

Aaliyah Shaikh

www.rahmahwellbeing.com

CV PROFILE

I have read for a Master's in Education in Child & Adolescent Psychotherapeutic Counselling at the University of Cambridge. Highly skilled in qualitative research (currently preparing a systematic review), delivering lectures and workshops and have excellent writing skills. I am currently on a Muslim Leadership and Community Development Scholarship programme with Aziz Foundation, pursuing a PhD in Health Psychology, (Presently working on *A Systematic Review of Muslims experiences of Pregnancy and Birth: A Meta Ethnography*, followed by 2 further empirical phases documenting British Muslims experiences of birth, trauma and any correlates of these early experiences with later mental health).

Founder of Rahmah Wellbeing; a unique counselling service for the context of the Muslim community bringing together psychotherapy, neuroscience, and spiritual insights working on trauma and mental well being rooted in our earliest experiences from the time in the womb and even prior. Engaged in bringing intellectual concepts and research to a conversation level where people can really benefit from applying the ideas in a community context. Asked to speak and lecture at a number of events and on TV channels on Issues around psychological well being and women. For a list of lectures delivered please see <https://www.rahmahwellbeing.com/lectures--workshops> My focus is on the interconnectedness of health and well-being and educating people through talking therapy, workshops, lectures and trainings, especially around trauma, sexual abuse, adverse childhood experiences, demedicalising ordinary experiences, patriarchal governing narratives of women's health, nutrition and mental health and the emotional underlying causes of ill health.

Worked as a Chaplain for the NHS at St Marys Hospital (London) for six years providing pastoral and counselling support with speciality focus in neonatal, early infancy, women & children and mental health. Interested in foetal psychology, the early attachment relationship, birth trauma and impact on development. Delivered workshops on early infancy, attachment, trauma, women's health and mental health. Interested in the interconnectedness of spirituality, faith and mental health as well as social and gender justice and unlearning particularly colonised and capitalist forms of knowledge and practice and ways of being and exploring healthier holistic paradigms for health and wellbeing. My current research interests include exploring healing and resilience within the Muslim Community who have experienced trauma and intergenerational trauma and mental health distress.

EDUCATION & QUALIFICATIONS

PhD Health Psychology City, University of London 2017- 2020
(Birth trauma, maternal and infant outcomes in Muslim's)

M.Ed. Psychotherapeutic Counselling Skills (Children & Adolescents) University of Cambridge 2011 - 2014

PG Diploma Applied Social Studies (Merit) Tavistock & Portman NHS Foundation Trust/UCL 2007 - 2009
(This was a MA Social Work - theoretical not clinical hence the title MA cannot be used.)

MA Muslim Community Studies (Merit) University of Loughborough 2004 - 2006

H.E. Certificate in Psychodynamic Counselling Skills (Distinction) University of Leicester 2004 - 2006

BA (Honours) Business Studies University of Hull 2000 - 2003

PROFESSIONAL TRAINING

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- Child Protection and the Internet, Safeguarding Children Board Camden, 2008
- Child Protection Level 1, St Mary's Hospital NHS Trust London, 2006
- Helpline worker training, Muslim Youth Helpline, London, 2006
- Introduction to Islamic Counselling, Markfield Institute of Higher Education, Leicester, 2006
- Islamic Counselling & Psychotherapy Foundation Level, Mohsin Institute Leicester, 2004/5
- Introduction to Good Writing and Journalism, Muslim Youth.net & BBC. 2005

PROFESSIONAL WORK EXPERIENCE

Director Muslim Bereavement Support Service December 2012- May 2013

Setting up of a new service in partnership with Gardens of Peace a registered charity, providing emotional and psychological support services for Muslim women who have lost a child prenatally or up to birth. Required creating and implementing service guidelines. Managing 13 volunteers. Contact with clients and delivering one to one and family counselling support.

Founder & Psychotherapeutic Counsellor Rahmah Wellbeing & Counselling March 2012- present

A unique counselling psychotherapy and education service, specialising in attachment issues, foetal psychology, trauma, loss, abuse, depression and anxiety, early experiences and impact on developmental mental health, in-school counselling, workshops, psycho-education workshops, one to one and parent-child counselling, support and observations. I have worked with several schools as well as privately at a community centre and in private practice. I provide training, workshops and deliver lectures.

Psychotherapeutic School Counsellor Al Noor Primary School, Goodmayes February 2011- April 2012

Offered 'healing' space (counselling sessions) to children with challenging behaviour and mental health concerns as well as an emotional space for children who are identified as being able to benefit from this. Also support for the teachers and delivered workshops and liaised with parents.

Trainee Social Worker Refugee Service Tavistock & Portman NHS, London September 2008 – March 2009

Worked with refugee families, in particular children presenting with social, emotional and psychological difficulties as a result of traumatic experiences. Provided support using social work and therapeutic skills.

Trainee Social Worker Monroe Family Assessment Service Tavistock & Portman NHS, London Jan-Jul 2008

Worked as part of a multi-disciplinary team and carried out assessments and observations of children and families in complex child protection cases, including pre-birth and parenting assessments using adult attachment interviews. Inputted into decision-making processes through formulation and review meetings.

Muslim Chaplain Imperial College NHS Healthcare Trust, St Mary's Hospital, London 2006- 2012

Responsible for the spiritual and pastoral welfare of Muslim patients across 5 hospital sites including a mental health hospital. Provided faith and culturally sensitive support and counselling to patient's, specifically Muslim females and children. I was the Chaplain responsible for the Perinatal, Neonatal and Labour wards. Worked in critical and life threatening situations with patients, particularly with premature babies and their families in distress and crisis.

Co-Author and Researcher Muslim Youth Helpline, London January 2007 – September 2007

Carried out research on the Helplines' database, conducted background research and contributed to writing various sections of the report as well as organising, and carrying out interviews with clients. Also organised the report launch for the publication: 'Providing Faith and Culturally Sensitive Support Services to Young British Muslims.'

**Previous employment includes posts in community charities and the civil service (FCO & then known DTI). I have also undertaken consultancy work with three faiths forum delivering scripture based triologue workshops at schools.*

OTHER POSITIONS HELD

- Senior Psychotherapeutic Counsellor and Advisor Inspired Minds July 2017- present
- Volunteer Counsellor and lecturer for Inspired Minds a Mental Health charity. July 2015- July 2017
- Advisor & Counsellor for Nour Domestic Violence Charity. December 2010 to December 2011.
- Visiting Lecturer on 'Working with Faith Communities and Mental Health: Muslim Experiences' Middlesex University April 2008
- Speaker at a workshop on the impact of anti-terror laws and Islamophobia, which was part of Diversity and Dialogue's National Youth Forum (NYF) conference April 2008
- Keynote speaker at Springfield Mental Health Trust at a Conference entitled 'Spirituality and Psychotherapy'. Created and presented 'Muslim Mental Health: Healing through diverse forms of spiritual expression. February 2008.
- Visiting Lecturer at Birkbeck College, University of London presented on 'Muslim women- misconceptions unveiled; exploring beyond the cultural and religious' November 2007
- Trainer/ module creator for Providing Faith Sensitive Support services to Muslim Youth, August 2007
- Advisor for Post Qualifying (PQ) Social Work training for Tavistock Clinic/ UEL. 2006-2008
- Helpline Worker for Muslim Youth Helpline, 2005-2007, provided telephone counselling, to young Muslims in distress on a wide range of social and mental health issues.

PUBLICATIONS AND SKILLS

Publications: Malik, R., Shaikh A.Z., and Suleyman M. (2007) Providing Faith and Culturally Sensitive Support Services to British Muslim Youth' Published by the National youth Agency.

Unpublished:

Cambridge University thesis: An unconscious alchemy of the womb: How Muslim women's (psychosocial and spiritual) experiences and feelings regarding menstruation and birth affect their attachment relationship with their child (70%, 2014)

Cambridge University Essay: 'An explorative enquiry into the world of the foetus and birth trauma: Implications for human development' (2013)

'Challenges in social work with Muslim communities in Britain: exploring historical, theoretical frameworks, values and practices.' (Masters level thesis 2008)

'Exploring the Framework of Islamic Counselling and Psychotherapy in British Muslim Society.' (Masters level thesis 2006)

Computers skills: Extensive computer, IT and Internet skills, including MS Office. Research databases EBSCOHOST and OVIDONLINE and the sub databases on each platform. Website design using Wix.

Language skills: Fluent in Urdu/Hindi and basic Punjabi conversational skills. English is the main language. Learning Arabic Grammar.

Citizenship: British