

# CHANGING MINDS<sup>UK</sup>

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



## DR SHREETA RAJA SENIOR CLINICAL PSYCHOLOGIST



Shreeta is an Associate Fellow of the British Psychological Society and a registered member of the Health Care Professionals Council. She is also a committee member Of the British Psychological Society's Faculty for Children Young People and their Families, which represents all UK Clinical Psychologists who work with this client group.

Shreeta has 12 years experience working with children, young people and adults with a range of complex mental health difficulties including low mood, anxiety and psychosis, eating disorders and complex trauma. She has worked in a range of NHS and private health care settings including secure and residential homes, secure and inpatient units, community settings, within social care services and in sports environments. Her work in these environments includes direct 1-1 work, family work, consultation, clinical supervision, clinical leadership and training. She uses a range of therapeutic approaches including Cognitive Behavioural Therapy and Cognitive Analytical Therapy. Shreeta's specialist interest is in working with adolescents presenting with complex trauma and attachment difficulties.

Shreeta has worked as an associate for Changing Minds since 2012 during which time she has undertaken work with adults in elite performance environments and adolescents in community and secure residential care.