



The Sloane Court Clinic

A private clinic in Chelsea, London providing psychiatric and psychological care.

The Sloane Court Clinic
11 Sloane Court West
London SW3 4TD

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Curriculum Vitae

Prof Eleni Palazidou MD PhD MRCP FRCPSYCH

Present Appointment

Consultant Psychiatrist
Sloane Court Clinic June 2012 – to the present

Professor in Psychiatry October 2014 – to the present
St George's University London, Medical School University of Nicosia

Senior Lecturer - Visiting (previously honorary) 1993- to the present
Barts & The London School of Medicine, Queen Mary University, London

Immediate Past Appointment

Consultant Psychiatrist October 1992 – November 2010
(Hon)NHS Consultant Psychiatrist March 2011 - January 2013
East London Foundation Trust
Tower Hamlets Centre for Mental Health
1st Floor Burdett House
Mile End Hospital
Bancroft Rd
London E1 4DG

Past Positions

1: Research

Research Fellow 1985 -1990
Institute of Psychiatry,
De Crespigny Park,
London, SE5 8AF

2: Training in Psychiatry

SHO, Registrar, and Senior Registrar, Acting Consultant, Maudsley Hospital - 1981 – 1992

3: Training in Medicine

Senior House Officer/registrar in:

General Medicine and Neurology (including Spinal Injuries) 1974 -1981
St James Hospital Leeds/ Leeds General Infirmary/ Wakefield Hospital

Professional Qualifications

MD (Hons) Medical Academy of Sofia 1973

MRCP (UK) (Membership of the Royal College of Physicians) 1979

MRCPsych (Membership of the Royal College of Psychiatrists) 1984

PhD University of London 1991

FRCPsych (Fellowship of the Royal College of Psychiatrists) 2006

Professional Affiliations and Professional Development

- GMC specialist registration number 2695345
- Medical Protection Society (medical indemnity insurance)
- Registered at the Royal College of Psychiatrists for Continuous Professional Development
- Appraised annually
- Listed on the UK Register of Expert Witnesses
- Royal Society of Medicine
- British Association of Psychopharmacologists
- British Neuropsychiatry Association
- Chair - Hellenic Psychiatric Association (UK)
- Hellenic Medical Society (UK)
- Member of Research Ethics Committee – S London
- Member of the Editorial Board of following journals:
 - Medical grand rounds website – Psychiatry section
 - British Journal of Psychiatry-International

Field of NHS Practice (up to November 2010)

- Adult General and Community Psychiatry including the day to day management of schizophrenia and other psychotic conditions, mania, major depression, organic psychiatric disorders, anxiety disorder, other general psychiatric conditions and resistant to treatment mood (affective) disorders and psychosis.

Fields of Psychiatric Expertise

- Adult General Psychiatry, including schizophrenia, mania, depression, bipolar disorder and anxiety disorders.
- Organic psychiatric disorders.
- Drug treatments, efficacy, side-effects etc

Principal Research Interests

- Neurobiology of Mood (affective) disorders – depression, mania, bipolar disorder
- Psychopharmacology (drug treatments in psychiatry, in particular affective disorders and psychosis)

Teaching and Education

I lecture on a regular basis on:

- Mood Disorders and Psychopharmacology - MRCPSYCH course East London Foundation Trust and University College Hospital, London
- Mood Disorders and Psychopharmacology - 2nd and 4th year medical student course Barts & The London School of Medicine, Queen Mary University

- Psychopharmacology - MSc course in 1)Child Health and in 2)Adult Psychiatry at University College Hospital.
- All subjects in psychiatry – St George’s University London, Medical School University of Nicosia
- MSc in Family Medicine – Module lead in Psychiatry - St George’s University London, Medical School University of Nicosia

Selection of recent Publications:

Palazidou E (2009) Quetiapine: a new option in Bipolar Depression Future Prescriber 10(4):9-14

Palazidou E (2010) Pharmacological treatment of mental disorders In: Essential Psychiatry in General Practice. Quay Books Division MA Healthcare Ltd, London UK.

Palazidou E (2012) The neurobiology of depression Brit Med Bull 101(1): 127-145

Lionis C, Zizzo P, Parmentier H, Spiegel W, Palazidou E, Kamenski G, Al-Khatami A Sandrelli S (2012). History taking and investigations in primary care mental health In: Companion to primary care mental health. Ed Gabriel Ivbijaro , Radcliffe Pub

Palazidou E (2013) Mentally ill parents – the psychiatrist’s perspective & role. In: Out of the Mainstream: helping children of parents with mental illness Ed Rosemarie Loshak, Routledge East Sussex.

May J, Hickey M, Triantis I, Palazidou E, and Kyriacou PA (2015) Spectrophotometric analysis of lithium carbonate used for bipolar disorder. Biomed Optics Express 6(3):1067-1073

Palazidou E Traditional and novel possible targets for antidepressant drugs In: Herbal medicine in depression: From traditional medicine to innovative drug delivery. Ed C Grosso Springer publ (subm)

Medico-legal Experience

- I have over 25 years’ experience of medico legal work involving writing reports (for plaintiff, defendant and joint instructions) and giving evidence in Court. I have acted as an Expert Witness primarily, but not exclusively, in **criminal** law cases acting roughly in equal proportions, **civil law** including personal injury, clinical negligence and **family** law cases as a joint expert and have given evidence in Court.
- I have experience in clinical negligence matters.
- I also have some experience in preparing reports for cases involving **refugees and asylum** requests.
- I am listed on the UK Register of Expert Witnesses.

Relevant Special skills (medico-legal work):

My special expertise areas in addition to **General adult psychiatry** (psychosis, schizophrenia, anxiety disorders etc) are:

1. The assessment and treatment of **mood disorders** (depression, mania, bipolar disorder/manic depressive disorder)
2. **Drug treatments** in mental illness – mechanisms of action of drugs, effectiveness/side effects
3. I have expertise in the assessment of General psychiatric disorders, and **general psychiatric disorders associated with co-morbid alcohol and drug dependence.**

I have fairly in depth knowledge of the **Somali culture and mental health** issues within this population – I have worked with Somali patients for the last 20 years and have close links with the Somali community locally as well as nationally and internationally.
