

Research & Innovation @ ELFT Conference 2023

Chair Bios



Afia Ali

Clinical Reader in Intellectual Disability Psychiatry and Interim Lead Unit for Social and Community Psychiatry Honorary Consultant Psychiatrist

Queen Mary, University of London and East London NHS Foundation Trust

Afia's 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.



Kirsten Barnicot

Senior Lecturer in Mental Health Services Research and MRes Clinical Research Programme Director
City, University of London

Kirsten has 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.

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Speaker Bios



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.



Natalia Chemas

Research Assistant, Unit for Social and Community Psychiatry
East London NHS Foundation Trust

Natalia completed her Psychology BSc in Colombia and her Mental Health Sciences MSc at University College London, both with a focus on research. After finishing her master's degree she worked for a digital mental-health start-up supporting the adoption of a digital tool by providing clinical perspective and managing relationships with clients to support product development. She then went to work as a Research Assistant in the ADePT study at Sussex NHS Foundation Trust before joining ELFT. She has been co-leading the Sex Life Satisfaction Study since June 2022.



Erica Cini

Consultant Psychiatrist
East London NHS Foundation Trust

Erica is a clinical academic at the Institute of Psychiatry, Psychology & Neuroscience at King's College London and at University College London. Clinically, she practices as a consultant psychiatrist at East London NHS Foundation Trust where she is the lead psychiatrist for the Eating Disorders Intensive Pathway for Children and Young People. Erica is also a clinical advisor to Beat, the national eating disorder charity. She was an elected member for the Faculty of Eating Disorders at the Royal College of Psychiatry where she led on quality improvement projects and was one of the contributors to the MEED (Medical Emergencies in Eating Disorders) guideline. Her academic interests are higher education and eating disorders research.

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**Tracey Dorey**

PhD Student
City, University of London

Tracey's research has used experience, theory, and evidence to understand and inform an intervention to improve type 2 diabetes care for adults with a severe mental illness.

**Rhiannon Foster**

Research Fellow and PhD student
City, University of London and St George's, University of London

Rhiannon's current research projects focus on peer support in mental health, taking a critical perspective towards professionalisation and the production of psychiatric knowledge.

**Siew Fung Lee**

Research Fellow
University College London & East London NHS Foundation Trust

Dr Siew Fung Lee is a Research Fellow with the Healthier Wealthier Families (HWF) in East London programme. The project co-locates money advice services in SCYPS ELFT and community settings to support families as part of attending appointments for their children in Newham and Tower Hamlets. HWF evaluates the feasibility and acceptability of the programme for service users, providers and host services. The project uses ELFT QI methodology to assess and improve service implementation processes. Siew Fung's research interests include social and economic impacts of policy on 'disadvantaged' children and families, ethnography and policy genealogy.

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Samuel Hayward

Research Assistant, School of Health Sciences
City, University of London

Samuel is a researcher for the Assured programme. Assured is a NIHR-funded study that is evaluating a psychological intervention which provides follow-up support in A&E to people who have presented with self-harm and/or suicidal ideation. It aims to understand how to best support patients who attend the Emergency Department in crisis. Samuel will be presenting qualitative findings from the pilot data for the Assured programme.



Kathleen Mulligan

Senior Research Fellow in Health Services Research
City, University of London

Kathleen is a Chartered Psychologist and a Senior Research Fellow. Her work focuses on self-management of long-term conditions including the development and evaluation of self-management interventions.



Aisling Murray

Doctoral Researcher, Youth Resilience Unit
Queen Mary, University of London

Aisling's PhD is a qualitative exploration of experiences and perceptions of resilience amongst children and families from marginalised communities in the UK. Her project will use arts-based and participatory methods, including body mapping. Her academic background is in biological anthropology and global health.

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Nicki Power

Doctoral Research Fellow supported by Barts Charity, Unit for Social and Community Psychiatry
 Queen Mary University of London

Nicki is a clinical academic art therapist. In her PhD she is using collaborative and inclusive research with people with learning disabilities to develop a group art therapy intervention for mental distress. She is also the Learning Disability Therapies & Engagement Project Lead in East London NHS Foundation Trust. She is the art therapy representative at the National Learning Disability Professional Senate in the UK. She is the Specialist Advisor for Learning Disability for the International Journal of Art Therapy.



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.

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Liz Sampson

Consultant and joint clinical lead for Liaison Psychiatry at Barts and the Royal London Hospital
East London NHS Foundation Trust

Liz gained her MBChB at Birmingham University, completed her MD at the Dementia Research Centre, National Hospital for Neurology and Neurosurgery, Queen Square, London and has an MSc in Epidemiology from the London School of Hygiene and Tropical Medicine. Liz is an honorary professor in the Centre for Psychiatry and Mental Health, QMUL and the Division of Psychiatry, UCL. Her research focusses on dementia and delirium in acute hospital inpatients (epidemiology and health services research) and liaison psychiatry. She is the principal investigator for the NIHR/ESRC-funded Empowering Better End of Life Dementia Care (EMBED-Care) research programme. She is interim vice-chair of Royal College of Psychiatrists' Faculty of Liaison Psychiatry and an elected member of the executive committee of the European Delirium Association.



Eleanor Short

Research Assistant
East London NHS Foundation Trust

Eleanor is a research assistant on the CHATA Project (Children's Autism Technology- Assisted Assessments) at the East London NHS Foundation Trust. Eleanor has a background in Psychology and Neuroscience and has joined the CHATA team to assist them with research into designing a way to run autism assessments online or partially online. We are using several existing autism screening and assessment measures alongside some novel tools and trialling them as part of autism assessments for children under 5 years old.

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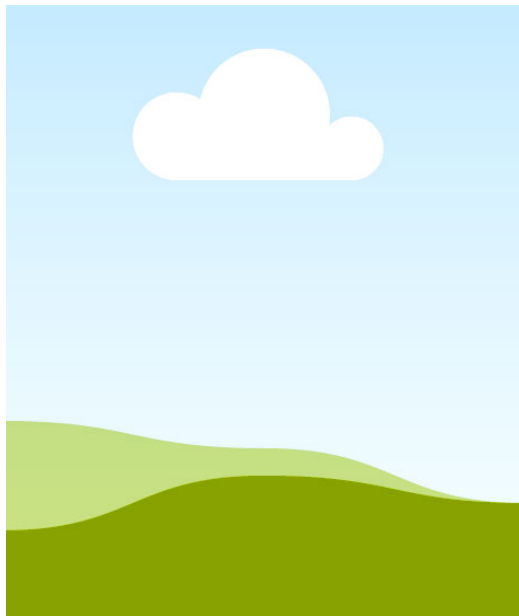
Speaker Bios



Elissa Thompson

PhD student and Research Nurse
 East London NHS Foundation Trust

Elissa’s main focus is the experiences of people diagnosed with Personality Disorder who may have a background of complex trauma. She is currently working on Improving Recognition of Autism in Personality Disorder (I-RAP), a co-produced mixed methods study aiming to investigate the similarities and differences between diagnoses of Autism and Personality disorder and discover overlaps including the barriers to diagnosis for people with an autistic experience. Elissa has been working as a qualified Mental Health Nurse (RMN) since 2013, having worked in various inpatient and community settings and holds a Nurse Lecturer contract at Sheffield University. She is also passionate about co-production in mental health research and has experience in various domains of clinical research including intervention studies and medication trials. Previous collaboration with researchers at Sheffield University on a thematic analysis of nurse responses to the RCN survey on staffing and quality of care which was recently published.



Vinny Venugopal

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Natasha Wilding de Miranda

Final Year MBBS Student
 Barts and the London School of Medicine and Dentistry

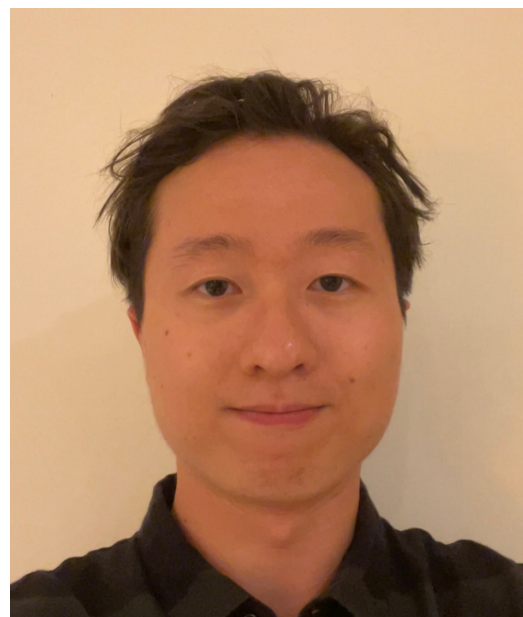
Natasha completed a Masters in Global and Cultural Perspectives in Mental Health Care at the Wolfson Institute of Preventative Medicine, Queen Mary University of London in 2021/2. She is currently in her final year of undergraduate medical training. Her previous research has explored depression and personality disorder in adolescence, and in particular the controversies and insights surrounding diagnostic assessment.



Kelly Wintsch

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

Kelly is a Research Assistant working on the OPAL project which is aiming to develop a peer support intervention for the carers of individuals being treated under the Mental Health Act. She has an undergraduate degree in Psychology and Neuroscience and a postgraduate degree in Forensic Mental Health. Her research interests include mental health issues surrounding caregiving and the aetiology and treatment of personality disorders.



Ben Hoi-Ching Wong

Clinical Research Coordinator, Youth Resilience Unit
 East London NHS Foundation Trust / Queen Mary, University of London

Ben is a practitioner-turned-researcher specialising in child self-harm/suicide epidemiology, and acute mental health team operation. At present, he is a senior researcher at the Youth Resilience Unit for the IVY trial, a national, multi-centre, randomised controlled trial which aims to investigate the effectiveness of intensive community care teams. He coordinates an international consortium of psychiatrists, psychologists, and researchers from over 40 countries. The consortium was formed to facilitate self-harm research across paediatric emergency units, with the eventual goal to establish a harmonised data infrastructure and develop clinical and research capacity.