

MATTHEW AKAL, CPsychol AFBPsS
Consultant Clinical Psychologist

Contact Details

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Professional Memberships / Accreditations

British Psychological Society (BPS)

252763 | Chartered Clinical Psychologist (CPsychol) | Associate Fellow (AFBPsS)

Professional Registration

Health & Care Professions Council (HCPC)

PYL28273 | Practitioner Psychologist

Qualifications

Statement of Equivalence in Clinical Psychology (2012)

British Psychological Society

Master of Social Science (Clinical Psychology) (2007 Cum Laude)

University of KwaZulu-Natal (UKZN)

Bachelor of Arts Honours (Psychology) (2004)

University of South Africa (UNISA)

Bachelor of Music (2002)

University of KwaZulu-Natal (UKZN)

Work Experience

Locum Consultant Clinical Psychologist (May 2018 - Present)

Clinical Health Team for People with Learning Disabilities (London Borough of Sutton)

- Psychological assessment, formulation, treatment, reports and positive behaviour support plans with clinical health, mental health, and behaviours of concern.
- Individual, systemic and organisational psychological consultation.
- Care planning multi-disciplinary team meetings.
- Joint working and liaison with multi-disciplinary health team, private health care providers, Social Services and external agencies.

Locum Consultant Clinical Psychologist (July 2017 - April 2018)

Defence Medical Rehabilitation Centre Headley Court (Ministry of Defence)

- Mental health/ neuropsychological assessment, formulation, treatment and reports with complex trauma and associated neuropsychological and mental health issues including Traumatic Brain Injury (TBI), stroke and associated mood and anxiety disorders including PTSD and behaviours of concern.
- Individual, group and systemic psychological consultation.
- Care planning multi-disciplinary team meetings.
- Joint working with full neuro rehabilitation MDT. community teams including DCMH community mental health teams, NHS and other and external agencies.
- In-service Psychological training programme for ward staff.
- Supervision of Band 7 Psychologist and two Assistant Psychologists.

Consultant Clinical Psychologist, Clinical Director & Founder (Jan 2017 - Present) Integrative Mindfulness Based Therapy (IMBT)

- Integrative Psychological consultation and medico-legal practice.
- Psychological assessment, formulation, treatment and reports.
- Mindful Biopsychosocial approach to Psychological assessment, formulation, treatment, health and wellness.
- Comprehensive Psychological consultation services for individuals of all ages, organisations, couples and families.

Borough Lead Clinical Psychologist (Jan 2010 - Dec 2017)

Redbridge Community Learning Disability Team (North East London NHS Foundation Trust)

- Operational management of Clinical Psychologist, Clinical Behavioural Specialist, Art Therapist, Trainee Clinical Psychologist and Assistant Psychologist.
- Neuropsychological assessment and reports.
- Psychological assessment, formulation, treatment and reports with mental health issues including dementia, mental capacity and behaviours of concern.
- Individual, systemic and organisational psychological consultation.
- Clinical psychological consultation to the multi-disciplinary team, Social Services and external agencies.
- Service development including development of care pathways.
- Multi-disciplinary team and Social Services case zoning meetings, seniors meetings and NHS Trust wide business meetings.
- Supervision of Band 7 Psychologist and Trainee Clinical Psychologist.

Community Consultant Clinical Psychologist (Nov 2014 - Dec 2015)

Forensics / Learning Disabilities (Cambian Group)

- Male and female locked rehabilitation hospitals in Greater London for patients with a dual diagnosis of learning disability and mental health illness / behaviours of concerns.
- Behaviour risk assessment and Psychological assessment of mental health.

- Developing behaviour management plans and providing input into care plans.
- Ward rounds and working directly with the MDT to improve the delivery of behaviour management and care plans.
- Representing Psychology Service for Care Quality Commission inspections.
- Supervision and training with two Assistant Psychologists.

Lead Clinical Psychologist (July 2012 - April 2014)

Stroke Hub Team Brentwood Community Hospital(North East London Foundation NHS Trust)

- Establishment of a new neuropsychology service covering Brentwood, Basildon, Billericay and Thurrock.
- Developing care pathways for assessment and treatment of trauma, mood/anxiety disorders and cognitive impairment post stroke.
- Direct assessment and intervention with stroke inpatient and outpatients
- Psychological consultation to multi-disciplinary team.

Specialist Clinical Psychologist (Feb 2012 - Jun 2012)

Moore Ward, Sunflower's Court (North East London Foundation NHS Trust)

- Specialist acute dual-diagnosis assessment and treatment unit for adults with a learning disability and comorbid psychiatric illness, trauma, personality disorder and/or challenging behaviour.
- Psychological assessment of cognition, personality, dementia and functional behaviour analysis.
- Individual and systemic therapeutic interventions/input into care plans.
- Providing input into weekly ward rounds and psychological consultation to psychiatry, ward staff, other professionals, families and carers.

Consultant Clinical Psychologist (Jul 2010 - Oct 2011)

Harley Street & London Liverpool Street clinics (Harley Therapy)

- Individual and couples therapy. Brief and longer term Interventions with a variety of presenting issues: trauma, anxiety, depression, alcohol/substance addiction, emotional regulation/anger management, psycho-sexual disorders, relationship issues, low self-esteem, eating disorders, self-harming, adjustment disorders etc.

Senior Clinical Psychologist (Nov - Dec 2009)

HMP / YOI Feltham (West London Mental Health NHS Trust)

- Multidisciplinary team referrals meetings and intra-team/external referrals/reporting.
- Developing Care Plans and interventions for juvenile offenders.
- Risk assessment, Individual and group treatment programmes.

Senior Clinical Psychologist (May - Nov 2009)

Three Bridges Unit (West London Mental Health NHS Trust)

- Medium secure adult male psychiatric inpatient unit.

- Assessment and treatment with trauma, depression, anxiety, psychosis, substance abuse, bereavement, personality disorders, adjustment disorders, sexual/violent offenders etc. Group therapy and pre-post group assessment (Enhanced Thinking Skills; offence specific groups - aggression-management, arson etc.)
- Regular communication/reporting for research purposes and within the multidisciplinary team and for care plan approach purposes.
- Supervising two Assistant Psychologists.

Clinical Psychologist (Jun 2008 - Apr 2009)

Private Practice, UK

- Brief and longer term Interventions with trauma, anxiety, depression, alcohol/substance addiction, emotional regulation/anger management, relationship issues, low self-esteem, adjustment disorders etc.

Community Clinical Psychologist (Jan - Dec 2007)

High Secure Durban/Westville Prison (Correctional Services, South Africa)

- Risk assessments of offenders upon admission and providing input into sentence plans.
- Psychological and risk assessment of offenders referred by parole board / case management committee, including offenders with life sentences
- Psychological Assessment and interventions (Individual/Group): trauma, substance addiction; depression, anxiety, adjustment disorders, PTSD, psychosis, personality disorders, bereavement, etc.

Research Activities

Akal, M. J. (2011). Non-Supportive Disclosure in Child Sexual Abuse. LAP Lambert Academic Publishing.

Akal, M. J.; Bernard, W. J.; Grant-Stuart, L.; Lee, R.; Maharaj, A.; Mphatsoe, P.; Spencer, L. E.; Rawathal, K.; and Wells, M. (2005). A Suicide Prevention Programme for Youth Within the Chatsworth Community. Unpublished manuscript, University of KwaZulu-Natal, Howard College.

References

Available on request.