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About me

I am a Clinical and Counselling Psychologist and Psychotherapist with over twenty years experience of working with children, families and adults. My experience includes extensive experience working in primary and secondary care in addition to working with psychosis and Autistic Spectrum conditions. I have undertaken complex psychological assessments and treatment programmes for children and adults with acute symptoms, mental health problems and learning disabilities at different stages of their care; this is alongside providing support to parents, relatives and other professionals involved in the clients' care.

I love to find creative ways to engage with children and adolescents that may show reluctance. I am also very flexible in my working pattern, a good problem solver and efficient to conquer work challenges by thinking critically and creatively. I consider myself to be a good relationship-builder and my attitude is both kind and assertive at the same time. I enjoy working in a team and collaborating with all members of staff from different disciplines. I am also experienced at working independently and focusing on specific tasks.

Qualifications

- HCPC Registration: Clinical and Counsellor practitioner psychologist no. PYL34019
- Member of the British Psychological Society- registration number no. 363415
- Member of the Reiki Association UK registration number no.8126
- 2014- NHS Professionals- Conflict Management
- 2016- Yoga Centre Varanasi (India). Master Reiki Therapist

Education

Clinical Psychology September 1989 — September 1995

University of Padoa, Italy

Obtained the BSc and MSc in Clinical Psychology

CBT Training September 1997 — September 1998

ASL Genova (Genoa National Health Agency) Genoa

Authorisation to deliver CBT

Systemic Therapy Training January 1999 — January 2000

Biscione Social Cooperative of Genoa

Foundation Certificate to practice Systemic Therapy

Postgraduate school for the clinic, therapy and science September 1997 — September 1998

Freudian Institute Rome

Four years program in Lacanian Psychoanalytic Clinic and Psychotherapy. Authorisation to practice Psychotherapy obtained.

Autism Ambassador Training 7 November 2017 — 7 November 2017

Autism Ambassador Association

Being an Ambassador provides the opportunity to make a difference to a person living with Autism and their families through:

- Being a positive voice for people with Autism
- Raising an awareness of Autism amongst colleagues, friends and family
- Identifying and influencing reasonable adjustments that can be made to:
 - work processes and practices
 - the environment at work or in the community
 - how people engage and communicate with one another
- Build knowledge and sharing of best practice through development of networks

ADOS2 Assessment Training 11/02/2019 — 12/02/2019

Pearson - Training in the use of the ADOS-2 to accurately assess and diagnose autism spectrum disorders across age, developmental level and language skills.

Work experience

Cygnnet Health Care CAMHS Godden Green November 2018 to present

Clinical Psychologist

- Working as Clinical Psychologist on a CAMHS acute Ward for 12-18 year olds.
- Providing psychological assessments and psychological treatment to young people with suicidal risk, self harming, personality disorder and psychosis.
- Assessing patients and having the responsibility of the individualised treatment plan.
- Meeting with clients on a regular basis to provide therapy and treatment.
- Leading therapeutic groups
- Providing cognitive and psycho-diagnostic tests
- Providing ADI-R (Autism Diagnostic Interview-Revised)
- Reporting therapy statistics in the management meeting.

NELFT- Barking and Dagenham CAMHS September 2018 — November 2018

Clinical Psychologist

- Working as locum Clinical Psychologist in community CAMHS
- Providing psychological and cognitive assessment and psychological treatment to children and young people.
- Assessing patients and devising individualised treatment plans.
- Meeting with patients on a regular basis to provide therapy and treatment.

- Providing consultancy and advice to other professional staff concerning the recovery pathway of the patients

Avon and Wiltshire Mental Health Partnership April 2018 — September 2018

Early Intervention in Psychosis Clinical Psychologist Adult Mental Health & CAMHS

- Working proactively within a multidisciplinary team supporting young people and working age adults suffering from psychosis and other broad variety of issues, such as substance and alcohol misuse, depression and anxiety.
- Assessing patients and devising individualised treatment plans.
- Meeting with clients on a regular basis to provide therapy and treatment.
- Supporting families.
- Liaising with nurses, occupational therapists, GPs, social worker and other health professionals.
- Providing consultancy and advice to other professional staff, multiagency panels and others concerning the recovery pathway of people with psychosis.

Sothorn health NHS Trust August 2017 — March 2018

Support Time Recovery Worker - EIP AMH CAMHS

- Working with the wider Multidisciplinary team and liaison with other teams (CMHTs, AMHTs, CAMHS, etc) and agencies, in order to manage a diverse acute caseload of clients from 14 to 35 years old.
- Reducing drug and alcohol intake, providing vocational and financial support, reducing social isolation, stigma and discrimination, befriending, psycho-education, guided self-help, CBT.
- Planning and delivering numerous groups and interventions with different therapeutic aims (including CBT).

Surrey and Borders Partnership NHS Foundation Trust - August 2016 — December 2016

Honorary Assistant Psychologist

- Developing and promoting an innovative project “The Recovery College”
- Co-leading psycho-education groups with the aim to help clients to learn more about recovery, coping skills, practical skills, living with ongoing symptoms and how to get the best from mental health services.
- liaison between trustees, professionals and the recovery college practitioners.
- Contributing to the audit of a study on the clinic’s notes to understand why the admission on a psychiatric ward does not work for people with Borderline Personality Disorder.

NHS Professionals - December 2014 — April 2018

Mental Health Support Worker

- Supporting and enabling individuals to live as independently as possible, often following illness.

- Working in teams with other professionals, including managers, social workers, other outreach and community support workers, drug action groups, youth offending services, and with the police within Suite 136.
- Collaborating with the Home Treatment Team in the Guildford area, where medical teams assessed whether people required hospital admission or whether they could be treated at home.
- Working at Windmill House that is a specialist unit which provides 24-hour residential treatment and support to people who want to become abstinent from drugs or alcohol.
- Participating in the Crisis House, provision of safe overnight accommodation for people with mental health problems in a crisis situation.
- Collaborating with the Safe Haven Service to support service users in crisis.

Arci Ragazzi Association, Italy - January 2010 — December 2013

Clinical-Counselling Psychologist

- Promoting a programme of primary care and counselling for children and adolescents.
- Supporting families and supervising the team.
- Providing psychological therapy with children and adolescents with Mental Health difficulties and autistic spectrum conditions.
- Counselling with families to provide Systemic Therapy and psychological support to them as carers to their children.
- Monitoring and auditing the efficacy of the working group within the parent groups to establish what further support was needed to then implement.

AETAS Association, Italy - January 2010 — December 2013

Clinical-Counselling Psychologist

- Providing primary care intervention in a socially deprived area of Genoa, in collaboration with social workers from the clinical team of the National Health System of that area.
- Assessing the suitability of new referrals.
- Offering psychological therapies (CBT and Psychodynamic Therapy approach)
- Improving accessing to the Mental Health Services to avoid social stigma.

Istituto Brignole, Nursing Home, Italy May 2008 — December 2013

Diversional Therapist/Project Manager/Psychologist

- Leading groups and creating and supervising a programme of art, music, drama and gardening therapy.
- Creating and introducing “The unforgettable” project within the nursing home, with the aim of introducing a Clinical Psychologist onto two wards for older adults with dementia and other mental health disorders, to promote recovery and recognise and respect diversity.

- Collaborating with the clinical team to assess new patients, undertake a psychological clinical intervention and formulate a care plan for each resident.
- Assessing and supporting older adults with mental health and social problems.
- Keeping coherent records of all clinical activity, in line with service protocols, and using these records and clinical outcome data in clinical decision making during multidisciplinary meetings

'Il Montello' Mental Health Hospital, Italy - January 2005 — January 2008

Clinical-Counselling Psychologist

- Rehabilitation and support to people who are in protective custody instead of going to prison.
- Management of photography's and coffee bar's studios, and exposition of all the patient's works inside the community itself.
- Helping and accompanying clients to court.

La Redancia Mental Health Hospital, Italy - January 2001 — January 2005

Assistant Psychologist

- Providing psychological and emotional support to people who have experienced homelessness, are sleeping rough, or living in insecure accommodation, in particular people with histories of complex trauma.
- Undertaking patient-centred interviews and accurate assessments of risk to self and others.

Biscione Association, Italy January 1999 — January 2001

Assistant Psychologist

- Observing and practising systemic theories when supporting children and their families suffering from severe mental health problems and learning disabilities.
- Being part of the reflecting team, I developed skills in observing and analysing the content and process of the session.
- Delivering messages during the reflections, which needed to be understood by each member of the family.
- Observing how different families attending the service needed different theoretical models and approaches alongside the Milan model of systemic therapy

Italian National Health System (ASL) September 1997 — September 1998

Clinical Psychologist Trainee

- Working with adults with learning disabilities and psychoses, older adults and children and families, offering CBT and using a psychodynamic approach.
- Undertook patient-centred interviews, which identified areas where the person wished to see change.

- During the psychological assessments I conducted one-to-one structured and none structured clinical interviews, and used a combination of techniques to help arrive at some hypotheses about a person and their behaviour, personality and capabilities.
- Utilising information gathered from psychological assessments and integrate it into a comprehensive and complete picture of the person being tested. My opinions were discussed during the multi-disciplinary meetings relating to referrals or clients in treatment, and based on all the assessment results.
- Undertaking and recording thorough, sensitive and detailed assessments.
- Collaborating with other professionals to rule out the possibilities of a medical, disease or organic cause for the individual's symptoms.
- Working in a team comprising a social worker, a mental health nurse and a psychiatrist, to help socially isolated individuals and families.
- developing care plans to help people with learning disabilities to manage their daily lives and social inclusion
- Offering psychosocial support directly through psychological therapy.