Dr Alexis Bowers

MBBS MRCPsych MSc (Distinction) Consultant in General Adult Psychiatry



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

Historic abuse

Multiple cases both in a medico-legal setting & via my core NHS work

Housing:

Vulnerability and 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

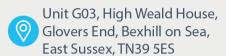
NOTABLE YEARS

Year of Qualification 2000 Date Medico Legal work started: 2010 Year first appointment as a Consultant











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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)

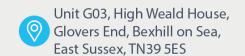
CLINICAL TRAINING AND EXPERIENCE

- 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.





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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.
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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 Septr 2021)
- Bowers, A. (2008) Psychotropic medicines in residential care facilities. New Zealand Journal of Medicine, 121(1277), 99.
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 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.





