

**CURRICULUM VITAE**

Name: **Dr. Satwant Singh**

**PRESENT POSTS:**

**Nurse Consultant in Cognitive Behavioural Therapy and Mental Health**

**Consultant Clinical Supervisor IAPT**

**BABCP Fellow**

**BABCP Course Accreditation Committee Member**

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## Curriculum Vitae

### ACADEMIC/PROFESSIONAL QUALIFICATIONS

#### Academic qualifications

- 2018            **Interpersonal Psychotherapy**  
Anna Freud Centre  
University of London
- 2017            **Doctorate in Psychotherapy by Public Works**  
*Dissertation title: Hoarding Disorder: New Horizons*  
Middlesex University & Metanoia Institute
- 2013            **Post Graduate Diploma in CBT group Approaches**  
Anna Freud Centre  
University of 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*
- 1999            **Post Graduate Diploma in Cognitive Behavioural Therapy**  
University of Oxford
- 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.

#### Clinical qualifications

- 1994            **English National Board 934 Care and Management of Persons with AIDS  
and HIV**  
Bloomsbury & Islington College of Nursing and Midwifery, London.

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1994            **English National Board 998 Teaching and Assessing**  
Bloomsbury & Islington College of Nursing and Midwifery, London.

2004            **Supplementary Prescribing**  
City University, London

### **CLINICAL TRAINING**

2015            **Post Graduate certificate in Behavioural Couples Therapy Enhanced  
Cognitive Therapy Supervisors (1 year)**  
Professor Don Boucom  
Royal Holloway University, London

2015            **Behavioural Couples Therapy- Enhanced Cognitive Therapy for Long  
Term Conditions and Infidelity (2 days)**  
Professor Don Boucom  
Royal Holloway University, London

2014            **Post Graduate certificate in Behavioural Couples Therapy- Enhanced  
Cognitive Therapy (1 year)**  
Professor Don Boucom, Sara Corrie, Michael Worrell  
Royal Holloway University, London

2012            **Improving Access to Psychological Therapist Supervision Model (5 days)**  
Sara Corrie & Michael Worrell  
Royal Holloway University, London

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**

## Curriculum Vitae

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  
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**

## Curriculum Vitae

### **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.
- 1999      **Dialectical Behavioural Therapy for Borderline Personality Disorder**  
Heidi Heard  
BABCP
- 1998      **Anger Treatment with Assaultive and Resistant Patients**  
Raymond W Novaco  
BABCP

### **PRIMARY AND SECONDARY EDUCATION**

- 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

1<sup>st</sup> and 2<sup>nd</sup> languages in therapy, therapeutic relationships, hoarding disorder, visual methods, psychological engagement in multi cultural settings, physical and mental

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health, cognitive behavioural therapy, psychological conditions and creative and innovative applications.

### **INSTITUTIONAL/PROFESSIONAL MEMBERSHIPS**

#### Professional memberships

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

Accredited member of the Interpersonal Psychotherapy UK

Registered member of the Nursing and Midwifery Council (NMC)

#### Institutional memberships

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

#### Editorial and advisory memberships

International editorial board member for the Journal of Cognitive and Behavioural Psychotherapy Research

Editorial board member for the Journal of Contemporary Behavioural Health Care

Clinical Advisory Board member OCD Action

Clinical Director Hoarding UK

### **EMPLOYMENT HISTORY**

2010-2019 **Professional and Strategic Lead** for Waltham Forest Talking Therapies and Redbridge Talking Therapies. Leading and developing IAPT services in line to the national agenda, contributing to the NHSE IAPT London programme and Higher Education England training agenda for IAPT service. Engagement with local Clinical Commission Groups, Sustaining and Transformation Partnerships, advising the Trust on IAPT services needs and development.

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.

## Curriculum Vitae

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

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

Visiting lecturer for Kings College, Coventry University, East London University, London Metropolitan University, University of East Anglia, 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.

Providing training to health care and non-health care professionals in engaging and working with individuals with hoarding issues.

**PUBLICATIONS**

Singh, S (2021) **Role and needs of nurses in managing the mental health effects of COVID-19**. Mental Health Practice doi 10.7748/mhp.2021e1573.

Singh, S. (2016) **Participants experiences of exploration in their first language whilst having Cognitive Behavioural Therapy in their second language (English)**. Journal of Mental Health Practice, 20(3): 23-29.

Singh, S., Hooper, M. & Jones, C. (2015) **Overcoming Hoarding**. London: Robinsons Press. (English, Turkish, Mandarin-2018)

Singh, S. (2015). **Delivering group CBT: competencies and group processes**. Journal of Cognitive Behavioural Psychotherapy Research, 3: 150-155.

Singh, S. (2014). **Engaging with individual who hoard**. Social Care Information and Learning Services (online learning module).

Jones, C. & Singh, S. (2014). **The potential benefits of colour in supporting people with compulsive hoarding disorder**. Journal of Mental Health Practice, Vol 18(3): 29-32.

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 Wellcome 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.



## Curriculum Vitae

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

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).

## **MEDIA PRESENTATIONS**

### Radio interviews

All in the Mind 28<sup>th</sup> October 2004

BBC Radio Newcastle 21<sup>st</sup> February 2011

Talk Radio Europe 29<sup>th</sup> August 2011

BBC Radio Lancashire 6<sup>th</sup> May 2013

### Television programmes

## Curriculum Vitae

National Geographic Taboo Series- Hoarding 2011-  
[http://channel.nationalgeographic.com/series/taboo/5331/Overview#tab-Videos/09955\\_00](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-hoarders>

### Newspaper articles

Grass Roots- Tina Bexson, Guarding Society, 26<sup>th</sup> January 2005

Drowning in Clutter- Edwina Ings-Chambers, Style Magazine, Sunday Times, 1<sup>st</sup> November 2015

### **JOURNAL ARTICLES**

Compulsive Behaviour- Tina Bexson, Environmental Health Journal, February 2005

### **CONFERENCES AND WORKSHOPS**

2018 **Euro Annual Congress on Psychiatric & Mental Health Nursing**

Keynote: Hoarding Disorder: New Horizons

Paris France

2018 **Inaugural conference Association of Cognitive and Behavioural Psychotherapies of Turkey**

Keynote: Hoarding Disorder: New Horizons

Preconference workshop: Engaging individuals with hoarding issues in CBT

In conference workshop: Designing Behavioural Experiments

Ankara, Turkey

2018 **Inaugural Hoarding UK's National Hoarding Conference**

Keynote presentation: Resilience

London, UK

2018 **MHASF 18<sup>th</sup> Annual International Conference on Hoarding and Cluttering- Think Think Outside the Boxes**

Conference workshop: Resilience and Overcoming Hoarding

## Curriculum Vitae

- San Francisco, USA.
- 2017 **45<sup>th</sup> Annual British Association of Cognitive and Behavioural Psychotherapies**  
Clinical skills workshop: Engagement and CBT for hoarding disorder (Reclaim your space and life)  
Manchester, United Kingdom
- 2016 **Institute of Challenging Disorganisation Annual Conference: Blazing The Trail**  
Featured presentation: Engaging individuals with hoarding disorder  
In conference workshop: Reclaiming space and life - engaging and working collaboratively with individuals with hoarding issues  
Post conference workshop: Reclaiming space and life - engaging and working collaboratively with individuals with hoarding issues: a cognitive behavioural perspective  
Portland, Oregon, USA
- 2015 **Treatment of hoarding disorder**  
Masterclass  
**University of Coventry**
- 2015 **MHASF 17<sup>th</sup> Annual International Conference on Hoarding and Cluttering**  
Featured presentation: Overcoming Hoarding reclaiming your space and life-  
San Francisco, USA.
- 2015 **Fundamentals of CBT (presentation) & Conceptualisation (workshop)**  
Ulusal Psikoloji Ogrencileri Kongresi  
Gaziantep, Turkey.
- 2015 **Mindfulness Based Cognitive Therapy Master Class**  
Association for Cognitive and Behavioural Psychotherapies (Turkey)  
Ankara, Turkey.
- 2015 **Hoarding and housing**  
Pulling together: co-producing housing management services  
Housing management conference, Richmond Fellowship  
London, UK.
- 2015 **Hoarding as a mental health disorder: current developments and research in psychology**  
Hoarding behavior: taking steps to tackle a hidden problem

## Curriculum Vitae

- CCC Ltd  
Nottingham, UK.
- 2015 **Crowded Houses: Good Practice in Hoarding Interventions**  
Engaging with those with hoarding behaviours- presentation  
National Housing Federation  
Halifax, London, Manchester and Birmingham
- 2014 **MHASF 16<sup>th</sup> Annual International Conference on Hoarding and Cluttering**  
Workshop: Engaging individuals in Dealing with their hoarding  
San Francisco, USA.
- 2014 **NPO International Seminar on Chronic Disorganization**  
Whole day workshop: Engaging those with hoarding issues  
Breukelen, Holland.
- 2014 **6<sup>th</sup> International Congress on Psychopharmacology & 2<sup>nd</sup> International Symposium on Child and Adolescent Psychopharmacology**  
Workshop: CBT for children and adolescence with anxiety disorders I, II, III-  
Antalya, Turkey.
- 2012 **CCD GGD Zuid-Holland Zuid – Problematische verzamelaars**  
*Waar bae bemijje eigenlijke mee?*  
Cognitieve gedragstherapie voor hoarders  
in de praktijk-  
Workshop: HOARD Acronym  
Utrecht, Holland.
- 2012 **NZIEH Conference (New Zealand) ‘Jacks and Jackies of All Trades Hoarders**  
Skype presentation on Recognising hoarding issues  
New Zealand.
- 2012 **East Midlands Council Public Health Conference**  
Presentation: Recognising hoarding in the community  
Chesterfield, UK.
- 2011 **GGD Zuid-Holland Zuid – Problematische verzamelaars**  
*Mijn spullen zijn mijn kinderen*  
Workshop: Engagement issues with Hoarders  
Utrecht, Holland.
- 2011 **Age UK Conference**  
Workshop: Working with Hoarders

## Curriculum Vitae

Nottingham, UK.

- 2010 **GGD Zuid-Holland Zuid Hoarding-**  
Presentation: Group therapy for Hoarding  
Utrecht, Holland.
- 2010 **Turkish Psychiatric Congress**  
Workshop: CBT treatment for Social Phobia  
Istanbul, Turkey.
- 2010 **Housing Quality Network- Regional spring conferences**  
Housing and health: new perspectives  
Presentation on Hoarding Disorder  
London, Manchester, York
- 2010 **Queens University Belfast**  
Masterclass: CBT supervision  
Belfast, UK.
- 2009 **Challenging Healthcare Accessing Psychological Therapies**  
Workshop: Developing Healthcare: Accessing Psychological Therapies  
Belfast, UK.
- 2005 **Newham Practice Nurse Conference**  
Presentation: Identifying and managing Depression in Primary Care  
Newham, London.
- 2003 **Newham Practice Nurse Conference**  
Presentation: Cognitive Behavioural Therapy in Primary Care  
Newham, London.
- 2001 **BABCP Annual Conference**  
Pre conference workshop: Group Cognitive Behavioural Therapy  
Glasgow, UK.

## **SPECIALIST EXPERTISE**

Improving Access to Psychological Therapies

## Curriculum Vitae

I developed the first primary care Cognitive Behavioural Therapy (CBT) service in East London in 2001, which was the precursor of the national Improving Access to Psychological Therapies (IAPT) programme. The first service was designed to improve access by ensuring that CBT therapists were based in GP surgeries, training of health care professionals to identify psychological issues, provide consultations to GPs for patient management, promoting good mental health and engagement with the practice population. As the deputy clinical lead, I was instrumental in the development and management of the Newham IAPT demonstration site, the current IAPT model of stepped care, development of supervision and case management model and bespoke IAPT IT system. The biggest achievement for me has been the expansion of this programme across England where there are currently 232 IAPT services, improved access to NICE recommended psychological therapies, quality of therapy provided and development of the national curriculum for both low and high intensity therapies ensuring that all clinicians are IAPT trained. I currently provide clinical, strategic and professional leadership to the Waltham Forest Talking Therapies (IAPT) service which is highly successful in meeting its key performance indicators, innovative engagement work providing excellent care to our patients, service user engagement in service development, staff development and retention. I am the co-chair of the London IAPT Clinical Network facilitate peer reviews of services, coordinate between the 32 London IAPT services, NHS England, Higher Education England and the regional IAPT networks. In addition, I am actively involved in promoting good practice and shared learning between IAPT services.

### Facilitator for the only treatment group for sufferers of hoarding in conjunction with Obsessive Action and Hoarding UK

Obsessive Action is a charitable organisation supporting those with obsessional conditions such as obsessive-compulsive disorder, body dysmorphic disorder and hoarding. I have developed the first national treatment group for sufferers of hoarding disorder (London Hoarding Treatment Group) and have been facilitating this monthly therapy group since 2005. This group is regularly attended by individuals from the UK and abroad. 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 disorder. 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 psychologists, psychiatrists, therapists, fire officers, and environmental officers 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

## Curriculum Vitae

My clinical skills have been maintained since qualification in both my own specialist area of mental health and cognitive therapy. I set up the first primary care CBT service in East London, with therapist based in GP surgeries. The clinical outcomes of this CBT service have been the basis of the development of the IAPT programme. I was involved in the development of one of the two national IAPT demonstration site in Newham. I manage the surgery population of patients 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 first training programme in conjunction with the Psychiatric Association of Turkey a two-year Cognitive Behavioural Therapy Programme to change practices in mental health care of patients requiring psychological interventions.

I regularly 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 and presenting at conferences internationally.

## **CURRENT AND PAST RESEARCH PROJECTS**

Follow up online survey of public sector employees on their training needs in hoarding disorder job satisfaction disorder  
2016- completed

## Curriculum Vitae

“Seeing is believing” visual methods and acquisition using visual methods to deal with acquisition

2015/16

“Yes, No Maybe” using colour to aid individuals with hoarding disorder deal with clutter

2015/16- completed

“Group based therapy for Hoarding Disorder” an evaluation

2014-ongoing

“The Squirrel Project”

A case study using Ebay in dealing with hoarding issues

2013- on-going

“The Colour Card”

Using colour in the treatment of hoarding

2013- completed

“The Mess is a place”

A cross-disciplinary project to develop in *parallel* to contemporary interest in archives/collections

2012- completed

“Using the Photovoice Technique with hoarders”

2011-completed

### **EXTERNAL EXAMINING EXPERIENCE**

2017-2021 external examiner Royal Holloway University for the Behavioural Couples Enhanced Cognitive Therapy Course.

2017-2021 external examiner Royal Holloway University for the IAPT High Intensity training.

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

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

### **ACCREDITATION EXPERIENCE**



## Curriculum Vitae

Currently a participating committee member of the British Association of Behavioural Cognitive Psychotherapist course accreditation panel for accreditation of CBT courses in the UK.