

Research & Innovation @ ELFT Conference 2022

Chair Bios



Claudia Cooper

Professor of Psychological Medicine and Centre Lead & Honorary Consultant Psychiatrist
Centre of Psychiatry and Mental Health, Queen Mary University of London & East London NHS Foundation Trust

Professor Claudia Cooper is lead for the Centre for Psychiatry and mental Health, within the Wolfson Institute of Population Health at QMUL; and honorary Consultant old age psychiatrist at ELFT Tower Hamlets memory service. She leads the Alzheimer's Society Centre of Excellence for Independence at home; and the NIHR/ESRC APPLE-Tree programme, investigating how lifestyle and behavioural change can prevent dementia. She is a member of the UK Cabinet Office Trial Advice Panel.



Steve Gillard

Professor of Mental Health Research
School of Health Sciences, City, University of London

Professor Gillard is a mental health services researcher whose research takes a social and community perspective on mental health. He leads an internationally recognised programme of NIHR-funded research on peer support in mental health services, currently exploring adaptation of peer support into different specialist mental health settings and cultural contexts, and online peer support. His research takes a critical approach to the coproduction of knowledge, supporting and enabling researchers working from an explicitly experiential and survivor perspective to shape and change the way mental health research is done. Having begun as a qualitative researcher, his research brings randomised controlled trials and quasi-experimental methods together with experiential knowledge to provoke and produce new insight.

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Karin Albani

Associate Director of Research
East London NHS Foundation Trust

With a background in law, journalism, and the telecommunications industry, Karin joined the research team at ELFT in 2005 in order to pursue a career in public service. She views her role as facilitating and promoting innovation in the NHS in order to improve the quality of life of the communities we serve.



Afia Ali

Consultant Psychiatrist
East London NHS Foundation Trust

Afia is a consultant psychiatrist for people with learning disability in ELFT and honorary senior clinical lecturer at the Unit for Social and Community Psychiatry. Her research interest is in the development and evaluation of psychosocial interventions for people with learning disability. She is currently joint chief investigator for two NIHR funded studies on a personalised psychosocial intervention for challenging behaviour and group Cognitive Stimulation Therapy for people with dementia and learning disability.



Sveta Alladi

Consultant Community Paediatrician
East London NHS Foundation Trust

Dr Sveta Alladi is a Consultant Community Paediatrician and Named Doctor for Looked After Children in Newham and East London Foundation Trust. She is leading an integrated health pathway for unaccompanied asylum seeking children and young people jointly with Newham CAMHS (Child and Adolescent Mental Health Services).

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Kirsten Barnicot

Lecturer in Mental Health Services Research
School of Health Sciences, City, University of London

Kirsten is a Lecturer in Mental Health Services Research at City, University of London, with a special interest in the prevention and treatment of inter-generational mental health difficulties. Her work has particularly focussed on the experiences of people diagnosed with personality disorder who may be survivors of complex trauma, and on parent-infant interventions in the perinatal period.



Agnes Chevalier

SCENE Programme Manager
Unit for Social and Community Psychiatry, Queen Mary University of London

Agnes has a psychology degree and is a researcher in the Unit for Social and Community Psychiatry. She currently manages the SCENE research programme prior to which she managed the VOLUME research programme on volunteering in mental health.



Eleanor Keiller

Doctoral Researcher
Youth Resilience Unit, Queen Mary University of London

Eleanor (Ellie) Keiller is a dramatherapist and first year PhD doctoral researcher based in the Youth Resilience Research Unit at Queen Mary University of London. Ellie's research explores the mechanisms of change in dramatherapy as used with children and young people experiencing mental health conditions such as anxiety and / or depression. Outside of this role, she is also an active member of the British Association of Dramatherapists' Research Subcommittee where she works to supporting the developing evidence base of her field.

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Charlotte Kenton

EMBED-Care Programme Manager

Marie Curie Palliative Care Research Department, University College London

Charlotte is the Programme Manager for Empowering Better End of Life Dementia Care (EMBED-Care) at UCL. Prior to this, Charlotte worked on a range of palliative care and end of life research studies including looking at ways to increase consent to organ donation in ICUs, young adults experiences of dying from cancer and children with long-term conditions and their inpatient hospital experiences. EMBED-Care is led by Prof Liz Sampson.



Philip McNamee

TACK Programme Manager

Unit for Social and Community Psychiatry, Queen Mary University of London

Philip is a senior researcher based at the Unit for Social and Community Psychiatry. His research work currently focuses on DIALOG+, a resource-oriented intervention used to structure routine healthcare meetings. As part of this he is the co-Chief Investigator of the Remote DIALOG+ study, which aims to develop a new software platform to allow for the remote delivery of DIALOG+ in community care for people with psychosis, and the programme manager of the TACK study which is investigating DIALOG+ for people with chronic depression in a large multi-centre trial. He also works with teams and Trusts across the UK and globally to implement DIALOG+ in a variety of services and settings.



Rachel Morse

Research Assistant

Mental Health Neuroscience, Division of Psychiatry, University College London

Rachel works on the APPLE-Tree study investigating a lifestyle-based, wellbeing intervention aiming to reduce cognitive decline in older adults with mild cognitive impairment or subjective cognitive decline. Her main research interests are in lifestyle and patient-centred approaches to dementia care and prevention.

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Milena Nikolajeva

Research Assistant

Youth Resilience Unit, Queen Mary University of London

Milena is currently working on the DEER study, which is a Barts Charity-funded longitudinal cohort study. The project seeks to understand emotional resilience in young children aged 7 to 10 in East London, and how they use personal, social, and community resources to overcome mental distress. Her research interests include addictive behaviours in children and adolescents, particularly the aetiology, lifelong impact, and associated comorbidities. She is also interested in exploring the links between neurodivergence and resilience in young people.



Kirsten Prest

HARP Doctoral Research Fellow

School of Health & Psychological Sciences, City University of London

Kirsten is a paediatric occupational therapist with an interest in supporting parents and carers of children with disabilities across a variety of contexts both in the UK and South Africa. She recently completed a Masters in Evidence-Based Healthcare at the University of Oxford where she conducted a study exploring the impact of play-based groups for children with disabilities on maternal wellbeing.

Her current doctoral research focuses on co-adapting the Baby Ubuntu programme for an ethnically diverse and disadvantaged urban London context. The Ubuntu model is a community-based participatory caregiver training intervention that has been developed and successfully tested in resource-limited settings such as Uganda, Ghana and Bangladesh, and has been implemented globally. Evaluation has demonstrated improvements in parental quality of life and self-efficacy. After co-adapting this intervention for a UK context, she aims to pilot test the acceptability and feasibility with two groups of families, to inform a larger-scale evaluation of the intervention in the UK.

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Frank Röhrich

Medical Director Research & Innovation
East London NHS Foundation Trust

Started career in Psychiatry as a Community support worker in a Psychiatric Day Centre for chronic mentally ill patients in Hagen, Germany; subsequently working part time as psychiatric nurse assistant in an acute psychiatric hospital. Training in Integrative Body psychotherapy in Netherlands; Medical Qualification (State Exam, MBBS equivalent in Berlin) and completed his M.D. at Free University Berlin/Germany, (Doctor of Medicine by Thesis): "Body concept and body schema and their relationship with psychopathological symptoms within acute paranoid schizophrenia". Specialist Training in Psychiatry, Neurology and Psychosomatic Medicine.

Consultant Psychiatrist, Newham Community NHS Trust / East London & the City University Mental Health NHS Trust since 1997, now East London NHS Foundation Trust. Clinical Director for Adult Mental Health in Newham 2000-2013; Since 2018 Medical Director Research, Innovation and Medical Education; Honorary Professor of Psychiatry at Wolfson Institute for Population Health, Queen Mary University of London; ELFT Director on a Master Programme for Body Psychotherapy at Maltepe University in Istanbul, Turkey.



Jacquelin Sin

Professor of Mental Health Nursing & Honorary Consultant Nurse: Health Research
School of Health Sciences, City, University of London & East London NHS Foundation Trust

Jacqueline is a mental health nurse and a health services researcher. She uses both qualitative and quantitative research methods to co-produce, evaluate and implement psychosocial interventions that work to improve people's mental health. Her recent project, called COPE-support, trialled an innovative digital interventions for family members and friends of people with psychosis (www.cope-support.org), won the Year 2020 NIHR McPin and MQ service user and carer involvement in mental health research award.

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Arianna Sinisi

Consultant Psychiatrist
ELFT Centre for Understanding Personality Disorder

Arianna is a Consultant Psychiatrist currently working at the Personality Disorder Service in Camden and Islington NHS Foundation Trust. Trained in Italy, she has a special interest in evidence-based treatment for personality disorders as Mentalization-Based Therapy (MBT) and Transference Focused Psychotherapy (TFP). In 2020 she completed an 8-months visiting residency at Deancross Personality Disorder Service, ELFT NHS Foundation Trust and since then she has been leading on an ongoing study of evaluating teaching of the application of TFP in psychiatry.



Lillian Skilbeck

High Intensity Clinician, Primary Care IAPT
East London NHS Foundation Trust

Dr Lillian Skilbeck has a PhD in medicine and is also a qualified CBT and EMDR practitioner. She currently works as a clinician and researcher in ELFT IAPT. Her specialist clinical interest is in PTSD and complex mental health presentations. Her research interest lies in patient involvement and patient reported outcomes in clinical practice. She uses different research methods in collaboration with patients to adapt tailored treatments in IAPT. She is currently employing case studies and qualitative lived-experience research.



Mimi Suzuki

Research Assistant
Unit for Social and Community Psychiatry, Queen Mary University of London

Mimi is a researcher for the Assured programme. The NIHR-funded programme will adapt and implement a psychological intervention in A&E for people presenting with self-harm. It aims to understand how to best to support patients who attend the Emergency Department with self-harm. Mimi will be presenting findings from the pilot study for the Assured programme.