

Dr Monika Urbanek

BSc (Hons), DClinPsych
Clinical Psychologist

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Academic History:

- BTEC Professional Diploma in Positive Behaviour Support, GIG Cymru NHS Wales (2020-2023)
- Doctorate in Clinical Psychology, Canterbury Christ Church University (2010-2013)
- Certificate in Counselling and Counselling Skills, Distinction, Birkbeck College (2008-2009)
- BSc Psychology, Middlesex University, First Class Honours Degree (2005-2007), John Ives Prize for an outstanding undergraduate dissertation
- MSc Psychology, University of Silesia (2002–2004)

Areas of Expertise:

Psychological assessment and treatment
Individual psychological therapy
CBT, ACT, Mindfulness and CFT
Learning disabilities
Autism Spectrum Disorder
Chronic pain and long-term health conditions
Consultation to individuals and teams

Positive Behaviour Support
Support for families and carers
Multi-disciplinary work
Attachment
Trauma-informed care
Clinical supervision
Teaching and training

Employment History:

Nov 2023 – present

NPsych Ltd

Providing specialist neuropsychological assessments and interventions for mood, behaviour, and cognition to individuals with a range of neurological conditions, their families and support networks. Inpatient neuropsychological rehabilitation in a specialist acquired brain injury service.

Nov 2023 – present

Croydon Health Services NHS Trust, Intensive Support Team

As a Principal Practitioner Psychologist and clinical lead, I have been setting up an enhanced support service for adults with learning disabilities and/or sole diagnosis of autism, at risk of placement breakdown or hospital admission, in the context of transforming care agenda; developing, co-ordinating and ensuring the systematic provision of a psychology/behavioural service to adults with learning disabilities and/or autism, whose behaviours significantly challenge; leading on the multi-disciplinary team formulation and interventions; risk assessment, crisis management and prevention planning; recruitment and management of staff; clinical supervision and consultation; service evaluation and audit;

Aug 2020 – Oct 2023

Croydon Health Services NHS Trust, Community Learning Disability Team

As a senior clinical psychologist in the Community Learning Disability Team, I was carrying out specialist psychological assessments and interventions with adults with learning disabilities presenting with mental health difficulties, complex behaviours that challenge, and/or dementia; taking a leadership role in relation to the Behaviour

Support Service and the challenging behaviour pathway; completing Autism assessments; psychological therapy (CBT, CFT, integrative); providing clinical supervision; consultation and training with care providers, facilitating CAPDID (A Trauma-informed Approach to Caring for People with a Personality Disorder and an Intellectual Disability) training; systemic work; setting up PBS workshops for family carers; staff consultations; evaluating the effectiveness of the service, supervising trainee clinical psychologists on placements; completing audits; teaching and training.

April 2019 – August 2020 Croydon Health Services NHS Trust, Community Learning Disability Team

Psychological assessments and formulation-led interventions with individuals with learning disabilities presenting with a range of mental health conditions, including anxiety, depression, trauma, psychosis, as well as their families and carers; using the Positive Behaviour Support framework to inform assessments and interventions for people presenting with behaviours that challenge; carrying out cognitive assessments for people with suspected dementia diagnoses; offering psychological consultation, supervision and training to professionals.

Jan 2018 – March 2019 Kings College Hospital NHS Trust, Dental Institute

I was involved in developing a new psychology service in the Dental Institute; offering assessments and psychological therapy (CBT, ACT) to patients of the Dental Institute, presenting with a range of concerns including anxiety and low mood, chronic facial pain, dental phobia, appearance related distress; carrying out suitability assessments for patients undergoing jaw surgery; designing and facilitating groups for patients with persistent jaw pain; developing written resources for the service; supervising assistant psychologists; delivering teaching and training to medical staff.

March 2014 – Dec 2017 Behaviour and Family Support Team, Central and North West London NHS Foundation Trust

I worked in a multi-disciplinary team offering assessments and interventions to children and young people with autism and/or learning disability presenting with a range of difficulties, including aggressive behaviour, self-injurious behaviour, problems with feeding, sleeping, following instructions, concerns about mood and social functioning. I facilitated ACT/Mindfulness groups for parents of children with autism and learning disability and offered consultation and training to professional and non-professional groups.

Dec 2010 – Feb 2013 North East London NHS Foundation Trust, CAMHS LD

Assessments and brief interventions with parents and young people with autism and/or learning disability presenting with a range of mental health and behavioural difficulties; consultations with social care staff.

Sept 2010 – Sept 2013 Surrey and Borders Partnership NHS Foundation Trust

Completion of doctoral training in clinical psychology; worked with a range of client groups across different service settings, including primary care, secondary mental health and inpatient units; offered assessments and psychological therapy to children and adults presenting with a range of mental health, physical health and cognitive problems, some of which included depression, GAD, panic disorder, social phobia, health anxiety, OCD, bipolar disorder, trauma, memory difficulties, post-stroke anxiety, bereavement and relationship difficulties; provided consultation to other staff in the provision of psychologically informed services. Placements included: Improving Access to Psychological Therapy Service, Child and Adolescents Mental Health Service, Community Team for People with Learning Disabilities, Older People's Mental Health Services and Psychodynamic Psychotherapy Service. Clinical work involved assessment and treatment, using a range of therapeutic models: CBT, ACT, narrative, systemic therapy, mentalization-based treatment, psychodynamic therapy, psychoanalytic group therapy, specialist neuropsychological testing, teaching, service evaluation and consultation work; completed a doctoral level research project in the area of emotion regulation in individuals diagnosed with psychogenic non-epileptic seizures.

Dec 2008 – Aug 2010 East London NHS Foundation Trust, Psychology Department

As an assistant psychologist, I used Cognitive-Behavioural Therapy with clients presenting with depression, severe anxiety, PTSD and hoarding difficulties; facilitated the Hearing Voices Group and the Recovery Group on an inpatient ward as well as a support group for people with hoarding difficulties; I was involved in the NICE Guidelines Implementation Project for Schizophrenia and Bipolar Disorder; developed and maintained systems of data monitoring in relation to the Trust's compliance to NICE Guidelines for Schizophrenia and Bipolar Disorder.

Dec 2007 – Dec 2008

East London NHS Foundation Trust, John Howard Centre, Forensic Mental Health

Facilitating therapeutic groups and offering support to clients in the low secure unit; carrying out risk and mental health assessments; completing care plans and working within the multi-disciplinary team.

Additional training:

- ADOS-2 Administration and Coding Course, Hogrefe (2023)
- Introduction to Compassion Focused Therapy (2022)
- Acceptance and Commitment Therapy for Physical Health (2018)
- Supervisor Training UEL (2015), Surrey University (2019)
- Introduction to ADOS, GOSH (2017)
- Introduction to Psychodynamic Concepts, Group Relations, Tavistock Centre (2013)

Publications:

- Urbanek, M., Harvey, M., McGowan, J., Agrawal, N. (2014). Regulation of emotions in psychogenic nonepileptic seizures. *Epilepsy and Behaviour*, 37, 110-115.
- Peckett, H., Arnold, T., Urbanek, M., Miles, H. (2017). Reflections on facilitating a new mindfulness/ACT-based group for parents of children with intellectual disabilities, *Clinical Psychology Forum*, 1(291):15-19
- Penlington, C., Urbanek, M., Barker, S. (2019). Psychological theories of pain. *Primary Dental Journal*, 7(4):24-29.
- Barker, S., Urbanek, M., Penlington, C. (2019). Psychological interventions for persistent orofacial pain. *Primary Dental Journal*, 7(4):30-35.
- Penlington, C., Urbanek, M., Barker, S. (2019). Psychological theories of pain. In *Optimal Pain Management for the Dental Team* (pp. 49-59). Springer
- Barker, S., Urbanek, M., Penlington, C. (2022) Psychological interventions for persistent orofacial pain. In T.Renton (Ed.) *Optimal Pain Management for the Dental Team* (pp. 61-68). Springer