
Dr. Aakriti Peshion

MD, MRCPsych

Member of Indian Psychiatric Society

Email: peshionaakriti@gmail.com,

Mob: +919625262632

DMC No: 15413

SKILLS

8 years of experience in working with General Adult Psychiatry, Child and Adolescent Psychiatry, Eating disorders, Trauma informed Psychiatry, Forensic Psychiatry, Community Mental Health, Personality Disorders, De-addiction Psychiatry, Geriatric Psychiatry and Perinatal Psychiatry.

EDUCATION

1. MD Psychiatry (2017-2020)

Government Medical College, Srinagar, Jammu and Kashmir, India

2. MBBS (2010- 2016)

Indira Gandhi Medical College, Shimla, Himachal Pradesh, India

EXPERIENCE

1. Community CAMHS Eating Disorders Team- Hertfordshire Partnership University Trust, United Kingdom (*Speciality Doctor, July 2023- October 2024*)

As a Speciality doctor in CAMHS ED Team, I oversaw the care and treatment of 200+ young persons in the county of Hertfordshire. I led a team that provided outpatient services to a varied population of children and adolescents suffering from EDs, neurodiversity (Autism and ADHD) and comorbid conditions from different cultural and socio-economic backgrounds. As a part of a collaborative system, I also worked closely with GPs, pediatricians, gastroenterologists, emergency medical staff and social care for holistic management of children and adolescents being treated under the team.

2. Community CAMHS Eating Disorders - Hertfordshire Partnership University Trust, United Kingdom (*International Medical Fellow, February 2023- July 2023*)

This was my second posting as an IMF wherein I was introduced to the workings of a community CAMHS ED Team. In addition to understanding a different setup of another community team, I was very quick to pick up and assimilate myself in the team for smooth functioning.

3. Community Child and Adolescent Psychiatry Team- CAMHS East, Hertfordshire Partnership University Trust, United Kingdom (*International Medical Fellow, August 2022- February 2023*)

As an IMF for the first time in the NHS, I was working in a community team that was involved in the care of children and adolescents in the East of Hertfordshire. I was responsible for doing assessments in the community, providing care-coordination and collaborating with the wider network of GPs and allied healthcare professionals.

4. Institute of Human Behavior and Allied Sciences, New Delhi (*Chief Senior Resident (August 2020 till July 2022)*)

As the Chief Senior Resident, I was required to be at the fulcrum of a large clinical mental health unit, in a heavy workload specialty mental health hospital. My responsibilities broadly involved administrative and clinical coordination, which included supervising wards and outpatient services of the clinical unit, being on call and also acting as second on-call for other senior residents, coordinating with mobile mental health outreach teams, attending tribunal and court correspondence. I was also actively involved in the clinical training of post graduate psychiatry junior residents , MPhil clinical psychology students and other health professionals.

AWARDS AND PRESENTATIONS

1. Completed the National Enhanced Autism Training Programme for Psychiatrists- Royal College of Psychiatrists, London, UK- October 2024
2. Attended the Faculty of Eating Disorders Psychiatry Spring Conference 2023- Royal College of Psychiatrists, 2023
3. Complete a training on Cognitive Analytic Therapy at Cambridgeshire and Peterborough NHS Foundation Trust- January 2023
4. Attended the Autism Spectrum Disorders CPD Update 2022, Royal College of Psychiatrists 2022
5. Etiopathogenesis and Risk factors of Dementia with focus on psychological trauma- Presented as a part of seminar on Dementia, held on 27/09/2020, organized by Indian Psychiatric society, North Zone.
6. A New Disorder: Mood and Anxiety Complex of Polycystic Ovary Syndrome (MAC-PCOS), presented at the International Congress of Royal College of Psychiatrists at London on 2/06/2019.
7. Attended a workshop and certificate course on repetitive Transcranial Magnetic Stimulation (rTMS) at All India Institute of Medical Sciences (AIIMS), Delhi on 15th December 2018.
8. Attended a symposium on OCD and Related Disorders at National Institute of Mental Health and Allied Neurosciences (NIMHANS), Bengaluru, 28 & 29th October 2017.
9. Postgraduate Fellowship at the 13th Annual National Conference of Indian Association for Geriatric Mental Health (GERON 2017), 15- 16th September 2017 at Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh. Current Choices and Future Options in the Management of Dementia: A Review, presented in the 13th Annual National Conference of Indian Association for Geriatric Mental Health (GERON 2017).

REFERENCES

1. Dr. Elke Heidemann-Eggert, Consultant Child and Adolescent Psychiatrist, CAMHS Eating Disorders, Forest Lane, Kingsley Green, Radlett, Hertfordshire, United Kingdom.
Email: elke.heidemann-eggert@nhs.net
2. Dr. Kashmeera Naidoo, Consultant Child and Adolescent Psychiatrist, CAMHS East, Hertfordshire Partnership University Trust, Rosanne House, Welwyn Garden City, Hertfordshire, United Kingdom.
Email: kashmeera.naidoo@nhs.net
3. Dr. Deepak Kumar, Professor and Head of department of Psychiatry, Institute of Human behaviour and Allied Sciences, Dilshad Garden, New Delhi.
Email: dmsihbas@gmail.com
4. Dr. Amit Khanna, Associate Professor, Department of Psychiatry, Institute of Human behaviour and Allied Sciences, Dilshad Garden, New Delhi.
Email: amik1981@gmail.com, Contact: +9197773672805
5. Dr. Arshad Hussain, Professor, Department of Psychiatry, Government Medical College, Srinagar, Jammu and Kashmir, India.
Email: arshadtina@gmail.com, Contact: +917051402545