

Dr Sourabh Moti Singh

Consultant Psychiatrist

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Date of Birth: 28-10-1977

Specialty: Adult Psychiatry

GMC Reg. No. 6038672

Consultant Psychiatrist

Curriculum Vitae

Qualifications

MSc Psychiatry- University of Manchester- Sep 2010

MRCPsych —Royal College of Psychiatry— May 2007

PLAB—General Medical Council.UK.— Sep 2002

IELTS- 2001

MBBS—Bangalore Medical College, India --- 2001

Private Psychiatry experience:

Bromley Psychiatry Limited

I undertake assessments and treatment for people with mental disorders who are private fee paying patients.

In this role, I also undertake report writing for solicitors (law firms), parole boards, courts and other organisations to address assessment, treatment and recommendations for people with mental health issues.

Berkeley Psychiatrists (40%- working 2 days per week)

I have worked as a consultant psychiatrist at Berkeley Psychiatrists, London since May 2022. My main role is to see fee paying outpatients who seek private assessment and treatment for mental health difficulties outside the National Health Services in the UK. I have experience of conducting outpatient clinics both by video-consultations as well as face to face.

In the last 1 year, I have managed over 1000 outpatients seeking assessment and treatments for

- Attention deficit and hyperactivity disorder
- Autism Spectrum disorder
- Mood disorders including bipolar affective, depressive, various anxiety disorders and OCD
- Psychosis that include schizophrenia, schizoaffective and persistent delusional disorder
- Adjustment disorder
- Complex PTSD
- Personality disorders

I have received excellent feedbacks and reviews from my outpatients, which are displayed on the website of Berkeley Psychiatrists.

Psychiatry UK

I have worked with this organisation, which is the second biggest healthcare service provider for mental health assessment and treatment after the National Health Service (NHS) in the UK since October 2022. My main role is to see outpatients who seek private assessment and treatment as fee paying outpatients or under the Right to choose (RTC) scheme in the UK. In the last 7 to 8 months, I have managed hundreds of outpatients who present with various mental health disorders seeking assessment and treatment.

**Present
Appointment
(NHS)**

From January 2023 Onwards (National Health Service)

**Consultant Psychiatrist 8 sessions (80%)
Betts Ward, Greenparks House, Princess Royal University Hospital
Oxleas NHS Foundation Trust**

- Responsible consultant for 22 inpatients admitted to Betts ward
- Clinical leadership and decision making to recommend detention under the MHA for patients on Betts ward
- Decision making to rescind the MHS sections for patients who are ready for discharge or change to informal status
- Clinical lead for assessment and treatment of all the inpatients
- Supervision for junior doctors and medical students
- On-Call for Bexley, Bromley and Greenwich on the Consultant rota

Achievements

- Led the team and successful in procuring contract as Prime Provider of healthcare services (£150 million) across 7 Kent prisons from the 1st of April 2022.
- Winner of Employer Based awards (Clinical excellence awards) for 3 years consecutively (2019 onwards)

**Previous
Appointments**

**October 2022 to Dec 2022- Employment GAP from Oxleas NHS
Foundation Trust
Private Practice**

I took a break from the NHS service for 3 months. This was to pursue my aspirations to build a private practice and I was seeing private patients for assessment and treatment in the UK.

**Sep 2020 to Sep 2022
Associate Clinical Director- Kent prisons**

My responsibilities as Associate Clinical Director include

- Work closely with the multi-disciplinary team and provide clinical leadership for all the above teams
- Lead and proactively participate in clinical governance, quality improvement and other areas of management
- Analyse and present quality data to the commissioners, NHS England and Senior Board at Oxleas NHS Trust
- Provide Clinical Leadership across healthcare services in all the 7 Kent prisons
- Investigate serious incidents and work with senior management team to disseminate learning
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**Oct 2016 to Aug 2020
CONSULTANT PSYCHIATRIST**

- HMP Swaleside, HMP Standford Hill and HMP Rochester MHIRTs
- Community Forensic Team
- Bromley Magistrates' Court
- I worked in this varied role, where I led the multidisciplinary teams across prison mental health services, community forensic teams and the court liaison and diversion team. It was a busy role and required a high degree of co-operation from all the team members in these different teams. IT gave me a wealth of experience across the forensic mental health pathway. I have also been on-call for the inpatient medicum and low secure units and participated in the 1:11 on call consultant rota

May 2014 to Sep 2016

**CONSULTANT PSYCHIATRIST AND CLINICAL DIRECTOR
Battersea Bridge House hospital (BBH), InMind Healthcare services**

I provided clinical leadership to a multi-professional team comprising of psychologist, occupational therapist, social worker and nursing practitioners in this 22 bedded low secure forensic psychiatric hospital.

Oct 2012- Apr 2014

CONSULTANT PSYCHIATRIST

HMP Wandsworth Inreach Team and Addison unit- inpatient healthcare wing at HMP Wandsworth.

I was the only consultant psychiatrist and worked independently in this role. It is a remand prison based in South West London and one of the biggest prisons in the UK, which houses about 1500 inmates.

Dec 2010-Sep 2012

SPECIALTY DOCTOR IN FORENSIC PSYCHIATRY

**Community forensic team and Wandsworth prison Inreach team
Senior Registrar and Second On-Call**

South West London and St George's NHS Trust, London

Feb 2010- Dec 2010

SPECIALTY DOCTOR IN ADULT PSYCHIATRY

Liaison Psychiatry in Kingston Hospital

Senior Registrar and Second On-Call

South West London and St George's NHS Trust, London

Jun 09 – Feb 10

STAFF GRADE PSYCHIATRIST IN ADULT PSYCHIATRY-

Liaison Psychiatry and Psychiatric intensive Care

Senior Registrar and Second On-Call

Lancashire Care NHS Trust, Parkwood Psychiatric unit and Blackpool Victoria Hospital, Blackpool.

Feb07-May09

**STAFF GRADE PSYCHIATRIST IN ADULT PSYCHIATRY-
Community**

Senior Registrar and Second On-Call

Lancashire Care NHS Trust, Blackpool North Community Mental Health Team, Blackpool.

Aug 06 – 4 Feb 07

**SENIOR HOUSE OFFICER IN GENERAL ADULT PSYCHIATRY-
Acute Psychiatry inpatient unit and 1st On-Call rota for Psychiatry in
Royal Preston Hospital**

Supervisor- Dr Graham Wood

Lancashire Care NHS Trust, Avondale unit and Royal Preston Hospital,
Preston

Feb 06 – Aug 06

**SENIOR HOUSE OFFICER IN PSYCHIATRY OF LEARNING
DISABILITY**

Learning Disability and Forensic Psychiatry, 1st On-Call rota.

Supervisor-Dr Mary Ferguson.

Calderstones Hospital, Calderstones NHS Trust, Whalley, Lancashire.

Aug 05 – Feb 06

**SENIOR HOUSE OFFICER IN GENERAL ADULT PSYCHIATRY
Rural Psychiatry and 1st On-Call for Psychiatry at Westmorland
General Hospital.**

Supervisor- Dr Pat Thomas

Westmorland General Hospital, Morecambe Bay PCT, Kendal

Feb 05 – Aug 05

**SENIOR HOUSE OFFICER IN OLD AGE PSYCHIATRY
Inpatient unit and 1st On-Call rota at Royal Preston Hospital**

Supervisor- Prof Chris McWilliam

Ribbleton Hospital, Lancashire Care NHS Trust, Preston

Aug 04 – Feb 05

**SENIOR HOUSE OFFICER IN OLD AGE PSYCHIATRY
Inpatient Unit and 1st On-Call rota at Blackpool Victoria Hospital**

Supervisors- Dr Goedele Obdebeck

Fleetwood Hospital. Lancashire Care NHS Trust, Blackpool

Feb 04 – Aug 04

**SENIOR HOUSE OFFICER IN GENERAL ADULT PSYCHIATRY
Inpatient unit and 1st On-Call at Blackpool Victoria Hospital**

Supervisor- Dr Joaquin Mezquita

Parkwood, Blackpool Victoria Hospita, Lancashire Care NHS Trust, Blackpool

Aug 03 – Feb 04

TRUST GRADE SENIOR HOUSE OFFICER IN GENERAL ADULT PSYCHIATRY

Inpatient unit and 1st On-Call

Supervisor- Dr Prince Ikwuagwu

Parkwood, Blackpool Victoria Hospital, Lancashire Care NHS Trust, Blackpool

Feb 03 – Aug 03

HOUSE OFFICER IN MEDICINE

Respiratory Medicine and Care of the Elderly

Supervisor-Dr M Finlay

Rochdale Infirmary, Pennine Acute Hospitals NHS Trust, Rochdale

Oct 00 – Sept 01

PRE-REGISTRATION HOUSE OFFICER ROTATION IN MEDICINE, PSYCHIATRY, SURGERY , ORTHOPAEDICS AND PAEDIATRICS

House Officer Training rotation in University Medical College Hospitals

Bangalore Medical College Hospitals, Bangalore, India

Psychotherapy experience:

I have regularly attended psychotherapy teaching in my training programme and administered psychodynamic as well as cognitive behavioural therapy under supervision.

- Cognitive Behavioural therapy (short case)- Specific phobia and panic attacks, Kendal 2006
- Facilitator-CBT group for anger management- Learning Disability and Forensic hospital, Calderstones 2007
- Psychodynamic therapy group Supervision- Preston 2007
- Psychodynamic therapy (long case)- Blackpool 2008-09
- Cognitive Behavioural Therapy (long case)- Blackpool 2008
- Family Therapy- BBH, Aug 2015 to Feb 2016

Research

- My most recent research was a cross-sectional survey titled "Psychiatrists' preference of antipsychotic medications if they had psychosis". I received a response rate of 72.5% from the total requests sent out to all the Oxleas NHS Foundation Trust doctors. I presented the results at the local MAC meeting in Oxleas NHS Foundation Trust. This research was completed and presented in 2020-2021.
- I have completed a Research project for the dissertation, as a part of MSc in Psychiatry at University of Manchester. I was awarded the degree in July 2011.

**Current Line
Managers:**

Title is “**COMPARISON OF CONVENTIONAL DEPOT ANTIPSYCHOTICS VERSUS RISPERIDONE LONG ACTING INJECTION: PATIENT ATTITUDES, TOLERABILITY AND SATISFACTION**”

This was published in the journal “Therapeutic advances in psychopharmacology” in March 2016.

(Berkeley Psychiatrists)

Dr Hugo De Waal

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(National Health Service)

Dr Ajay Bhatnagar

Clinical Director (acute and crisis mental health directorate)

Oxleas NHS Foundation Trust

Pinewood house, Pinewood place

Dartford

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