

**Name:** Dr Mani Mehdikhani

**Profession:** Consultant Clinical Psychologist

**Qualification:** CPsychol, MPhil, PGDip, BSc (Hons), DClinPsy

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**Special Interest:** Addiction Psychology, EMDR, PTSD and Trauma-Informed Care, Personality Disorder, Co-occurring Conditions

**Base:** Manchester, Southport

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### **Personal Statement, Experience and Employment:**

Dr Mani Mehdikhani is a HCPC-registered Consultant Clinical Psychologist with over 25 years of experience across NHS, third sector, and academic settings. He has held senior leadership roles within Change Grow Live (CGL), including Acting Head of Psychology, and currently leads on the psychological provisions in the Manchester Rise addiction service, delivering trauma-informed care to people experiencing homelessness, addiction, and complex trauma. Mani specialises in addiction and co-occurring mental health conditions and has been working in this field since the late 1990s. His professional background includes roles in clinical services, workforce development, governance, and strategic consultation. He brings a robust and integrative clinical skillset, offering psychological therapies including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Compassion-Focused Therapy (CFT), Solution focused Therapy, Schema Therapy, and Eye Movement Desensitisation and Reprocessing (EMDR). Whilst he is proficient in CBT (he trained in this modality for 3 years during his qualifying course at Manchester University) he tends to work in an integrative approach. His main therapy modality is EMDR. He completed his EMDR training in 2013 and obtained his EMDR accreditation in 2019. Since 2013 he has treated over 100 clients using this modality, with a total of over 400 hours of processing sessions. His main focus of work has been PTSD and C-PTSD but he has also used this approach to treat OCD, complex grief, phobias, attachment related difficulties, and trichotillomania. He regularly receives EMDR, CBT and Psychodynamic Psychotherapy supervision.

Since 2021, Mani has led psychological input for a Public Health England-funded project supporting multiply excluded individuals in Manchester. His work is grounded in trauma-informed practice and collaborative formulation. He has delivered supervision, consultation and reflective spaces to multidisciplinary teams, and maintained a strong commitment to equity, access, and psychologically safe systems.

In 2023–2024, Mani held the national post of Acting Head of Psychology (0.53 FTE) at CGL. During this time, he led strategic work on workforce planning, policy development, and clinical governance across CGL's national psychology network. He delivered supervision to Consultant Psychologists and trainees and coordinated the organisation's psychology network activities. Mani also contributed to national service design initiatives, job description benchmarking, and policies on record-keeping, digital safety, and psychological supervision.

In addition to addiction and homelessness, in the course of his career, Mani has worked across CAMHS, neurorehabilitation, and primary care, gaining experience with diverse client

groups, including young people with developmental difficulties and adults with neurocognitive impairments. He has provided expert opinion on complex cases involving trauma, safeguarding, risk, and severe mental illness.

### **Continuous Professional Development (CPD):**

A requirement of professional registration is undertaking and recording (CPD). Mani actively maintains a portfolio of professional development aligned to his clinical and leadership roles. He is an EMDR Accredited Therapist progressing toward EMDR Consultant status and regularly attends national conferences and advanced trainings. Sample examples of Mani's CPD includes:

- Working with Dissociation and EMDR
- EMDR Therapy for Personality Disorders
- Polyvagal Theory in Trauma Therapy
- Schema Therapy (7-day intensive)
- Advanced Mindfulness Teacher Training (Breathworks)
- Feedback and Supervision Training (University of Manchester)

He also holds a Postgraduate Diploma in Personality Disorder and has undertaken training in Motivational Interviewing, ITEP node-link mapping, and clinical supervision.

### **Key areas of expertise:**

- Psychological leadership in addiction and dual diagnosis services
- Trauma-informed care and complex trauma (PTSD, C-PTSD, dissociation)
- EMDR therapy with adults and adolescents
- Clinical supervision, reflective practice, and service development
- Psychological formulation and strategic case consultation
- Governance, policy development, and staff wellbeing initiatives
- Cross-sector working (health, housing, criminal justice, voluntary sector)
- Training, teaching, and conference delivery
- Research, audits and evaluations

### **Professional Affiliations:**

- Chartered Member, British Psychological Society (BPS)
- Registered Practitioner Psychologist, Health and Care Professions Council (HCPC)
- Accredited EMDR Therapist, EMDR Europe Association
- Member, BPS Faculty of Addiction
- Member, Association of Clinical Psychologists UK (ACP-UK)

### **Additional Information**

- Full UK clean driving licence
- Enhanced DBS clearance
- Mani is somewhat fluent in his native tongue Persian (Farsi)