychological Therapies

Nurse Consultant in Cognitive Behavioural Therapy and Mental Health

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ACADEMIC/PROFESSIONAL QUALIFICATIONS

Academic Qualifications

- 2013 Commenced in the PhD programme at University of East London
- 2013 **MSc in Cognitive Behavioural Therapy**
University of Derby
Dissertation on Language and impact on Cognitive Behavioural Therapy with patients whose first language is not English
- 1997 **MSc in Mental Health Interventions- Merit**
Middlesex University, London
(Dissertation on an in-depth case study on the use of Cognitive Behavioural Therapy for Psychosis in Acute Psychiatry)

Professional Qualifications

- 1990 **Registered General Nurse**
Enfield & Haringey School of Nursing, London.
- 1992 **Registered Mental Health Nurse**
Bloomsbury & Islington College of Nursing and Midwifery, London.
- 1994 **English National Board 934 Care and Management of Persons with AIDS and HIV**
Bloomsbury & Islington College of Nursing and Midwifery, London.
- 1994 **English National Board 998 Teaching and Assessing**
Bloomsbury & Islington College of Nursing and Midwifery, London.
- 1999 **Diploma in Cognitive Therapy**
University of Oxford
Warneford Hospital, Oxford.
- 2004 **Supplementary Prescribing**
City University, London

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EDUCATION AND TRAINING

- 2011 **Cognitive behaviour therapy in the treatment and provision of Depression.**
Steve Hollon
BABCP Summer Conference
- 2011 **Psychological Intervention in managing long term conditions with and without depression**
Katrina Lovell & Chris Dickens
BABCP Spring Conference
- 2010 **Mindfulness in Medicine and Psychology**
Jon Kaban Zinn
Oxford Centre for Cognitive Therapy
- 2010 **Recurrent Cognitions in the Anxiety Disorders: Alternative Approaches to Standard Cognitive Therapy**
David A Clark
Oxford Centre for Cognitive Therapy
- 2010 **MDR Levels I, II and III**
MDR Workshops
- 2009 **Cognitive Therapy for Chronic Worry**
Robert Leavy
Oxford Centre for Cognitive Therapy
- 2009 **CBT for Health Anxiety**
Alicia Deale
East London and The City Mental Health NHS Trust
- 2008 **Schema Mismatch in the Therapeutic Relationship: Using Roadblocks as Opportunities for Change**
Robert Leavy
International Congress of Cognitive Psychotherapy
- 2007 **Treatment Resistant Anxiety Disorders**
Robert Leahy
BABCP
- 2007 **Schema Therapy: New Strategies for Difficult Personality Disorders**
Jeff Young

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- World Congress of Behavioural and Cognitive Therapies
- 2007 **Compassionate Mind (3 days)**
Paul Gilbert
Compassionate Mind Foundation
- 2006 **Working with Shame and Developing Self Compassion**
Paul Gilbert
BABCP
- 2005 **Mindfulness based Cognitive Therapy**
Oxford Centre of Cognitive Therapy
- 2005 **Mindfulness Based Cognitive Therapy: An Introduction**
Melanie Fennell
BABCP
- 2004 **Supervision: Integrating Practical Skill within a conceptual Framework**
Mark Freeston, Peter Armstrong, Vivien Twaddle
Newcastle, North Tyneside and Northumberland
- 2004 **Camp Cognitive Therapy**
Centre for Cognitive Therapy
California.
- 2002 **Cognitive Therapy Supervision: Principles and Practice**
Christine Padesky
University of Southampton
- 2002 **Camp Cognitive Therapy**
Centre for Cognitive Therapy
California.
- 2001 **Supervision Moving Beyond the Mere Transmission of CBT Techniques**
Claudia Herbert
BABCP
- 2000 **Camp Cognitive Therapy**
Centre for Cognitive Therapy
California.

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1999 **Dialectical Behavioural Therapy for Borderline Personality Disorder**
Heidi Heard
BABCP

1998 **Anger Treatment with Assaultive and Resistant Patients**
Raymond W Novaco
BABCP

1971-1976 Anglo Chinese Primary School, Ipoh, Malaysia

1977-1981 Anglo Chinese Secondary School, Ipoh, Malaysia

1981-1983 Methodist High School, Ipoh, Malaysia

Research Interests

1st and 2nd languages in therapy, therapeutic relationships, Hoarding, psychological engagement in multi cultural settings

INSTITUTIONAL/PROFESSIONAL MEMBERSHIPS

Professional memberships

Accredited member of the British Association of Behavioural and Cognitive Psychotherapies (therapist, supervisor and trainer) (965039)

Registered member of the Nursing and Midwifery Council (NMC)

Member of the Royal College of Nursing

Member of the British Association of Nurse Consultants

Member of the International Association of Cognitive Psychotherapist

Member of the National Health Service Clinical Leaders Network

EMPLOYMENT HISTORY

2006-2010 **Deputy Clinical Lead** for the Department of Health (DoH) Improving Access to Psychological Treatments with the Newham Demonstration Site providing clinical expertise, supervision and developing a therapy service and model in conjunction with the DoH and the clinical team.

2001-2003 **Cognitive Behavioural Nurse Therapist** at Graham Practice-setting up the first CBT service in Primary Care in East London.

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1998-2001 **Cognitive Behavioural Nurse Therapist** at the Priory Hospital North London.

1996-1998 **Sessional Cognitive Behavioural Nurse Therapist** at the Priory Hospital North London.

1996-1998 **Clinical Charge Nurse** on the Psychiatric Intensive Care Unit at St. Luke's-Woodside Hospital. Working with patients with enduring mental illness. Assessing, planning, implementing and evaluating care.

1994-1996 **Honorary Cognitive Behavioural Therapist** with City and Hackney NHS Trust.

1992-1996 **Staff Nurse** on the Behavioural Psychotherapy Unit at St Luke's-Woodside Hospital. Worked as a therapist and co-therapist to patients suffering with affective, anxiety and eating disorders.

LECTURING AND TEACHING

Teaching on the MRCP course at the University College London

Teaching and lecturing at Kings College, London Metropolitan University, East London University, University of Derby, University of Ankara, University of Inonu Turkey.

Lecturing and teaching of CBT in Turkey to therapist and psychiatrist

Lecturing and teaching on the General Practitioners Vocational Training Scheme

Lecturing community mental health workers and other hospital staff.

Facilitating workshops at conferences.

Presenting seminars and facilitating workshops for General Practitioners and other mental health professionals as part Newham PCT academic programme.

Facilitating master classes in Cognitive Behavioural Therapy in the UK and internationally.

Training of non health care professionals in engaging and working with individuals with issues of compulsive hoarding.

PUBLICATIONS

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Singh, S. & Jones, C. (2013). **Engaging in treatment sufferers of compulsive hoarding disorder**. Journal of Mental Health Vol 17(4): 16-20.

Singh, S. (2013). **Hoarding- Miss Haversham Syndrome** an essay for This Mess is a Place a Welcome Trust funded project (publication 26 October 2013)

Singh, S. & Jones, C. (2013). **Novel method in engaging compulsive hoarders in treatment**. Advances in Cognitive Therapy Vol 14 (2): 8,11

Jones, C. & Singh, S. (2013). **The Experience of Emotional Distancing in the Management of Compulsive Hoarding: A Visual Method Approach using the "HOARD" Acronym Tool**. Journal of Cognitive Behavioural Psychotherapy Research, 2:41-46

Fernandez de la Cruz, L., Landau, D., Iervolino, A.C., Santo, S., Pertusa, A., Singh, S., Mataix-Cols, D. (2013). **Experiential avoidance and emotion regulation in hoarding disorder**. Journal of Anxiety Disorders, Vol (27): 204-209.

Singh, S. (2012). Behandelopties voor problematische verzamelaars in O.R.V. Van Beers & E. Hoogdin (Eds.) in **Problematische verzamelaars**. Amsterdam: Uitgeverij Boom.

Singh, S. (2012). **Language and Cognitive Behavioural Therapy Practice Paper- Literature Review and Case Example**. Journal of Cognitive and Behavioural Psychotherapy Research Vol 1 (3): 138-144.

Singh, S. Jones, C. (2012). **Visual Research Methods: A novel approach to understanding the experiences of compulsive hoarders**. Journal of Cognitive and Behavioural Psychotherapy Research, 1 (1): 36-42.

Landau, D. Iervolino, A.C. Pertusa, A., Santo, S., Singh, S., & David Mataix-Cols (2010). **Stress life events and material deprivation in hoarding disorder**. Journal of Anxiety Disorders, 25(2): 192-202.

Pertusa A, Fullana MA, Singh S, Alonso P, Menchón JM, Mataix-Cols D (2008). **Compulsive hoarding: OCD symptom, distinct clinical syndrome, or both?** Am J Psychiatry, 165: 1289-1298.

Singh, S (2004). **Using cognitive behavioural therapy techniques in general practice**. British Medical Journal E learning 2004

Jones, P., Singh, S. & Aquino, P (2003). **Cognitive behaviour therapy in practice**. British Medical Journal, May 2003

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Singh, S (2003). **Advocates and Cognitive Therapy**
Cognitive Therapy, 5(2).

Singh, S. (2001). **Impact of Major Incidents on Patients: Field Report.**
Cognitive Therapy, 3(4).

RADIO INTERVIEWS

All in the Mind 28th October 2004

Talk Radio Europe 29th August 2011

BBC Radio Lancashire 6th May 2013

TV PROGRAMMES

National Geographic Taboo Series- Hoarding 2011-
http://channel.nationalgeographic.com/series/taboo/5331/Overview#tab-Videos/09955_00

My Hoarder Mum and Me- BBC August 2011-
<http://www.bbc.co.uk/programmes/b013nhfq>

The World of Compulsive Hoarders Channel 4 2007- <http://www.zigzag.uk.com/world-of-compulsive-warders>

NEWSPAPER ARTICLES

Guarding Society 26th January 2005
Grass Roots- Tina Bexson

JOURNAL ARTICLES

Environmental Health Journal February 2005
Compulsive Behaviour- Tina Bexson

Contributions to conferences

2012 CCD GGD Zuid-Holland Zuid – Problematische verzamelaars
Waar bae bemoijje eigenlijke mee?
Cognitieve gedragstherapie voor hoarders
in de praktijk

2012 NZIEH Conference (New Zealand) ‘Jacks and Jackies of All Trades

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Hoarders

- 2011 GGD Zuid-Holland Zuid – Problematische verzamelaars
Mijn spullen zijn mijn kinderen
Engagement issues with Hoarders
- 2011 Age UK Working with Hoarders
- 2010 GGD Zuid-Holland Zuid Hoarding- Group therapy for Hoarding
- 2006 Practice Nurse Conference Newham- Identifying and managing Depression in Primary Care
- 2003 Practice Nurse Conference Newham- Cognitive Behavioural Therapy in Primary Care

SPECIALIST EXPERTISE

Facilitator for the only treatment group for sufferers of hoarding in conjunction with Obsessive Action

Obsessive Action is a charitable organisation supporting those with obsessional conditions such as obsessive-compulsive disorder, body dysmorphic disorder and hoarding. I have been involved closely in the development of the treatment group for sufferers of hoarding. The work that has been undertaken has helped the understanding of this disorder. I have been involved in undertaking further research in this area. In addition this group has now been replicated in Holland to help the sufferers of hoarding. The group is held once a month in London with attendees from all around the UK and those visiting from abroad. I have gained an understanding in engaging with this client group and the development of a treatment model for treatment. I regularly provide master classes and training to other professionals in hoarding. I provide consultations to other professionals and services such as clinical psychologist, psychiatrist, therapist, fire officers, and environmental offices on the engagement management of this client group. The research that has been conducted in the UK has recruited the participants from this treatment group. The published results of the research has been successful in the development of hoarding as a separate category in the new DSM-V to be published in 2013.

Nurse Consultant in Cognitive Behavioural Therapy and Mental Health

My clinical skills have been maintained since qualification in both my own specialist area of mental health and cognitive therapy. I manage the surgery population of patients

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with mental health problems by providing complex assessments and initiating treatment. In addition I am a nurse prescriber and have the independence to prescribe and review medication. Additionally I undertake regular reviews of patients on psychotropic medication. I provide consultants to general practitioners and psychiatrist on the management of patients. I provide specialist clinical supervision to other practitioners. I have met the requirements of PREP (professional development) in accordance with maintenance of NMC registration as a specialist practitioner.

BABCP accredited supervisor and trainer

I am a BABCP accredited clinical supervisor and trainer. Over the years I have gained extensive skills and knowledge in working with a wide range of psychological conditions, personality disorders, psychosis and bi polar disorder I provide clinical supervision to a wide range of specialist practicing Cognitive Behavioural Therapy working in a range of settings such as in patients, day patient and out patients. In addition I have provided long distance supervision via Skype and telephone. In addition I facilitate master classes in Cognitive Behavioral Therapy for CBT therapist and other health care professionals. I maintain my CPD by undertaking the appropriate training and supervision for my supervision practice.

International experience

I have been involved in providing training to psychiatrist in Turkey and have developed the training programme in conjunction with the Psychiatric Association of Turkey a two year Cognitive Behavioural Therapy Programme.

I facilitate an annual summer school for psychiatrists at the Inonu University in Malatya Turkey providing master classes in Cognitive Behavioural Therapy.

I have been involved in facilitating clinical CBT workshops in Holland and presenting at conferences.

CURRENT RESEARCH

“Using the Photovoice Technique with hoarders”
2011-ongoing

“The Mess is a place”
A cross-disciplinary project to develop in *parallel* to contemporary interest in archives/collections
2012-ongoing

“The Squirrel Project”
A case study using ebay in dealing with hoarding issues

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2013- on-going

“The Colour Card”

Using colour in the treatment of hoarding

2013-ongoing

EXTERNAL EXAMINING EXPERIENCE

2010-2014 External examiner Essex University for the PG Diploma in CBT IAPT High Intensity training, undergraduate and masters degrees in mental health studies.

2014-2017 External examiner Coventry University for the CBT IAPT High Intensity training.

ACCREDITATION EXPERIENCE

Has been a participating member of the British Association of Behavioural Cognitive Psychotherapist course accreditation panel for accreditation of CBT courses in the UK