

Dr Sirous Mobini PhD, MSc, DClinPsy,
CPsychol, AFBPsS

(HCPC Registered, BPS Chartered, Accredited BABCP CBT Therapist)

**Aspire Clinical Psychological & Neuropsychological Services
(ACPNS) Limited**

Clinical Psychology, Neuropsychology and Cognitive-Behaviour Therapy practice in Suffolk

SELF DESCRIPTION

Dr Sirous Mobini is a Clinical Psychologist and Neuropsychologist with more than 20 years of experience working in various mental health and neuropsychology areas. Dr Mobini is also an Accredited Cognitive-Behaviour Therapist. He is a Chartered Psychologist and Associate Fellow of the British Psychological Society and an accredited member of the British Association for Behavioural and Cognitive Psychotherapies.

Dr Mobini worked as an academic and Senior Clinical Lecturer at the University of East Anglia, University of Newcastle (Australia) and University College London and as a Clinical Psychologist and Neuropsychologist within the NHS in various mental health and neurological rehabilitation services in both acute inpatient, outpatient and community settings with different clinical populations. Dr Mobini specialises in psychological therapies for mental health problems, cognitive and neuropsychological assessments, mental capacity assessment, and rehabilitation with adults with acquired brain injury, stroke, and neurodegenerative (dementia) conditions.

In addition to English, he is also fluent in Persian (Farsi) and Turkish Azeri languages.

PROFESSIONAL QUALIFICATIONS

- Postgraduate Diploma in Clinical Neuropsychology (QiCN) (2014 – present), University of Glasgow.
- Doctor of Clinical Psychology (2010), University of East Anglia.
- PhD in Neuropsychology (2001), University of Nottingham.
- MSc in Cognitive-behaviour Therapy (2005). University of Brighton- Accredited CBT therapist.
- Postgraduate Certificate in Learning and Teaching in Higher Education (2007), University of Sussex.
- MSc in Clinical Psychology (1991), Tehran Institute of Psychiatry, Iran.
- BSc (Hons) (First Class), Psychology (1987), Tabriz University, Iran.

MEMBERSHIP & ACCREDITATION

- Health & Care Professions Council –Practitioner (Clinical) Psychologist. Registration No: PYL25726.
- Associate Fellow of the British Psychological Society, Membership No: 129077
- Chartered Psychologist, British Psychological Society
- Accredited Member of the British Association for Behavioural and Cognitive Psychotherapies, Membership No: 986463
- Fellow of the Higher Education Academy, UK

Clinical Services:

Dr Mobini offers the following services for private and case managed and medico-legal referrals;

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- Cognitive behaviour therapy (CBT) and Psychological therapies
- Specialist Clinical Neuropsychological assessment (Brain Injury, Stroke, Dementia etc)
- Cognitive Rehabilitation
- Neuropsychological Intervention with individuals and families/carers
- Medico-Legal Reports
- Expert Witness work
- Mental Capacity Assessment

EXPERIENCE

Clinical

- Clinical Psychologist/Neuropsychologist, Complexity in Later Life & Dementia, Norfolk & Suffolk NHS Foundation Trust (May 2015-present) Clinical Neuropsychologist., Regional Neurological Rehabilitation Unit, Homerton University Hospital NHS Foundation Trust, London (September 2014 – May 2015)
- Clinical Psychologist - Adult & Youth Mental Health, Norfolk & Suffolk NHS Foundation Trust (January 2014 – August 2014)
- Specialist Clinical Psychologist in Neuropsychology (February 2012 – August 2012), Icanho Brain Injury Rehabilitation Centre, Livability, Stowmarket, Suffolk
- Highly Specialist Clinical Psychologist in Neuropsychology (April 2011 – February 2012), Stroke Rehabilitation Service, Norfolk Community Health and Care NHS Trust, Norwich
- Clinical Psychologist (Oct. 2010 – March 2011). Adult Community Psychology Service, South Essex NHS Foundation Trust, Southend.
- Volunteer CBT Therapist (2002-2007). Counselling and Psychological Therapy services at Brighton and Sussex universities & East Sussex NHS Trust.
- Neuropsychiatric Assessment Service (1998 – May 2001), Queen's Medical Centre, University of Nottingham. Nottinghamshire Healthcare NHS Trust.
- Clinical Psychologist (1991 – 1997), Razi Psychiatric and Neurological Hospital, Iran.

Academic & Research

- Senior Clinical Lecturer in Neuropsychology (September 2014 – May 2015), University College London.
- Senior Lecturer in Clinical Psychology (September 2012- December 2013), University of Newcastle, Australia.
- Clinical Lecturer (April 2011 – August 2012). University of East Anglia, Norwich.
- Postdoctoral Research Fellow (2001-2007), Sussex and Birmingham Universities.
- Assistant Lecturer in Clinical Psychology (1991 – 1997) Dept. of Psychiatry & Neurology, Tabriz University of Medical Sciences, Iran.

CONTINUING PROFESSIONAL DEVELOPMENT (43 training events, some recent listed below)

1. Rehabilitation: Maximising Outcomes from Existing Resources - What can we achieve? The King's Fund, London, 1 day conference, 20th November 2014.
2. Recent Advances in Brain Injury Rehabilitation, Regional Neurological Rehabilitation Unit, Homerton University Hospital NHS Foundation Trust, London, 1 day conference, 15 Oct. 2014.
3. Mental Health Act. Norfolk and Suffolk NHS Foundation Trust, St Clements Hospital, Ipswich, 1 day, 12 June, 2014.

4. Acceptance and Commitment Therapy in groups, Advanced CBT workshop by Dr Paul Flaxman & Dr Joe Oliver, University of East Anglia, 1 day, 9 May, 2014.
5. Mental Capacity Assessment & Deprivation of Liberty, Norfolk and Suffolk NHS Foundation Trust, St Clements Hospital, Ipswich, 1 day, 15 April, 2014
6. Mindfulness, self-compassion and the psychotherapy relationship, workshop by Cameron Aggs. 6.5 hours, 15th November 2013. Australian Psychological Society, CPD events. Melbourne, Australia.
7. Personality, Behaviour and the Brain: Implications for Neuropsychiatric Rehabilitation. One day conference, 20 June 2013, St Andrew's Health Care, Essex, UK.

RELEVANT RESEARCH

- Cognitive Bias Modification (CBM) for anxiety disorders
- Brain Injury Rehabilitation
- Computerised CBT for social anxiety and impulsivity
- Impulsivity and Disinhibition in Brain Injury
- Medically Unexplained Neurological Conditions

PUBLICATIONS (over 35 peer-reviewed papers including 4 literature review and 31 research articles)

- Mobini, S. (2015). Psychology of Medically Unexplained Symptoms: A Practice Review. *Cogent Psychology*, 2: 1033876, doi.org/10.1080/23311908.2015.103387.
- Butler, E., Mobini, S., Rapee, R. M., Mackintosh, B., Reynolds, S. (2015). Effect of Combined Cognitive Behaviour Therapy and Cognitive Bias Modification in Social Anxiety. *Cogent Psychology*, 2: 1011905. DOI: 10.1080/23311908.2015.1011905.
- Khalili-Torghabeh, S., Salehi Fadardi, J., Mackintosh, B., Reynolds, S., & Mobini, S. (2014). Effects of a multi-session cognitive bias modification program on negative interpretation biases and social anxiety in a sample of Iranian socially-anxious individuals. *Journal of Experimental Psychopathology*, 5, 514-527. DOI:10.5127/jep.037713.
- Booth, R. W., Mackintosh, B., Mobini, S., Öztöp, P., & Nunn, S. (2014). Cognitive Bias Modification of Attention is Less Effective under Working Memory Load. *Cognitive Therapy and Research*, 38, 634–639. DOI: 10.1007/s10608-014-9628-6.
- Mobini, S. Mackintosh, B., Illingworth, J., Gega, L., Langdon, P., & Hoppitt, L. (2014). Effects of Implicit and explicit Cognitive Bias Modification and Computer-aided Cognitive-Behaviour Therapy on Cognitive Biases and Social Anxiety. *Journal of Behavior Therapy & Experimental Psychiatry*, 45, 272-279. DOI: 10.1016/j.jbtep.2013.12.002.
- Mobini, S., Reynolds, S., & Mackintosh, B., (2013). Clinical Implications of Interpretation Bias in Social Anxiety: An integrative literature review. *Cognitive Therapy and Research*, 37, 173-182. DOI 10.1007/s10608-012-9445.
- Mobini, S., Grant, A., Kass, A.E., & Yeomans, M.R. (2007). The Relationships between Functional and Dysfunctional Impulsivity, Delay Discounting and Cognitive Distortions. *Personality and Individual Differences*, 43, 1517-1528. DOI: 10.1016/j.paid.2007.04.009.