

Seyedardavan Nikaeen

BSc, MSc, MSc

Assistant Psychologist & Psychotherapist

BPS Graduate Member: 743803

Registered Member MBACP: Register No. 413864

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Academic History

Goldsmiths, University of London 2023

MSc Clinical and Cognitive Neuroscience

Baha'i Institution of Higher Education (BIHE) 2020

MSc (hons), Child and Adolescents Psychology

Baha'i Institution of Higher Education (BIHE) 2017

BSc Psychology

Areas of Expertise

- Psychological formulation, assessment and evidence-based psychotherapeutic intervention
- Psychotherapy drawing on ACT, CBT, trauma-focused CBT, schema-informed and mindfulness-based approaches
- Therapeutic work with adolescents, adults, refugees and people affected by acquired brain injury
- Positive Behaviour Support, functional behavioural assessment and person-centred intervention planning
- Risk awareness, clinical documentation, outcome measures and psychometric assessment
- Interdisciplinary consultation and collaborative work with clinical, care and rehabilitation teams
- Creative and relational approaches, including music-based wellbeing and therapeutic activities
- Clinical and cognitive neuroscience research, audit, evaluation and evidence-informed practice

Clinical Work History

Oct 2024 – Present

NPsych Ltd, London

Assistant Psychologist & Psychotherapist

- Deliver psychological assessment, formulation and individual psychotherapy for people with complex neurological, psychological and rehabilitation needs.
- Use ACT-, CBT-, trauma- and schema-informed approaches adapted to cognitive, emotional and functional needs.
- Contribute to interdisciplinary assessment, risk management, care planning, behavioural support and clinical review.
- Design person-centred and creative interventions, including music-based wellbeing and cognitive stimulation; maintain clear clinical records and monitor outcomes.

Oct 2025 – Present

London Trusted Therapy, Harley Street

Psychotherapist Practitioner

Provide person-centred psychotherapy informed by ACT, CBT, trauma-informed practice and schema-based understanding.

2023 – Present

World Harmony Orchestra / Young Roots

Music Workshop Facilitator

- Facilitate wellbeing-focused music workshops for refugee and asylum-seeking young people, supporting emotional expression, cultural connection, confidence and peer engagement.
Sep 2025 – Present
New Citizens' Gateway, London
Volunteer Therapist
Provide time-limited, culturally responsive psychotherapy to refugees and migrants experiencing distress, adjustment difficulties and displacement.
Dec 2025 – Present
Hear Me Out
Trustee
Contribute to governance and strategy for an arts charity supporting people affected by immigration detention and the asylum system.

Sep 2020 – 2022

Parto Zendegi

Psychology Health Practitioner

- Provide psychological assessments, interventions, and
- therapeutic support to adolescents experiencing mental
- health challenges incorporating CBT and mindfulness, Mental
- well-being and life skills workshops for adolescents

Teaching Experience

BIHE, 2024

Psychometrics Lecturer

- Developed and delivered lectures on psychometric principles, testing methodologies, and assessment strategies for psychology students.
- Organized interactive learning sessions to help students understand psychological article analysis and research methods.

Professional Development & Training

- Acceptance and Commitment Therapy (ACT) Level 2 – Advanced Assessed Academic Competence
- Positive Behaviour Support (PBS) Training – 2026
- CBT for Trauma and Post-Traumatic Stress Disorder – 14 CPD hours
- Specialised training in neuropsychological and psychometric assessment; data analysis using SPSS and Jamovi
- Music-based wellbeing practice with children and adults with autism, cerebral palsy, learning disabilities and Down syndrome