

# Dr Ivanka Ezhova

## Specialist Clinical Psychologist

### Contact details

[www.drivankaezhova.com](http://www.drivankaezhova.com)

### Languages

Fluent in English, French and Bulgarian

### QUALIFICATIONS (all acquired from Université Côte d'Azur, France)

2015 **PhD** Clinical Psychology - Highest honours

2010 **MA** Cross-cultural Psychology and Psychoanalysis - Distinction

2009 **MSc** Clinical Psychology - Distinction

2007 **BSc** Psychology

### PROFESSIONAL REGISTRATIONS & MEMBERSHIPS

Registered Clinical Psychologist | Health and Care Professions Council | Reg. No PYL34385

Registered Clinical Psychologist | ADELI Register France | Reg. No 069310811

Registered Psychologist | Bulgarian Psychological Society | Reg. No BG-RP-1563

Chartered member | British Psychological Society | Reg. No 411883

Chartered member | American Psychological Association | Reg. No 13640158

Registered Europsy Psychologist | European Federation of Psychologists' Associations | Reg. No UK-012756-201803

### EXPERIENCE IN THE UK

#### PSYCHOLOGY CENTRE LONDON | FOUNDER AND OWNER | 2015 – CURRENT

- **Clinical work:** currently working with USA, EU and UK-based companies, private clinics, independent providers of medical reports and rehabilitation, and private clients located worldwide. Performing online psychological diagnostic assessments and providing Cognitive Behavioural Therapy, Psychodynamic Therapy and Family Systemic Therapy in English, French and Bulgarian. Treating a range of mental health issues, including but not limited to: anxiety disorders, PTSD, OCD, perfectionism, low self-confidence and self-esteem, depression, and bipolar disorder.
- **Expert witness work:** preparing psychology reports for personal injury cases since 2020. This includes clinical assessment of psychological harm for medico legal purposes. Areas of expertise: post-traumatic stress disorder, adjustment disorder, mood disorders, anxiety disorders, including phobias and travel related problems, stress-related illness.
- **Educational work:** developing *Become your own therapist*. This is an international project that brings together clinical, research and educational expertise and uses social media to raise

awareness around mental health and how to learn to effectively cope with daily stressors and make changes in an accurate and reflective way. Follow me on my social networks to learn more.

### **KING'S COLLEGE LONDON | RESEARCH FELLOW | 2015 –2021**

- Lead the research evaluation of the Older Persons Fellowship. This is a Master's level multidisciplinary programme, designed for senior health professionals who want to become specialists in older people care.
- Lead the writing-up of research projects, including seeking relevant literature, refining and implementing study designs, preparing research proposals, funding and ethics applications, and coordinating the writing of papers for publication.

### ***EXPERIENCE IN FRANCE***

### **EDUCATION NATIONALE | LECTURER | 2013 – 2015**

- Actively collaborated in the successful development of a new curriculum for the BSc Diagnostic and Therapeutic Radiography (first intake September 2012).
- Developed, delivered and managed two Modules: Foundations of Psychology and Patient-healthcare team communication and relationship.
- Responsible for module consistency, teaching, setting and marking of assignments for these two modules, as well as supervision of group projects and dissertations.

### **CENTRE ANTOINE LACASSAGNE | CLINICAL PSYCHOLOGIST | 2011 – 2014**

#### **Clinical work**

- Provided specialist psychological interventions, formulations and assessments. Worked within a supportive care team for the psychological treatment of teenagers and adults affected with cancer, as well as their family members. Used the following methods: Cognitive Behaviour Therapy, Psychodynamic Therapy, and Systemic Family Therapy.
- Liaised with private practice practitioners, psychiatrists, social workers and other service providers involved in the treatment of the clients.
- Actively collaborated in a highly successful 3-year project from 2011-2014 for the establishment of a day oncology unit focused on improving the quality of life for patients with chronic and terminal conditions as well as their families. Designed and implemented the procedures used as per the psychological aspects of the project.

#### **Research work**

- Collaborated in the development of two multidisciplinary multicentric research studies in oncology. Fieldwork, data collection and data analysis:
  1. Clinical research study 'EMOTION: Impact of a telephonic monitoring during inter-treatment intervals on emotional state, quality of life and toxicities, on neoadjuvant or adjuvant chemotherapy-treated patients'. ClinicalTrials.gov Identifier: **NCT01977053**. Promoted by Centre Antoine Lacassagne. Responsible for the development of tailored semi-structured qualitative interviews for this project, qualitative data collection and analysis. Liaised with the medical and biostatistics team involved in this study.

2. Clinical research study 'LIFSCREEN: evaluation of whole-body MRI for early detection of cancers in subjects with P53 mutation (Li-Fraumeni syndrome)'. ClinicalTrials.gov Identifier: **NCT01464086**. Promoted by Gustave-Roussy, Cancer Campus, Paris. Ivanka took part in the creation of tailored semi-structured qualitative interviews where she collaborated with the clinical psychologists of the 5 other Cancer Centres involved in this study.

- Presented at national and international conferences.
- Contributed to setting up research and educational networks between the academic and hospital settings.

### **Educational work**

- Actively involved in the design, organisation and delivery of multidisciplinary clinical-academic seminars bringing together the private, academic and hospital settings.
- Delivered specific education related to the fields of Clinical and Health Psychology to undergraduate, postgraduate and PhD students, medical and allied-medical professionals.
- Supervision of postgraduate students in clinical placement (equivalent of DCLinPsy level in the UK).

### **UNIVERSITY OF NICE | TRAINEE CLINICAL PSYCHOLOGIST | 2008 – 2011**

Underwent an intensive 3-year clinical placement programme designed for trainees who want to be registered with ADELI Register France and practice the profession of Clinical Psychologist. 3 clinical placements at Centre Antoine Lacassagne, Sainte Marie Psychiatric University Hospital, and Henri Wallon CAMHS.

- CAMHS clinical placement 1. Provided individual, group and family therapy to children and adolescents affected with various issues, such as learning disabilities, ADHD, depression, psychosis, behavioural & communication issues and antisocial behaviours.
- Clinical placement 2 at Sainte Marie Psychiatric University Hospital. Intensive specialised experience with adults suffering from different types of psychosis, mood and personality disorders, addiction, depression and anxiety. Provided individual and group therapy.
- Clinical placement 3 at Centre Antoine Lacassagne. Clinical and research interventions with adolescents and adults affected with cancer, as well as with their family members and carers.

### **NICE BENEVOLAT 06 | THERAPEUTIC SUPPORT WORKER | 2008 – 2009**

- Provided high-quality therapeutic support and actively contributed to the development, organisation and implementation of projects related to clients affected with mental health issues who planned to return to work after a psychiatric hospitalisation, as well as clients struggling with long-term unemployment. Provided tailored and individual solutions to help the clients build up their self-esteem and confidence. Liaised with families, multidisciplinary social and medical teams, and multi-agency providers.

### **DOCTORS OF THE WORLD | CULTURAL MEDIATOR | 2005 – 2006**

- Provided social guidance for asylum seekers, minority groups and disadvantaged people from Europe and oversea countries.

- In coordination of the field protection staff, accompanied the asylum seekers to the medical, social, psychological, legal, and other services available to them, and provided culturally appropriate communication between them and the service providers.
- Actively took part in interventions aimed at increasing autonomy of asylum seekers by conveying information on practical aspects of living in France.

### **CONFERENCE PRESENTATIONS IN THE UK**

- **2019 Ezhova I.** Evidence-based practice in Psychology, Counselling and Psychotherapy. National Counselling and psychotherapy conference 2019. Business Forum Training Professional Development. 21<sup>st</sup> March 2019 ILEC Conference Centre, Central London.
- **2019 Fitzpatrick JM, Ezhova I, Hayes N.** Contributing for excellent care for older people: the Older Persons Fellowship. RCN National Research Conference, 3-5 September, Sheffield, UK.
- **2019 Fitzpatrick JM, Ezhova I, Hayes N.** Contributing for excellent care for older people: the Older Persons Fellowship. Older People's Health & Social Care, Living with choice and control? 7 March 2019. The 11<sup>th</sup> Annual Joint Conference from Age UK London and the Health & Social Care Workforce Research Unit (HSCWRU) and Making Research Count (MRC) at King's College London.
- **2016 O'Dowd Lernihann B, Rafferty AM, Tee S, Ezhova I.** 2016. Exploring compassionate nursing care using secondary analysis. 2<sup>nd</sup> International Health Congress King's College London.
- **2016 Collin J, Robert G, Purssell E, Hanley J, Mc Carthy G, Bushby D, Toki F, Allen T, Flexen-Cook I, Grist E, Foord E, Ezhova I.** Making nursing decisions visible: a pilot study to co-design educational experiences of first year student nurses in clinical practice. 27<sup>th</sup> International Networking for Education in Healthcare Conference, Cambridge.

### **CONFERENCE PRESENTATIONS IN FRANCE**

#### **⇒ CONFERENCES GIVEN AT THE FACULTY OF MEDICINE, UNIVERSITY OF NICE IN COLLABORATION WITH NICE RESEARCH CENTER FOR ANALYTICAL STUDIES**

- **2015** Alcohol dependence, cancer and body image.
- **2014** Borderline female patients diagnosed with cancer: how to provide efficient psychological support?
- **2014** How to disclose a cancer diagnosis to young women diagnosed with breast cancer? Psychological reactions and doctor-patient relationship.
- **2013** Head and neck cancer patients facing alcohol addiction: psychological context.
- **2013** Impact of a cancer diagnosis and treatments on female patients having faced sexual abuse in early childhood. A case study.
- **2013** How to disclose a cancer diagnosis to young adults and teenagers?

- **2013** Patient – healthcare team relationship when providing palliative care.
- **2012** Paranoid delirium used as a defence mechanism in a female patient diagnosed with ovarian cancer. A case study.
- **2012** Are there any associations between physical and emotional pain in cancer patients undergoing specific treatments?

### **LIST OF ARTICLES**

#### ⇒ **PEER-REVIEWED SCIENTIFIC ARTICLES**

- Naughton, C., Hayes, N., **Ezhova, I.**, Fitzpatrick, J. (2023). Evaluation of the feasibility of an Education-Career pathway in Healthcare for Older People (ECHO) for early career nurses. *International Journal of Older People Nursing*. 18:e12526.
- Fitzpatrick, J., Hayes, N., Naughton, C., **Ezhova, I.** (2021). Evaluating a specialist education programme for nurses and allied health professionals working in older people care: A qualitative analysis of motivations and impact. *Nurse Education Today*, 97.
- Fitzpatrick, J., Rafferty A.M., Hussein, S., **Ezhova, I.**, Palmer, S., Adams, R., Rees, L., Brearley, S., Sims, S., Harris, R. (2021). Protecting older people living in care homes from COVID-19: a protocol for a mixed-methods study to understand the challenges and solutions to implementing social distancing and isolation. *BMJ Open*.
- Oates, J., Rafferty, A.M., **Ezhova, I.**, Topping, A., Wadey, E. (2021). Factors affecting high secure forensic mental health nursing workforce sustainability: perspectives from frontline nurses and stakeholders. *Journal of Psychiatric and Mental Health Nursing*. 00(1-11).
- Green, C.E.D.A., Manthrope, J., Steils, N., Stevens, M., Martineau, S., Woolham, J., Orellana, K., Norrie, C., Ionescu, A., Wiskerke, E., Samsi, K., Bramley, S., Cornes, M., Rafferty, A.M., **Ezhova, I.**, Leahy, A. (2020). International policy responses and early management of threats posed by the SARS-CoV-2 pandemic to social care. *Journal of long-term care*. 108-117.
- Oates, J., Topping, A., **Ezhova, I.**, Wadey, E., Rafferty, A.M. (2020). An integrative review of nursing staff experiences in high secure forensic mental health settings: Implications for recruitment and retention strategies. *Journal of Advanced Nursing*. 76, 2897-2908.
- **Ezhova, I.**, Sayer, L., Newland, R., Davis, N., McLetchie-Holder, S., Burrows, P., Middleton, L., Malone, M.E. (2020). Models and frameworks that enable nurses to develop their public health practice—A scoping study. *Journal of Clinical Nursing*. 29(13-14), 2150-2160.
- **Ezhova, I.**, Savidge, L., Cassidy, J., Okwuokei, A., Bonnet, C., Dickinson, T. (2020) Barriers to stop older adults seeking sexual health advice and treatment. A scoping review. *International Journal of Nursing Studies*. 107.

- Dillane, B., **Ezhova, I.**, Ryan, S., Tee, S., Rafferty AM. (2018). Cameos of Compassion: Exploring compassionate care using secondary analysis of digital patients' stories. Innovations in Global Health Professions Education.
- Malone, M., Whittaker, K., Cowley, S., **Ezhova, I.**, and Maben, J. (2016). Health visitor education for today's Britain: messages from a narrative review of the health visitor literature, Nurse Education Today, 44:175-186.
- **Ezhova, I.**, Martinez, N., Ciais, C., Fogliarini, A., Cherikh, F., Coso, D., Peyrade, F. (2014). How to effectively disclose a cancer diagnosis to young adults and teenagers? Bulletin du Cancer, 101(6):564-570.

⇒ **NON PEER-REVIEWED ARTICLES PUBLISHED IN PSYCHOLOGY IN PRACTICE MAGAZINE (2019)**

- Practitioner challenges in digital therapy (Part 1)
- Practitioner challenges in digital therapy (Part 2)