

Amina Osei

ASSISTANT PSYCHOLOGIST



CONTACT

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PROFILE

Psychology graduate from the University of Bath with research experience in adolescent mental health and 8 months of direct clinical contact as a mental health support worker. Skilled in psychometric assessment administration, outcome measure scoring, and thematic analysis. Co authored a poster presented at the British Psychological Society annual conference. Seeking an NHS Band 4 assistant psychologist role in adult or adolescent mental health services.

EXPERIENCE

Jan 2025 – Present

Mental Health Support Worker, Avon and Wiltshire Mental Health Partnership NHS Trust, Bath

Support worker in a community mental health team, providing structured support to adults with anxiety, depression, OCD, and PTSD.

- Managed a caseload of **6 service users**, conducting weekly one to one wellbeing check ins and documenting progress in the electronic patient record (RiO)
- Co facilitated a **6 week anxiety management group** with a clinical psychologist, supporting 10 participants per cohort
- Administered outcome measures including the **PHQ 9, GAD 7, and CORE 10** at assessment and discharge, scoring and entering data for 35 clients
- Supported **4 service users** through guided self help CBT workbooks under the supervision of a psychological wellbeing practitioner

Jun 2024 – Dec 2024

Research Assistant, University of Bath, Department of Psychology, Bath

Research assistant on a study investigating CBT outcomes for adolescents with generalised anxiety disorder, supervised by Dr Helen Price.

- Recruited **45 participants** from local CAMHS services and schools, managing consent processes and screening questionnaires
- Administered and scored standardised assessments including the **RCADS, SDQ, and SCAS** for all participants at 3 time points
- Coded **28 qualitative interview transcripts** using thematic analysis in NVivo, identifying 5 key themes
- Co authored a **poster presentation** at the BPS Annual Conference 2024, summarising preliminary findings from the first 30 participants

EDUCATION

Sep 2021 – Jun 2024

BSc (Hons) in Psychology (BPS Accredited), University of Bath, Bath

Upper Second Class Honours (2:1). BPS accredited programme conferring Graduate Basis for Chartership (GBC).

- Dissertation: *Young people's experiences of CBT for generalised anxiety: a thematic analysis* — interviewed 12 adolescents and analysed transcripts using Braun & Clarke's 6 phase framework
- Relevant modules: Abnormal Psychology, Cognitive Psychology, Research Methods, Psychometrics, Developmental Psychology, Neuropsychology
- Completed a **30 hour voluntary placement** at a local IAPT service, observing assessment sessions and stepped care processes

Sep 2019 – Jun 2021

A-Levels in Psychology (A*), Biology (A), English Literature (B), Beechen Cliff School, Bath

Achieved A*AB. Received the school's psychology prize for the highest A Level mark in the cohort.

SKILLS

Psychometric Assessment (WAIS IV, WISC V, BDI II) • Outcome Measures (PHQ 9, GAD 7, CORE 10, RCADS) • Thematic Analysis (Braun & Clarke) • SPSS Statistical Analysis • NVivo Qualitative Coding • CBT Informed Interventions • Risk Assessment & Safety Planning • Clinical Report Writing • Electronic Patient Records (RiO) • Group Facilitation • Literature Searching (PsycINFO, PubMed) • Participant Recruitment & Consent • Safeguarding Adults & Children (Level 2) • Reflective Practice & Clinical Supervision

CERTIFICATIONS

Jul 2024

Graduate Basis for Chartership (GBC), British Psychological Society

Mar 2024

Mental Health First Aid (Adult), MHFA England

LANGUAGES

English (native) • Twi (conversational)

PROJECTS

Mar 2025 – Jun 2025

Service Evaluation — Waiting Times in IAPT, AWP NHS Trust

Conducted a service evaluation examining waiting times from referral to first assessment in the local IAPT service.

- Analysed **200 referral records** from a 6 month period, calculating median wait times across 4 GP cluster areas
- Found that median wait time was **23 days**, with one cluster area averaging 34 days due to staffing shortages
- Presented findings to the **service lead and 6 clinicians**, with a recommendation to redistribute caseloads across cluster areas

Jan 2024 – Apr 2024

Literature Review — Digital CBT for University Students

Independent literature review completed as part of a third year advanced research methods module.

- Systematically searched **4 databases** (PsycINFO, PubMed, CINAHL, Cochrane) and screened 380 articles against inclusion criteria
- Reviewed **18 studies** meeting criteria, synthesising evidence on the effectiveness of app based CBT for university students with mild to moderate depression
- Concluded that digital CBT showed **moderate effect sizes (d = 0.4 to 0.6)** but dropout rates averaged 42% across studies

REFERENCES

Dr Helen Price

Senior Lecturer in Clinical Psychology, University of Bath, h.price@bath.ac.uk, +44 7700 900 112

EXTRA CURRICULAR ACTIVITY

Sep 2022 – Jun 2024

Psychology Society — Welfare Officer, University of Bath

Supported psychology student wellbeing through peer support initiatives and events.

- Organised **6 peer support drop in sessions** per term, attended by an average of 12 students each
- Coordinated the society's **mental health awareness week** campaign, reaching 500+ students through social media and campus events

Jan 2022 – Dec 2024

Volunteer — Off the Record Bath, Youth Counselling Service

Trained volunteer providing a drop in listening service for young people aged 11 to 25.

- Completed **40 hours of volunteer training** in active listening, safeguarding, and boundaries
- Supported an average of **3 young people per shift** across weekly 3 hour drop in sessions over 3 years

Mar 2024 – Mar 2024

Bath Half Marathon — Charity Runner for Mind

Completed the Bath Half Marathon raising funds for Mind, the mental health charity.

- Raised **£480** through personal fundraising, exceeding the £300 target