

Name: Dr. Shabina A. Sheth

Email Address: shabinasheth9@gmail.com

Contact Number: 07043392868

Professional Title/Occupation: doctor- M.D. Psychiatry (India), MRCPsych (UK)

Organisation: Tavistock and Portman NHS Foundation Trust, London

Address of Organisation/Practice:
Tavistock Centre, 120 Belsize Lane, London, NW3 5BA

Professional Qualifications:

M.B.B.S; MD Psychiatry (IN) MRCPsych (UK)
Fellow Consultant, World Mental Healthcare Association
RCPsych MTI Fellowship in Elderly Care (2020-22)
Specialty Registrar in Child and Adolescent Psychiatry
Tavistock and Portman NHS Foundation Trust, London, UK

Courses undertaken in Play Therapy:

Play Therapy for Children with Special Needs
Play Therapy Skills (Special Needs) - ongoing

Details of any other relevant qualifications/courses taken in the field:

Have experience with different areas of child and Adolescent psychiatry.
Autism Spectrum Disorder, University of Missouri Health Care Issued Jul 2019

- Understanding Autism in the Young Child,
- Screening and Referral,
- Evidence-Based Practice and Interventions,
- Transition to Adulthood, Family and Professional Partnerships

Currently undergoing supervision in current practice: Yes

Ages catered for: Children, adolescent and adult psychiatry

Services offered:

Play therapy, counselling, psychoeducation, behavioural therapy, cognitive behaviour therapy (specifically for anxiety spectrum disorder), progressive muscle relaxation for the patients of special needs, abuse, emotional issues, behavioural problems- according to need.
Therapy for family members of children with special needs if needed.

Personal Profile:

DR. SHABINA SHETH M.B.B.S; MD Psychiatry (IN) MRCPsych (UK)

GENDER: Female

DATE & PLACE OF BIRTH: 5th May 1991; Himatnagar (Gujarat)

RILIGION: Islam

NATIONALITY: Indian

Areas of interest

- Child And Adolescent Psychiatry
- Forensic psychiatry
- Women Mental Health
- Psychotherapy

I have experience in different area of child psychiatry like autism, adhd, intellectual disability, anxiety and school refusal in children and many more. at this early age psychotherapy is very helpful and necessary apart from pharmacotherapy. so, I am using play therapy as part of behaviour modification, or to develop a rapport or to communicate with child.... as per need of child. it also depends on the mental health concern they have.