

EDWARD SAFO (HE/HIM)

BSc PGDip BABCP
Rehabilitation Case Manager • Rehab Direct



7 years of Clinical Experience



Areas covered: London, South East, East of England, East Anglia, East Midlands



Ages treated: Adults and adolescents aged 16 and above

Conditions/Specialisms

• Orthopaedic Injury • Chronic Pain • Spinal Injury • Anxiety • Depression • ADHD • Addictions • Road Traffic Accidents

Profession

Cognitive Behavioural Therapist

Education and Training

BSc Mental Health Nursing

PGDip Cognitive Behavioural Therapy

Psychiatric Nursing

Long-term health conditions

ADHD training

Memberships and Affiliations

BABCP - 180557

Biography

Edward is an experienced Cognitive Behavioural Therapist with an extensive history of working with people with mental and physical health problems. He has a compassionate and thoughtful approach to assessment and works with patients of all ages, including children and older people, within inpatient and outpatient settings.

Edward has held a significant and complex caseload of clients throughout his career and has been able to assess clients from numerous perspectives, providing a clear and holistic understanding of the needs of individuals. As a CBT, he has experience in liaising with other professionals such as GP's, psychologists, and low intensity workers. Edward uses the Nursing process, which includes assessment, diagnosis, planning, implementation, and evaluation.

Throughout his time working as a Substance Misuse Worker, he would facilitate 12-week CBT programs on Anxiety, Depression, Recovery, Acceptance, Rumination, Worry, panic disorder, assertiveness and sleep, as well as leading substance and alcohol misuse groups.

Edward always strives to improve his knowledge base and skills by attending mental health courses, and has most recently trained in ADHD, giving him an understanding of clients who may be misdiagnosed with an anxiety disorder.

** Please note that following an INA or similar assessment, any ongoing case management may be completed by one of our experienced in-house case managers via remote / desktop support.*