

DR. GEORGETTE SAVVIDES

Psy.D | Consultant Clinical Psychologist | Chartered Psychologist (BPS CPsychol)

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BPS CPsychol No. 098014 | RANEM No. 8370 | DOH Abu Dhabi Dataflow – In Progress (July 2026)

PROFESSIONAL SUMMARY

Consultant Clinical Psychologist and Lead Addiction Psychologist with over 30 years of progressive clinical and leadership experience in Egypt and the United Kingdom (NHS). Chartered Psychologist with the British Psychological Society (BPS CPsychol No. 098014) and the Egyptian Psychological Society RANEM (No. 8370). Specialist expertise in addiction and substance misuse, eating disorders (anorexia nervosa, bulimia nervosa, binge eating disorder), trauma and PTSD, personality disorders, and complex psychiatric presentations. Extensive senior leadership experience as Head of Psychology Services, clinical supervisor, programme developer, and multidisciplinary team lead. Experienced in inpatient, outpatient, and community mental health settings. Currently pursuing DOH Abu Dhabi licensure; Dataflow verification in progress, expected completion July 2026. Good Professional Standing confirmed; no history of malpractice, disciplinary action, or professional misconduct.

CORE COMPETENCIES & KEYWORDS

Clinical Skills:

Cognitive Behavioural Therapy (CBT) | Schema Therapy | Motivational Interviewing | Trauma-Focused Therapy | EMDR | Maudsley Model for Anorexia Nervosa | Brief Solution-Focused Therapy (BSFT) | Cognitive Analytical Therapy (CAT) | Imagery Rescripting | Dialectical Behaviour Therapy (DBT) | Group Therapy | Family Therapy | Couples Therapy | Individual Psychotherapy | Psychometric Testing (Level A & B) | Clinical Assessment | Psychiatric Diagnosis (DSM-5 / ICD-10 / ICD-11) | Risk Assessment and Risk Management | Crisis Intervention | Mental State Examination | Dual Diagnosis

Clinical Specialisms:

Addiction and Substance Misuse | Eating Disorders | Trauma and PTSD | Personality Disorders (BPD, NPD) | Psychosis and Schizophrenia | Depression | Anxiety Disorders | Obsessive-Compulsive Disorder | Bipolar Disorder | Dual Diagnosis | Self-Harm | Suicidal Ideation | Inpatient Detoxification | Aftercare and Relapse Prevention

Leadership & Management Skills:

Head of Department | Clinical Leadership | Multidisciplinary Team Leadership | Clinical Supervision | Staff Training and Development | Programme Development | Policy Development | Quality Assurance | Accreditation (IOA, ISO) | Performance Management | Strategic Planning | Service Development

Patient Populations:

Adults | Adolescents | Couples | Families | Inpatients | Outpatients | Community Mental Health Patients

PROFESSIONAL REGISTRATION & LICENSURE

- British Psychological Society (BPS) – Chartered Psychologist (CPsychol) | Membership No. 098014 | Active – Good Standing (1999 – Present)
- Egyptian Psychological Society (RANEM) – Chartered Psychologist | No. 8370 | Active – Good Standing
- DOH Abu Dhabi – Dataflow Verification In Progress | Expected Completion: July 2026
- UK National Register of Counsellors (CCC REG) – No. 2162/08 | NHS Independent Provider Code: 8G919
- British Association for Counselling and Psychotherapy (BACP) – No. 549553
- British Association for Behavioural and Cognitive Psychotherapies (BABCP) – No. 040205
- Eating Disorder Association UK – No. 89059

EMPLOYMENT HISTORY

Lead Clinical Addiction Psychologist and Training Supervisor

Kasr El Maadi Hospital / Almacare Outpatient Services / Boutique Clinics | Cairo, Egypt | May 2026 – Present

- Providing specialist addiction and clinical psychology services across inpatient and outpatient addiction and mental health settings
- Delivering clinical supervision and training to junior psychologists and trainees

- Working within multidisciplinary teams including psychiatrists, physicians, social workers, and allied health professionals

Head of Psychology Services – Addiction and Clinical Psychology

Psychealth Counselling and Training (Founder and Director) | Cairo, Egypt | *January 2010 – April 2026 (16 Years, Full-Time)*

- Founded and directed a specialist outpatient psychology and training centre delivering evidence-based clinical psychology services
- Served as Head of Psychology Services and Head of Addiction Services and Programme Director
- Designed and implemented an outpatient addiction aftercare and relapse prevention programme in collaboration with CODA, Al-Anon, Alateen, Narcotics Anonymous (NA), and Alcoholics Anonymous (AA)
- Managed an average caseload of 30 patients per week (120 patients per month) across individual, group, couples, and family therapy formats
- Conducted comprehensive psychological assessments including clinical interviews and standardised psychometric testing (DSM-5 and ICD-10/11)
- Provided evidence-based psychotherapy including CBT, Schema Therapy, BSFT, trauma-focused therapy, and motivational interviewing
- Managed complex high-risk cases including crisis intervention, risk assessment, and risk management across addiction, personality disorders, schizophrenia, bipolar disorder, and eating disorders
- Supervised and performance-managed clinical staff, junior psychologists, psychologists in training, and MA students
- Developed and implemented mental health programmes, policies, and outpatient follow-up protocols
- Participated in quality assurance, audits, and accreditation processes including IOA and ISO accreditation
- Led strategic planning and service development initiatives
- Engaged in mental health awareness campaigns through television appearances and public speaking
- Coordinated EMDR training programmes delivered by international psychologists in Egypt
- Collaborated with international Employee Assistance Programme (EAP) providers through workshops and individual services
- Working hours: 48 hours per week, full-time, in accordance with organisational policy
- Maintained Good Professional Standing throughout employment with no history of malpractice, disciplinary action, or professional misconduct (verified by employer Dr. Tarek Abdel Halim MD, Consultant Psychiatrist)

Head of Psychology Services

Behman Hospital | Cairo, Egypt | *August 2007 – August 2010 (3 Years, Full-Time)*

- Led the psychology department at a leading Egyptian psychiatric hospital
- Oversaw inpatient and outpatient psychological assessment, individual therapy, and group therapy
- Managed multidisciplinary collaboration with psychiatrists, physicians, and allied health professionals
- Delivered clinical supervision to trainee and junior psychologists
- Designed and implemented staff training programmes in CBT, counselling skills, and psychopathology

Senior Clinical Psychologist

Behman Mental Hospital and Behman Clinics (Concurrent Private Practice) | Cairo, Egypt | *December 2004 – April 2007 (Full-Time) / December 2004 – December 2010 (Part-Time Private Practice)*

- Provided comprehensive psychological assessment and psychotherapy for inpatient and outpatient psychiatric populations
- Specialised in addiction, eating disorders, schizophrenia, bipolar disorder, and personality disorders
- Conducted psychometric testing and detailed clinical interviews using DSM and ICD diagnostic criteria
- Delivered CBT, schema therapy, trauma-focused therapy, and motivational interviewing interventions

Lecturer – Psychology (Part-Time)

The American University in Cairo | Cairo, Egypt | *February 2005 – June 2005*

- Delivered undergraduate psychology lectures including General Psychology and Eating Disorders Explained
- Provided psychological counselling at the university counselling centre

UK CLINICAL EXPERIENCE – NHS AND SPECIALIST UNITS (1999 – 2004)

Extensive supervised clinical training and independent practice across leading NHS trusts and specialist mental health services in London:

- The Oaks Resource Centre – Substance Abuse Community Service, Assessment and Diagnosis (November 1999)
- Bethlem Royal Hospital, Maudsley NHS Trust – Inpatient Substance Abuse Detoxification Unit, Assessment and Diagnosis (January – February 2000)
- Ealing Hospital, Max Glatt Unit – Inpatient Substance and Alcohol Detoxification Unit (May – June 2000)
- King's College Hospital, Pain Clinic – Research: Prevalence of Opioid Iatrogenic Dependence in Chronic Pain Patients (July – September 2000)
- St. George Medical Centre, Neasden – Primary Care Mental Health, Depression, Anxiety, Phobia (July – December 2001)
- North East London Eating Disorder Services (NELMHT) – Eating Disorders Treatment: Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder (March 2002 – October 2003)
- Islington and Camden Mental Health Trust – Substance Misuse Services (April 2002 – October 2003)
- Maudsley NHS Trust, Bethlem Royal Hospital – Gerald Russell Eating Disorders Inpatient Unit (May – November 2003)
- Rhodes Farm Clinic – Eating Disorders Inpatient Unit, Counselling Psychologist (December 2003 – July 2004)
- Hear and Now Counselling Services (NELMHT) – Counselling Psychologist (December 2003 – July 2004)

EARLY CAREER EXPERIENCE

- Psychologist – Behman Mental Hospital, Cairo, Egypt (January 1995 – December 1998)
- Psychologist – Pediatric and Learning Disability Clinic, Cairo, Egypt (1998)
- Trainee Psychologist – Behman Hospital, Cairo, Egypt (1991 – 1993)
- Trainee Child Psychologist – El Dar Mental Institute, Cairo, Egypt (1990)

EDUCATION AND ACADEMIC QUALIFICATIONS

Professional Doctorate in Psychology (Psy.D)

Southern California University, USA | 2006 – 2012

MSc Counselling Psychology

City University, London, United Kingdom | 2001 – 2004

MSc Clinical and Public Health Aspects of Addiction

King's College London, Institute of Psychiatry, National Addiction Centre, United Kingdom | 1999 – 2000

Conversion Diploma in Psychology

The Open University, United Kingdom | 2002

Level A and B Certificate in Occupational and Organisational Psychometric Testing

City University, London, United Kingdom | 2005 – 2006

BA in Psychology

The American University in Cairo, Egypt | 1990 – 1995

CLINICAL SUPERVISION EXPERIENCE

- One-to-one clinical supervision of junior psychologists and trainees – Behman Hospital (2005) and Psychealth (2010 – 2026)
- Group supervision for Basic Counselling Skills Level 1 course – Behman Hospital (2005)
- Telephone supervision of independent practitioners in private practice (2005 – ongoing)
- Supervision and performance management of MA students and postgraduate diploma students
- Clinical mentoring and case formulation discussions across inpatient and outpatient settings

ACADEMIC AND TEACHING EXPERIENCE

- Professor, Postgraduate Diploma in Business Psychology – RB College UK (2021 – Present)
- Lead Trainer and Workshop Facilitator – Psychealth Services and Training: Eating Disorders, CBT, Psychosis, Children and Adolescents (2009 – Present)
- IB Psychology Teacher – Elite School, Cairo (2016 – 2017)
- Lecturer in Psychology and Head of Psychology Department – BCA College, Greece (August 2008 – August 2009)

- Lecturer, Psychology Department – Misr International University, Cairo (February – July 2007)
- Lecturer – Delta Academy of Modern Science: Introduction to Psychology and Social Psychology (March – August 2004)
- Lecturer – The American University in Cairo: General Psychology, undergraduate level (February – June 2005)
- CBT: Skills and Practice Workshop Series – ongoing since January 2004 across multiple institutions

ADVANCED PROFESSIONAL TRAINING (SELECTED)

- Maudsley Model for Short-Term Outpatient Treatment of Anorexia Nervosa – Dr. Janet Treasure, Dr. Anna Lavender, Dr. Ulrike Schmidt (London, 2003)
- Schema Therapy for Resistant Patients – Dr. Jeffrey Young (London, 2004)
- CBT Essential Skills – Dr. Christine Padesky (London, 2003)
- Trauma Therapy for Complex PTSD and Imagery Rescripting – Dr. Marcia Degun (London, 2002 – 2003)
- Motivational Interviewing – UKCP-accredited, Omar Nafie (Behman Hospital, 2005)
- Group Therapy for Addiction – Tim Lighton, Clouds Treatment Centre UK (2004)
- The Deadly Triad: Borderline Personality Disorder, Substance Misuse and Suicidal Behaviour – Dr. Aaron Beck, EABCT Congress (2004)
- Eating Disorders Clinical Updates – Dr. Christopher Fairburn (London, 2002)
- Brief Solution-Focused Therapy – City University London (2002)
- Cognitive Analytical Therapy – City University London (2002)
- Risk Assessment and Management in Patients – American University in Cairo Counselling Centre (2005)
- CBT for Couples and Families; CBT with Difficult Patients; Case Formulation; CBT for Psychosis – EABCT Congress (Greece, 2005)
- Total Quality Management and Introduction to ISO 9001/2000 – Behman Hospital (2005)
- Training in LD and ADHD – Dr. Nancy Harjani Psy.D (1999)
- Practitioner Skills Training for Eating Disorders – National Centre for Eating Disorders, Dr. Deanne Jade (2001)
- Essential Obesity – National Centre for Eating Disorders, Dr. Deanne Jade (2004)

RESEARCH PROJECTS

The Prevalence of Opioid Iatrogenic Dependence in Patients with Chronic Pain Syndrome

Institute of Psychiatry, King's College London, National Addiction Centre | Supervisors: Dr. Kim Wolff and Dr. Adam Winstock

Burnout Syndrome, Coping Strategies and Preventative Methods in Counselling Psychologists Working in Mental Health Services

City University, London | Supervisors: Stuart Menzies and Dr. Malcolm Cross

LANGUAGES

- English – Fluent (Written and Spoken)
- Arabic – Fluent (Written and Spoken)
- Greek – Native
- French – Very Good (Written and Spoken)
- Italian – Good (Spoken)

TECHNICAL SKILLS

- Microsoft Office Suite: Word, Excel, PowerPoint
- Statistical Software: SPSS, NVivo
- Clinical Records Management and Confidential Documentation Systems
- Internet and telehealth platforms

References, supporting documentation, and full training portfolio available upon request.