



SPECIALISMS

Anxiety
Antisocial Behaviour
Bereavement
Bipolar
Capacity
Chronic Pain
Cultural Diversity
Custody
Depression
Domestic Violence
Drug/Alcohol/Substance Misuse
Eating Disorder
Fabricated Illness
Historic Sex Abuse
Military
Mood Disorder
Munchausen
Neglect
Non-Accidental Injury
OCD
Paedophilia
Pain Management
Perinatal
Personality Disorders
Postnatal Depression
Psychosexual
Psychosis
Psychosomatic
PTSD
Risk
Schizophrenia
Self Harm
Sex Change
Sex Offenders
Sexual Abuse Victims
Sexual Harassment
Suicidal Ideation
Tourette's
Trafficking
Trauma
Victims of Torture

CASE TYPES

Clinical Negligence
Court of Protection
Coroner's Reports
Criminal
Disability Discrimination
DOLS (Isle of Wight)
Employment Tribunal
Fitness to Plead
Housing
Immigration & Asylum
Litigation Capacity
Occupational Health
Personal Injury
Road Traffic Accident
Testamentary Capacity

MEDICO-LEGAL EXPERIENCE & SPECIAL INTERESTS

Psychological consequences of trauma, including:

- Road Traffic Accidents
- Workplace Injuries
- Personal Injury
- Assaults
- Medical/Clinical Negligence

Criminal Justice:

- Offender assessments including prison visits (Isle of Wight Only)
- Fitness to plead/interview and appear for detention
- Fitness for detention

Employment / Occupational Health:

- Incapacity
- Disability Discrimination Act (DDA)
- Disciplinary
- Bullying and work related stress
- Pensions
- Early retirement on psychiatric grounds
- Permanent Health Insurance claims
- Ancillary relief claims

Immigration and asylum

Housing:

- Vulnerability
- Disability (DDA)

Approximately 200 reports completed per year

QUALIFICATIONS:

- MBBS MRCPsych MSc (Distinction)
- I am a medical graduate of Kings College London where I qualified Bachelor of Medicine and Bachelor of Surgery in 2000
- I am registered with the General Medical Council (No. 4745149)
- I obtained the higher degree of Master of Science following study & research in psychological approaches to health & management
- I am a Member of the Royal College of Psychiatrists
 - I am Section 12 approved under the Mental Health Act



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PROFESSIONAL AFFILIATIONS:

- Healthcare Advisory Board (No. 3004967)
- Royal College of Psychiatrists, United Kingdom (No. 810652)
- General Medical Council, United Kingdom (No. 4745149)
- Medical Protection Society (No.264601)
- British Medical Association (No. 8005522)

CLINICAL TRAINING AND EXPERIENCE

- Following House Physician appointment at the Royal Berkshire Hospital, Reading and House Surgeon appointment at the William Harvey Hospital, Ashford I undertook my general professional training as a Senior House Officer in Psychiatry at the St Mary's Hospital, London scheme from 2002 to 2005 and my higher training as a Specialty Registrar in Psychiatry at the St Mary's Hospital, London scheme, from 2006 to 2010
- In 2010, I was appointed Consultant Psychiatrist at Hertfordshire Partnership NHS Foundation Trust
- In 2014, I was appointed Consultant Psychiatrist for the Isle of Wight NHS Trust
- I have been in independent practice since 2010 offering private consultations and preparing medico-legal reports on both criminal and civil cases.

PUBLICATIONS:

- Sochos A and Bowers A (2012) Burnout, occupational stressors, and social support in psychiatric and medical trainees, *Eur. J. Psychiat.* 26(3), 196-206.
- Sochos, A., Bowers, A., & Kinman, G. (2012). Work stressors, social support, and burnout in junior doctors: exploring direct and indirect pathways. *Journal of Employment Counselling*, 49, 62-73
- Bowers, A., Sochos, A. (2011). Work stress, social support, and burnout in junior doctors: A cross-sectional study. *European Psychiatry*, 26, 1578.
- Bowers, A.R. and Aldouri, E. (2011) Creating Efficiencies in the Acute Care Pathway: The Rapid Assessment, Treatment and Discharge Approach. *Mental Health Review Journal*, 16 (2), 50 – 55.
- Bowers, A.R. (2011) Clinical Risk Assessment and Management of Service Users. *Clinical Governance: an International Journal*, 16(3), 190 – 202.
- Bowers, A.R. (2009) GP's and early intervention in psychosis. *Psychiatric Bulletin*, 33(8), 314.
- Bowers, A and Burnett, F. (2009) Developing, delivering and evaluating training sessions for primary care mental health link workers. *World Psychiatry*, 8:S1, 293.
- Bowers, A and Burnett, F. (2009) Developing, delivering and evaluating training sessions for primary care mental health link workers. *Mental Health Nursing*, 29(1), 10-12.
- Bowers, A. (2008) Psychosocial and Biological Interventions in the Management of Mood Disorders. *Priory Medical Journal*. See: http://www.priory.com/psychiatry/Mood_Disorders.htm (accessed 15th May 2009)
- Bowers, A. (2008) Psychotropic medicines in residential care facilities. *New Zealand Journal of Medicine*, 121(1277), 99.





PUBLICATIONS Contd.

- Calliess, I., Treichel, K. and Bowers, A. (2008) Association of European Psychiatrists. *International Psychiatry*. 5 (3), 77.
- Bowers, A., Phillips, P. and Burnett, F. (2008) Prescription Errors in Psychiatry. *Priory Medical Journal*. See: www.priory.com/psychiatry/prescribing_errors.htm (accessed 15th May 09)
- Bowers, A., Novelli, S., Morris, L., Knott, M., Freedman, J., Lousley, W., Farrow, J. and Burnett, F. (2008) Mental Health and Wellbeing Review for Severe Mental Illness Register Patients: A Feasibility Study. *Primary Care & Community Psychiatry*, 13 (4), 162-167.
- Bowers, A.R. and Hughes, L., (2021). Craniopharyngioma presenting with psychiatric symptoms: a case report. *Progress in Neurology and Psychiatry*, 25(3), pp.18-2
- Sochos A and Bowers A (2012) Burnout, occupational stressors, and social support in psychiatric and medical trainees, *Eur. J. Psychiat.* 26(3), 196-206.
- Sochos, A., Bowers, A., & Kinman, G. (2012). Work stressors, social support, and burnout in junior doctors: exploring direct and indirect pathways. *Journal of Employment Counselling*, 49, 62-73
- Bowers, A., Sochos, A. (2011). Work stress, social support, and burnout in junior doctors: A cross sectional study. *European Psychiatry*, 26, 1578.
- Bowers, A.R. and Aldouri, E. (2011) Creating Efficiencies in the Acute Care Pathway: The Rapid Assessment, Treatment and Discharge Approach. *Mental Health Review Journal*, 16 (2), 50 – 55.
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- Bowers, A.R. (2009) GP's and early intervention in psychosis. *Psychiatric Bulletin*, 33(8), 314.
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- Bowers, A. (2008) Psychosocial and Biological Interventions in the Management of Mood Disorders. *Priory Medical Journal*. See: http://www.priory.com/psychiatry/Mood_Disorders.htm (accessed 26th Sept 2021)
- Bowers, A. (2008) Psychotropic medicines in residential care facilities. *New Zealand Journal of Medicine*, 121(1277), 99.
- Calliess, I., Treichel, K. and Bowers, A. (2008) Association of European Psychiatrists. *International Psychiatry*. 5 (3), 77.
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- Bowers, A., Novelli, S., Morris, L., Knott, M., Freedman, J., Lousley, W., Farrow, J. and Burnett, F. (2008) Mental Health and Wellbeing Review for Severe Mental Illness Register Patients: A Feasibility Study. *Primary Care & Community Psychiatry*, 13 (4), 162-167.
- I sit on the editorial advisory board for the academic journal, *Progress in Psychiatry and Neurology*.
- I am a contributor to the following book:
Fast Revision for the MRCPsych CASC Exam (MasterPass) by Gideon Felton. Radcliffe Publishing Ltd, 33–41 Dallington Street, London, EC1V 0BB, United Kingdom.