

Jakub Polak

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Professional Profile

A dedicated and proactive professional who combines an impressive educational skill set with extensive experiences working in Research Assistant, Assistant Psychologist and Brain Injury Support Worker roles. Demonstrates strong psychological expertise with a proven ability to apply theoretical knowledge and use appropriate methodology to collect and analyse data in various research designs. Possesses excellent organisational, presentation and communication skills.

Objective

Currently looking for a research assistant position in order to develop my theoretical background, analytical skills and methodological expertise when studying challenging psychological phenomena.

Career Summary

07/2013 - Present Assistant Psychologist Birmingham and Solihull Mental Health NHS Trust, Birmingham

- Undertaking assessments of neuropsychological status and function, personality, beliefs, attitudes, behaviour, and/or emotional function using standardised psychometric instruments (MCMI-III, WAIS-IV, WMS-III, ADS)
- Assisting qualified psychologists in scoring, analysis, interpretation and reporting of psychological assessments undertaken with clients
- Assisting in the formulation of the client's difficulties and in the planning and delivery of care plans involving the psychological treatment and/or management of the client's problems in in-patient/residential and outpatient settings
- Delivering therapeutic interventions developed or guided by the qualified psychologist for individual clients based on various therapeutic models (CBT, REBT, DBT)
- Supporting qualified psychologists in governance, audit, research and clinical administrative activities, collecting, collating and analysing data, writing and presenting reports and assisting in project development under the guidance of the psychologist

04/2012 – 07/2013 Brain Injury Support Worker Sweet Tree Home Care Services, London

- Carrying forward several rehabilitation programmes covering both cognitive and physical impairment
- Assisting with general ad-hoc administrative duties including budgeting, correspondence as well as managing appointments
- Supporting patients with their emotional and anger management issues
- Supporting with activities of personal care and daily living including domestic duties
- Sourcing employment opportunities and liaising with potential employers to help clients get in to work
- Acting as a mediator whilst liaising with families, friends, advocates, external agencies and the management team

**10/2012 – 02/2013 Assistant Clinical (Forensic) Psychologist/Research Assistant
University of Kent, Canterbury**

- Assisting with implementing a new group treatment for fire setters within secure establishments
- Assisting an HPC registered psychologist with psychometric assessments (e.g., Novaco Anger Scale, Fire Interest Scale) of potential clients for the group in order to highlight potential treatment needs and suitability for the new treatment programme
- Co-facilitating group sessions, delivering individual consultations
- Writing various reports, documenting treatment progress
- Collecting data for research purposes, keeping database up-to-date
- Assisting with communicating all assessments and outcome to multidisciplinary professionals involved in the management of each client

**05/2011 – 02/2012 Assistant Psychologist
Oliva's Children's Clinic, Ricany, Czech Republic**

- Conducting complex psychological assessment of children's personality, emotions, social relations, cognitive performance, behaviour, abilities or needs
- Using diagnostic interviews, observations, psychometric tests - IQ test WISC-III, Eysenck's personality questionnaire, projective drawing tests and the Bene-Anthony Family Relations Test to professionally diagnose patients
- Providing educational and psycho-sociological consultancy to parents and recommending suitable treatment programmes after assessment
- Providing individual psychotherapy to abused and neglected children, treating anxiety, depression, learning disabilities, psychoses, self-harming, aggressive behaviour

**09/2009 – 02/2011 Research Assistant in Psychology
Charles University, Department of Psychology, Czech Republic**

- Interviewing and psychological testing of young prisoners, psychiatric patients and non-clinic adult population for qualitative and quantitative research
- Researching in evolutionary (correlates of cheating), forensic (mental mapping of criminal behaviour), and social psychology (loafing in cooperative groups)
- Performing psychometric analyses, developing tests and questionnaires, proposing research design/methodology
- Working with literature sources, writing systematic reviews, reports, reviewing manuscripts
- Publication in a peer reviewed journal on evolutionary psychology of mother-child relationship

Education and Qualifications

- MSc:** Psychology (1st) – Charles University in Prague (2010)
1 semester completed at Tampere University, Finland
- BSc:** Psychology (1st) – Charles University in Prague (2006)
- A-Levels:** Biology A, Chemistry A, Czech A and English B
- Memberships:** Graduate member of The British Psychological Society (MBPsS, GBC)

Personal Details

- Other:** Driver; full clean licence
- Languages:** Czech (native speaker), English (fluent), French (advanced)
- IT Skills:** Advanced user of Word, Excel, PowerPoint, Photoshop, SPSS, Statistica, R
- Interests:** Movies, reading, hiking, snowboarding and playing table tennis

REFERENCES ARE AVAILABLE ON REQUEST