

# Dr Ivanka Ezhova

**BSc MSc MA PhD CPsychol EuroPsy**

**Clinical Psychologist & Researcher**

## CONTACT

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## LANGUAGES

English - fluent

French – fluent

Bulgarian – fluent

Spanish – in progress

## QUALIFICATIONS (all acquired from [University of Nice Sophia Antipolis](#), France)

2015 **PhD** Clinical Psychology - Highest honours

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

2009 **MSc** Clinical Psychology - Distinction

2007 **BSc** Psychology - Distinction

## HONOURS AND AWARDS

2016 Collaborative Innovation Scheme for Early Career Researchers Grant, King's College London. Project title: How to give voice to mothers of daughters with Turner Syndrome unexpressed feelings regarding threatened fertility?

2011 Research Doctorate awarded with CIFRE Doctoral Research Fellowship, [French National Research Agency](#) (This is the French equivalent of the [NIHR](#) Doctoral Fellowship in the UK).

## 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

### ANGEL PSYCHOLOGICAL THERAPY | CLINICAL PSYCHOLOGIST | 2015 - CURRENT

#### Main skills

- ✓ **Ethical approach**
  - ✓ **Extensive knowledge of psychological theories and practice**
  - ✓ **Integration of research and clinical expertise**
  - ✓ **Cognitive Behavioural Therapy, Psychodynamic Therapy and Family Therapy specialist**
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- Delivering online specialist psychological interventions, assessments and formulations for adolescents and adults, affected with a range of mild to complex mental health problems such as depression, anxiety and stress, postnatal depression and motherhood issues, confidence and low self-esteem, grief and loss, work and career issues, relationship and family issues, bipolar disorder, psychosis, and schizophrenia.
  - Collaborating with GPs, Psychiatrists, Clinical Psychologists, and other service providers, involved in the treatment of the clients.
  - Advising conference producers on conference agendas. Actively contributed to create the agenda for the [National Counselling & Psychotherapy Conference](#) that was held on 21<sup>st</sup> March 2019 ILEC Conference Centre, Central London.
  - Writing for "[Psychology in Practice Magazine](#)" (UK) where I give advice to healthcare professionals around how to build and develop their online private practice business.
  - Writing articles on a monthly basis for "[9 months magazine](#)" (Bulgaria) where I give advice to mothers about how to face, process and treat different psychological and emotional issues related to pregnancy and early motherhood. Founded in 1996, this is the oldest and most prestigious magazine in Bulgaria, with a focus on pregnancy and early motherhood. It has become a leading and

renowned media, producing high-quality articles, workshops, lectures and seminars across Bulgaria.

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

### **Main skills**

- ✓ **Project management**
  - ✓ **Project coordination**
  - ✓ **Data collection, analysis and dissemination**
  - ✓ **Mentoring**
  - ✓ **Teaching**
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- Currently leading 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.
  - Data analysis and dissemination, including drafting papers for publications, reports, and presenting at national and international conferences (skilled in using [NVIVO 12](#) & [IBM SPSS Statistics](#) software).
  - Leading on the writing of systematic reviews, including all stages of the process (skilled in using [COVIDENCE](#) software).
  - Previously worked for two Heads of Department to support them coordinate, implement and disseminate a range of qualitative and mixed-method research projects in the specialist areas of mental health, psychiatry, and public health.
  - 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.
  - Coordinated and supported research assistants on all aspects of their job role.
  - Taught project management and advanced research methods to undergraduate and postgraduate students.
  - Recruited, supervised and mentored students awarded with King's Undergraduate Research Fellowships (KURF).

## **EXPERIENCE IN FRANCE**

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

#### **Main skills**

- ✓ **Undergraduate curriculum development**
  - ✓ **Module delivering**
  - ✓ **Marking**
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- 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

### Main skills

- ✓ **Clinical assessments via observations, interviews and psychometric tests**
- ✓ **Ability to cope with emotionally demanding situations**
- ✓ **Excellent teamwork and communication**

### Clinical responsibilities

- 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 cancer care day ward focused on improving the quality of life for patients with chronic and terminal conditions as well as their family. Designed and implemented the procedures used as per the psychological aspects of the project.

### Research responsibilities

- 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 I collaborated with the clinical psychologists of the 5 other Cancer Centres involved in this study.

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

### **Education responsibilities**

- 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 that want to be registered with ADELI Register France and practise the profession of Clinical Psychologist. 3 clinical placements at [Centre Antoine Lacassagne](#), [Sainte Marie Psychiatric University Hospital](#), and [Henri Wallon CAMHS](#).

Development of the following skills and competences:

- Evaluation and understanding of the evidence base relevant to Clinical Psychology Practice.
- Assessment and formulation across a wide range of clinical settings and client groups.
- Understanding mental health adjustment across the lifespan (from childhood through to older age).
- Understanding, development and practice of the 4 leading models that guide the clinical psychology practice in the French healthcare system: Behaviour Therapy, Cognitive Behaviour Therapy, Psychodynamic Therapy, Systemic Family Therapy.
- Understanding of the organisational context of clinical practice and its ethical and legal basis.
- Understanding the influence of social and cultural diversity on psychological health and difficulties. Development of knowledge and sensitivity to disadvantage and discrimination.
- Gaining knowledge, skills and confidence to carry out research, evaluation and audit studies, using qualitative, quantitative and mixed methods research designs and methodologies.
- CAMHS clinical placement 1 with a focus on children and adolescents with learning disabilities, ADHD, depression, psychosis, behavioural, communication and emotional difficulties, and antisocial behaviours, including work with their families, with an emphasis on community and systemic orientations.
- Clinical placement 2 at Sainte Marie Psychiatric University Hospital that involves work in services through the lifespan (working age and later life). Intensive

specialised experience with adults suffering from different types of psychosis (including schizophrenia, bipolar disorder, borderline personality disorder), depression, mood disorders, anxiety and addictions.

- Clinical placement 3 at Centre Antoine Lacassagne that involves work with adolescents and adults affected with cancer, as well as their family members and carers.

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

### **Main skills**

- ✓ **Project development in the charity sector**
- ✓ **Sensitive listening and questioning skills**

- Provided high-quality therapeutic support and actively contributed to the development, organisation and implementation of projects related to clients suffering from mental health issues that 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, referrers, and multi-agency providers.

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

### **Main skills**

- ✓ **Communicating in sensitive and challenging situations**
- ✓ **Active listening, questioning and clarifying skills**
- ✓ **Empathy**

- 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 for them, and provided culturally appropriate communication between them and the service providers.
- Actively took part in interventions aimed in increasing autonomy of asylum seekers by conveying information on practical aspects of living in France.

## CONFERENCE PRESENTATIONS IN THE UK | 2015 - CURRENT

- **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, Pursell 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 | 2012 - 2015

### ⇒ 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 defense 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?

## GRANTS AND RESEARCH PROJECTS

### ⇒ ONGOING PROJECTS AT KING'S COLLEGE LONDON

- **2018 Title:** What are the models and frameworks that enable healthcare professionals to develop their public health practice - a scoping study?  
Expression of interest to carry out a Scoping Study on the current evidence base for Public Health Nursing and Midwifery. Project submitted to the WHO Collaborating Centre for Public Health Nursing and Midwifery UNK-277, Public Health Nursing and Midwifery Academic Network (£10 000).  
Mrs Patricia Burrows, **Dr Ivanka Ezhova**, Dr Shelley McLetchie-Holder, Dr Mary Malone, Dr Lynn Sayer, Mrs Nicola Davies.  
**Principal Investigator:** Dr Mary Malone.
- **2016 Title:** Development of the Self-Injury Toolkit (SIT) Intervention for non-mental health nurses who work with vulnerable young people who self-injure (Reference no: ILP-POR-2017-097). Dr Ivanka Ezhova was part of the team who submitted Grant application in October 2016 to Health Research Board (HRB) Investigator-Led Projects scheme (ILP) (€348,526). Shortlisted and currently in preparation for Economic and Social Research Council (ESRC) for January 2018 submission.  
**Principal Investigator:** Dr Annmarie Grealish.
- **2016 Title:** The Effectiveness of Youth Peer Mentoring in Schools in Promoting Mental Wellbeing: A Systematic Review. Dr Ivanka Ezhova was actively involved in the writing of a systematic review in collaboration with Dr Annmarie Grealish, Dr Sara Tai, Dr Mary Malone, Dr Lynn Sayer and Mrs Jane Potheary.  
**Principal Investigator:** Dr Annmarie Grealish.

### ⇒ COMPLETED PROJECTS AT KING'S COLLEGE LONDON

- **2015 Title:** Hidden voice: how to give voice to mothers of daughters with Turner Syndrome unexpressed feelings regarding threatened fertility?

The project was awarded by King's Cultural Institute (£5000). Dr Ivanka Ezhova collaborated in the writing and submission of the research proposal.

**Principal Investigator:** Dr Jacqueline Collin.

- **2015 Title:** How can parents share sensitive information with children with long-term conditions?

The project was awarded by King's College Undergraduate Research Fellowship Scheme.

Dr Ivanka Ezhova was involved in the writing and submission of the research proposal, recruitment, supervision and mentoring of one undergraduate and one postgraduate student throughout the project.

**Principal Investigator:** Dr Jacqueline Collin, Lecturer and Head of Department of Child and Family Health, Florence Nightingale Faculty of Nursing, Midwifery & Palliative Care

**Co-investigator:** Dr Ivanka Ezhova.

#### ⇒ COMPLETED PROJECTS IN FRANCE

- **2015** Doctoral thesis, entitled '[Poetic writing and cancer: a psychoanalytic model](#)' awarded with CIFRE Doctoral Research Fellowship, French National Research Agency (French equivalent of the NIHR Doctoral Fellowship).  
**Supervisor:** Pr Jacques Cabassut, Professor in Clinical Psychology, University of Nice.

## LIST OF ARTICLES

#### ⇒ PEER-REVIEWED SCIENTIFIC ARTICLES

- Fitzpatrick, J., **Ezhova, I.**, Hayes, N. (2019) Evaluating an education programme for specialist nurses and allied health professionals working in older people healthcare services – a qualitative analysis. Article in Prep.
- **Ezhova, I.**, Savage, L., Cassidy, J., Okwuokei, A., Bonnet, C., Dickinson, T. (2019) What are the barriers that stop older adults seeking sexual health advice and treatment? A scoping study. Article in prep.
- Fitzpatrick, J., **Ezhova, I.**, Hayes, N. (2019) Evaluating an education programme for specialist nurses and allied health professionals working in older people healthcare services – a mixed-methods analysis. Article in Prep.

- Naughton, C., **Ezhova, I.**, Fitzpatrick, J., Hayes, N. (2019) A systematic review of successful interventions to reduce turnover and increase retention of nurses in gerontology. Article in prep.
- Naughton, C., **Ezhova, I.**, Fitzpatrick, J., Hayes, N. (2019) Developing and co-designing the Retention & Early Career Older People's Nurse Development Pathway (ECHO). Article in prep.
- Naughton, C., **Ezhova, I.**, Fitzpatrick, J., Hayes, N. (2019) Research evaluation of the effectiveness of the Retention & Early Career Older People's Nurse Development Pathway (ECHO) in recruiting and retaining nurses in gerontology. Article in prep.
- Naughton, C., **Ezhova, I.**, Fitzpatrick, J., Hayes, N. (2019) Recruitment and retention of early career nurses in gerontology. Students and stakeholders' perspectives. Article in prep.
- **Ezhova, I.**, Sayer, I., Malone, M. (2019) Public health professionals' specific roles in the developed and developing countries: messages from a narrative review of the public health literature. A scoping review. Article in prep.
- Grealish, A., Finnegan, A., Tai, S., Gantert, K., and **Ezhova, I.** (2019) Empowerment Concept, Evidence and Future Directions. Article in prep.
- Grealish, A., Gantert, K., Finnegan, A., and **Ezhova, I.** (2019) What are the experiences of healthcare professionals in using health to support people with mental health problems? A systematic review. Article in prep.
- Grealish, A., Tai, S., Malone, M., Sayer, L., Potheary, J. and **Ezhova, I.** (2019) The Effectiveness of Youth Peer Mentoring in Schools in Promoting Mental Wellbeing: A Systematic Review. Article in prep.
- 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)

⇒ **NON PEER-REVIEWED ARTICLES PUBLISHED IN “[9 MONTHS MAGAZINE](#)” (2016-2019) TITLES TRANSLATED FROM BULGARIAN**

- What are the secrets to effective mother-child communication?
- Is your child jealous of their siblings? Tools to dissolve sibling jealousy.
- How to stay close after having a baby?
- I feel left out and jealous of our new baby. Is this normal?
- What to do when having troubles conceiving?
- How to strengthen my child’s emotional intelligence?
- Immigrant parents and their children’s life experiences
- I am parenting my children the opposite of how I was raised
- Help me! My child does not want to speak Bulgarian. Experiences of immigrant mothers.
- How to make Christmas memorable for my children?
- Differences in perceived parenting style between mothers and fathers
- Christmas: are we buying our children’s love?
- Eating for two: does an organic diet make a difference?
- Weight gain after pregnancy : what are my husband’s perceptions?
- How do I stop controlling towards my partner?
- Returning to work after maternity leave
- What is the “best” parenting style to raise a child?
- Parenting children with positive reinforcement. A clinical insight
- Why do parents compare their children to other children?

- How to deal with postpartum anxiety?
- Postpartum depression among immigrant women
- I live for my child : toxic patterns in mother-child relationship
- Are new-borns affected by parents' arguing around them?
- What is your child experiencing when you remarry?
- What kind of mother will I be?
- What is the best age to become a parent?
- Motherhood and mental health: what do I need to know?
- How to pick a name for my baby?
- Is divorce a failure?
- Pregnant with twins : what to expect?

#### **PERSONAL INTERESTS**

- ✓ Traveling
- ✓ Yoga
- ✓ Fitness
- ✓ Vegetarian cooking
- ✓ Psychedelic medicine