Dr Rachel Okonjo

Clinical Psychologist

Sheffield | 07700 900261 | rachel.okonjo@example.com | HCPC registered practitioner psychologist (clinical)

Profile

Clinical psychologist with four years since qualifying, registered with the Health and Care Professions Council and working in an NHS adult community mental health team. Holds a caseload of about 18 adults with anxiety, depression, trauma and longstanding relationship difficulties, and offers assessment, formulation and CBT or compassion-focused therapy. Supervises an assistant psychologist and trainees, and leads the team's service evaluation. Looking for a senior clinical psychologist post.

Experience

Clinical Psychologist | Sheaf Valley NHS Foundation Trust, adult community mental health team, Sheffield | 2022–present

- Hold a caseload of about 18 adults: assessment, formulation, risk assessment and individual therapy.
- Deliver CBT and compassion-focused therapy, and co-run a 12-week emotional coping skills group twice a year.
- Review every client with PHQ-9, GAD-7 and CORE-10, and write assessment and discharge reports for GPs and psychiatrists.
- Update families and carers at care reviews, with the client's consent.
- Supervise an assistant psychologist, and a trainee clinical psychologist on placement each year.
- Led the team's evaluation of waiting times, presented to the trust's psychology governance group in 2025.

Trainee Clinical Psychologist | University of Hallamford and NHS placements | 2019–2022

- Placements in adult mental health, child and adolescent services, older adults and learning disabilities.

Assistant Psychologist | Sheaf Valley NHS Foundation Trust, Sheffield | 2016–2019

- Psychometric assessments, group co-facilitation and audit in an adult psychology service.

Education

Doctorate in Clinical Psychology (DClinPsych) | University of Hallamford | 2019–2022

BSc Psychology, first class, accredited by the British Psychological Society | University of Hallamford | 2013–2016

Skills

- Assessment, formulation and risk assessment
- CBT and compassion-focused therapy, one to one and in groups
- Outcome measures and service evaluation (SPSS)
- Clinical supervision of assistants and trainees
- Clear reports for GPs, psychiatrists and families

Additional information

Member of the British Psychological Society, Division of Clinical Psychology. Enhanced DBS check on the Update Service. Full UK driving licence.