



## SPECIALISMS

Historic Sex Abuse  
PTSD  
Psychological Trauma  
Victims of Torture

## CASE TYPE

Clinical Negligence  
Historic Sexual Abuse  
Personal Injury  
Road Traffic Accident  
Disasters  
Blue Light Services  
Class Actions

### CURRENT POST:

- Visiting Professor - Institute of Psychiatry, Psychology and Neuroscience at Kings College London and Kings Centre for Military Health Research
- Honorary Consultant Advisor to the Board - Combat Stress Nov 2024

### IMMEDIATE PRIOR POST

- Director of Research and Training & Consultant Psychiatrist Combat Stress. Appointed August 2020—November 2024
- Medical Director and Consultant Psychiatrist to Combat Stress the National Charity for Combat Veterans and Ex-Servicemen's Mental Health, (June 2007—August 2020).
- Responsible Officer to Combat Stress Designated Body – 2013 – August 2020.

### OTHER INFORMATION

- Mental Health Act Section 12 (2) Approved.
- Appointed Consultant Psychiatrist Oct 1994.
- General Medical Council (UK) - Full Registration (No 2818245) 1984
- Revalidation date January 2030.

### AWARDS

- **Forces in Mind Research Centre 2024—Lifetime Achievement Award. 13<sup>th</sup> May 2024.** *“For playing pivotal role in advancing research involving UK Veterans and developing clinical mental health services for the Veteran community”.*
- **Soldiering On Through Life Trust. Lifetime Achievement Award Awarded to Dr Walter Busuttil 23<sup>rd</sup> April 2016.** *“Lifetime Achievement Award To recognize a person or group who, through a lifetime of service, has provided a significant contribution in support of the Armed Forces”. 34 years of help to the Military Family.*
- **The Charity Awards: Healthcare and Research category – Winner Combat Stress. June 2016** - *This award was won for the clinical design and clinical outcomes and research publications relating to the six week intensive treatment programme. I designed and set up this treatment programme and achieved NHS National Specialised Commissioning funding of £20million+ funding since 2011-2018; led this clinical service since its inception. In addition, I set up the Combat Stress research department and link to Kings College Centre for Military Health in 2014.*
- **Care of Veterans Award from Military and Civilian Health Partnership Awards 2013.** (North Essex Mental Health Network in Collaboration with Combat Stress and Ministry of Defence Mental Health Services (21<sup>st</sup> May 2013). I set up this collaboration with North Essex Mental Health Trust and the Department of Community Psychiatry based at Melville Barracks Colchester.
- **Appointed Lifetime Member of the Association of Psychiatry of Malta. 2019**





## **PROFESSIONAL QUALIFICATIONS**

- Bachelor of Medicine & Surgery, University of Manchester 1983.
- Member of the Royal College of General Practitioners 1988.
- Accredited Vocational Training in General Practice 1989.
- Member of the Royal College of Psychiatrists 1991.
- Accredited Higher Training in Psychiatry Oct 1994.
- Masters Degree in Psychology, University of London 1995.
- Fellow of the Royal College of Psychiatrists 2009

## **AFFILIATIONS & HON APPOINTMENTS**

- Member Five Eyes Mental Health Research and Innovation Collaborative (MHRIC) 2018—current.
- Chair of Contact Group Quality Group 2020-2023; and Accreditation Committee Chair 2023—current (NHS Third Sector and RCPsych veterans' services).
- NHS England Armed Forces Clinical Reference Group Member Feb 2021 - current.
- NHS England Armed Forces Clinical Reference Group Psychiatry Task and Finish Group 2015- Jan 2021.
- Member of the International PTSD Innovative Treatment Working Group 2021—2022
- Responsible Officer to Combat Stress Designated Body. General Medical Council May 2013 – August 2020
- Chair of the UK Trauma Group May 2009 – December 2013 (UKTG).
- Member of the International Society for Traumatic Stress Studies (ISTSS) 1992 - current.
- Member of the European Society for Traumatic Stress Studies (ESTSS) 2008-2015.
- Founder Board Member of the UK Psychological Trauma Society (UKPTS) May 2008 – 2013.
- Member of the UK Trauma Group (1998-2013) – spokesperson for War Veterans; Member of the Complex PTSD and Treatment Guidelines working party.
- Member of ESTSS Task Force for UK Uniformed personal and Combat Veterans 8<sup>th</sup> May 2008 - 2013.
- Member of Medical Advisory Committee for the British Branch of the World Veterans Federation 2007- 2019.
- Member of the World Veterans Federation working party on PTSD 2009-2019.
- Hon Consultant Psychiatrist to The Richmond Foundation, Malta (2010—current).
- Member of Diocesan Panel for the selection of priests in to the Catholic Church Womersley Seminary 2010—2022.
- Member of the Child Protection Advisory Panel to the Roman Catholic Diocese of Arundel and Brighton 2001—2002 .

## **PREVIOUS CONSULTANT POSTS**

- Director of Medical Services and Consultant Psychiatrist at Combat Stress. June 2007—August 2020
- Responsible Officer to Combat Stress. 2013 to August 2020
- Medical Director and Consultant Psychiatrist 'The Dene', Medium Secure Hospital for Women, Hassocks, West Sussex. (Partnerships in Care Group). Lead Clinician for Personality Disorders and Trauma Unit (Sept 1997 - June 2007).
- Consultant Psychiatrist: Co-Director, Trauma Service - The Priory Ticehurst House Hospital. November 1997 - September 2004.
- Head of the Royal Air Force Community Psychiatric Department for East Anglia (RAF Marham). April 1995 - August 1997.
- Consultant Psychiatrist Royal Air Force Community Psychiatric Department for Western Region (RAF Hospital Wroughton). December 1994 - March 1995.



## VOCATIONAL TRAINING IN PSYCHIATRY ROYAL AIR FORCE TRAINING SCHEME

- Higher Psychiatric Training (1991 - 1994), and General Professional Psychiatric Training (1989 - 1991) included two six-month jobs in Psychological Trauma (Royal Air Force Training Scheme with placements at Littlemore Hospital Oxford, and The Maudsley Hospital London).

## TRAUMA CLINICAL WORK; SERVICE DEVELOPMENT AND RESEARCH

- Between 2007 and 2020 I set and led the national clinical strategy and clinical service design for Combat Stress.
- I have worked in collaboration at all levels of Government including the Ministry of Defence, Department of Health (England and Scotland primarily) and Justice Department through the House of Commons Veterans in the Criminal Justice System Group (2010-14).
- I was a member of the Scottish Trauma Advisory Group from 2010 to 2019 advising Government PolicyMakers and commissioners about Traumatic Stress services nationally across Scotland.
- Set up and led Clinical Governance Structures across Combat Stress 2007-2020.
- I was Responsible Officer for Combat Stress as a Designated Body (2013-2020) registered with NHSE and the GMC; as Responsible Officer I ensured appropriate structures were in place for the appointment and appraisal and revalidation of doctors employed by Combat Stress in accordance with GMC and NHSE national Guidelines.
- Awarded National Specialised Commissioning (13 March 2011) from the NHS England (£20 million 2011-2018) to set up a six-week residential programme which I designed to treat 224 veterans per year suffering from severe and co-morbid presentations of PTSD across England.
- Awarded £1.2 million from NHS Scotland pa from 2010 (current) for provision of mental health services including a residential six-week treatment programme for treating severe PTSD to Scottish Veterans.
- In April 2013 my bids were awarded £2 million from LIBOR and £267,000 from the Scottish Lottery for the setting up of a Case Management Programme for Veterans suffering from Alcohol and Illicit Substance Misuse Disorders which comprised a multi-agency clinical pathway incorporating community alcohol and illicit drug case management service nationally.
- Developed further group programmes to address anger, domestic violence, chronic pain and PTSD, alcohol and drug misuse and PTSD. I have presented clinical, psychometric and audit findings to NHSE national specialist commissioners and Armed Forces Commissioners, commissioners from the Scottish Mental Health and to the clinical lead on veterans on Veterans.
- I have also helped to develop a wellbeing and rehabilitation clinical pathway.
- I have produced clinical strategy papers on the clinical management of alcohol and illicit drug use in veterans, Reservists, and also for the Al-Sweady military Enquiry which comprise self-help leaflets and directions for court officials as well as mapping a support and clinical pathway for vulnerable military and veteran witnesses.
- In my role as Director of Medical Services I liaised directly with Ministers and MPs as well as Scottish MEPs to shape national mental health services for Veterans including with the Prime Minister in August 2010.





- I gave evidence at the Defence Select Committee at Portcullis House on 24 April 2018 about the mental health needs of Veterans.
- I helped to set up a strategic partnership between the DoH and MOD with Combat Stress signed Jan 2010 and Feb 2013.
- Through my clinical strategy and my participation, I helped promote and raise £30 million launched by our Patron HRH the Prince of Wales on 12 March 2010. This Appeal called 'the Enemy Within' funded our national multidisciplinary clinical teams (14 clinical teams and further welfare professionals) working with Veterans who served in the Territorial Military services. This community service is based on my clinical strategy.
- I have worked with the DoH to set up the new Combat Stress national telephone help line in collaboration with 'Rethink' and more latterly Connect Assist. This help line has been widely accepted and now has taken around 20,000 calls annually.
- Helped to set up and support and evaluate six pilot NHS clinical services for Veterans funded by the MOD 2007-2010.
- Member of the British Branch of the World Veterans Medical Advisory Committee which also advises the Royal British Legion and the Confederation of British Servicemen and Ex-servicemen's charities (COBSEO) 2007-2020.
- Member of the House of Commons working party for Veterans within the Criminal Justice System 2010-14.
- Met with, presented to, and advised our Patron HRH Prince of Wales on mental health issues concerning Veterans and other groups, on a regular basis.
- Collaborated with the Royal British Legion, Help for Heroes, RAF Association, Soldiers Sailors Forces Association (SSAFA) and other national veterans' charities.
- Set up a Research Department at Combat Stress linked to the Kings Centre for Military Health Research headed by Professor Sir Simon Wessely President of the Royal College of Psychiatrists in 2014. Since its inception this department has published over 60 papers since 2014 in first class peer reviewed journals including the BMJ. I lead the research strategy and participate in internal, national and international research studies into veteran's mental illness including PTSD.
- I have worked in partnership with the NHS in England, Scotland and Wales and Northern Ireland, the Ministry of Defence the Royal British Legion and Help for Heroes.
- I regularly liaise on a national basis at the highest levels with the NHS, MOD, War Pensions; other charitable ex-servicemen's agencies, and nationally renowned research centres on a regular basis. I am helping to lead the development and upgrading of intervention protocols for veterans including PTSD nationally. I regularly see patients in clinic where I assess and treat patients. I am actively involved in research studies into veteran's mental illness including PTSD.
- While at the Dene I led the development of specialised services for women including an inpatient Personality Disorders & Trauma Unit for which I was lead clinician; a Psychosis Unit, an Intensive Care Unit & Rehabilitation Unit. The personality disorders unit treated women who were victims of multiple childhood traumas. Treatment approaches included a community therapeutic milieu incorporating principles of interactive psychoeducation, Dialectic Behaviour Therapy, psychodynamic therapy and trauma focussed →



→ cognitive behaviour therapy and eye movement desensitisation and reprocessing (EMDR). I was part of the Senior Management Team running the hospital that was expanded and which included the setting up of a low secure 21 bedded hospital. I reformed and lead clinical governance. I also reformed and line managed the psychology and psychotherapies department.

- From November 1997 to September 2004, I set up and led a new unit at Ticehurst House Hospital for the treatment of victims of repeated psychological trauma and Complex PTSD using group psychotherapy, and cognitive techniques. Treatment outcomes were published in peer review literature.
- Masters Thesis (1995) in Psychology proposed the use of various psychological interventions for the prevention of Traumatic Stress Disorders in Emergency Workers and Military Organisations.
- Part of the RAF Traumatic Stress Disorders Team that treated the British hostages released from Lebanon in 1991 and the British prisoners of the Gulf War.
- Part of the RAF PTSD Unit which pioneered the use of new assessment techniques for the victims of traumatic stress, and the novel use of Group Therapy Techniques in the treatment of established Post Traumatic Stress Disorder 1990 - 1993. Outcome and assessment studies were published in peer review literature.
- Research in Post Traumatic Stress Disorders has resulted in around 75 peer reviewed academic publications: co-author and main author of several academic papers, articles, letters and eleven book chapters in leading psychological trauma American, British and Australian textbooks on PTSD and personality disorders.
- Journals published included the Journal of the Royal College of Psychiatrists, Psychological Medicine, Journal of Traumatic Stress, Bulletin of the Royal College of Psychiatrists, International Journal of Geriatric Psychiatry, Psychiatry; Nursing Times, Journal of the Sexual and Relationship Therapy. BMJ.
- I have also refereed and supervised MSc and PsychD Theses on PTSD and Research Articles for Journal Submissions.

## MEDIA WORK

- *I have been very active in the media promoting knowledge into PTSD and Mental Health since the late 1990s. I have been cited in national newspapers, national and international TV and Radio news and documentary broadcasts on matters concerning PTSD in veterans including issues concerning suicide and its prevention; and other vulnerable groups including adult survivors of sexual abuse, advising the NHS and other agencies in relation to educational and documentary film.*
- *I am seen as a National and International expert in the field especially in relation to PTSD in veterans and military personnel and adult survivors of sexual abuse and their mental health.*
- *Media work has included TV series Crime and the SAS November 2024, filming on 22<sup>nd</sup> March 2021 with Anita Rani for a BBC TV programme on veterans' mental health; Invictus Games BBC with HRH Prince Harry 2016, Newsnight with Kirsty Wark in 2014, Documentary with Ross Kemp in 2013. Panorama 2011. Prime News Programmes included CNN USA, CNN International in France 24, BBC 2023 about the hostage situation in Gaza, and many other interviews over the years about veteran and military mental health with Sky, BBC, ITV, News 24, CNN, BBC World. Newsnight.*
- *Radio included File on Four, Radio Five Live, Jeremy Vine Show, LBC.*





- Newspapers included *Telegraph, Times, Guardian, Mirror, Express, Daily Mail, Sun*. In 2020 during the Covid Crisis, I was asked by Heads Together to participate in two of their podcasts. I have been consulted by film makers of many soaps and dramas and even Hollywood Blockbuster films such as the First World War Film *Journey's End* (released in Jan 2018) in relation to characters suffering from the effects of being exposed to psychological trauma.

## RECENT SELECTED PUBLICATIONS: BOOK CHAPTERS

- **Busuttil, W.** (2014) Trauma Related Substance Misuse. In *Attorney's Guide to Defending Veterans in Criminal Court*. (Brocton Hunter ed) pp221-250. National Veterans Foundation: Minneapolis USA.
- **Busuttil, W** (2014) The Charity Worker's Tale. In *Battle Against Stigma* eds M Neville & J Hacker-Hughes - its Role ed Jamie Hacker-Hughes Bringing War Home. Volume 2, pp 66-79. Wellcome Trust: London.
- **Busuttil, W.,** Hacker Hughes J., Kitchner, N. (2017) Introduction. In: *Military Veteran Psychological Health and Social Care: Contemporary Issues*. pp3-13; Ed J Hacker-Hughes. Routledge. London/New York.
- **Busuttil, W** (2017) The Role of the Third Sector Charity Combat Stress: An Update In: *Military Veteran Psychological Health and Social Care: Contemporary Issues*. pp160-174; Ed J Hacker-Hughes. Routledge. London/New York.
- **Busuttil, W (2017)** Military culture effects on mental health and help seeking. In *Art Therapy with Military Veterans: Trauma and the Image* ed J Lobban pp73-88; Routledge. London/New York.
- **Busuttil, W** (2021) Combat Stress and Mental Health in Veterans In: *Promoting Men's Mental Health* 4th Edition (eds R, Kirby, C., Carson; A., White & M., Kirby). Radcliffe Publishing: Oxford New York.
- **Busuttil, W** (2021) Post Traumatic Stress Disorder A Guide to Psychiatric Examination' second edition. (eds C Aquilina & G Tucker).pp271-287; Elsevier: London.

## RECENT SELECTED PUBLICATIONS: PAPERS

- **Busuttil, W.** (2023) Tornado: In the Eye if the Storm. Simon & Schuster. London, New York. By John Nicol. ISBN 978-1-4711-8052-1. The British Journal of Psychiatry , Volume 222 , Issue 2 , February 2023 , pp. 90 DOI: <https://doi.org/10.1192/bjp.2022.125>
- Forbes D, Adler AB, Pedlar D, Asmundson GJG; **MHRIC across the Five Eyes Nations**. Problematic anger in military and veteran populations with and without PTSD: The elephant in the room. *J Anxiety Disord*. 2023 May;96:102716. doi: 10.1016/j.janxdis.2023.102716. Epub 2023 May 6. PMID: 37163842. Acknowledgements: The Mental Health Research and Innovation Collaborative in military and veteran mental health across the Five Eyes nations includes Amy B. Adler, Clare Bennett, Richard Bryant, **Walter Busuttil**, John Cooper, Stephen Cozza, Heidi Cramm, Nicola Fear, Deniz Fikretoglu, David Forbes (Co-Chair), Neil Greenberg, Alexandra Heber, Charles W. Hoge, Fardous Hosseiny, Rakesh Jetly, Alexander McFarlane, Joshua Morganstein, Dominic Murphy, Anthony Nazarov, Marie-Ann Notarianni, Meaghan O'Donnell, David Pedlar (Co-Chair), Andrea Phelps, Don J. Richardson, Nicole Sadler, Paula P. Schnurr, Marie-Louise Sharp, Robert Ursano, Miranda Van Hooff & Simon Wessely. Forbes, D., Adler, A.B., Pedlar, D. & Asmundson. G.J.G. for the MHRIC across the Five Eyes nations (2023). Problematic anger in military and veteran populations with and without PTSD: The elephant in the room. *Journal of Anxiety Disorders*, 96, <https://doi.org/10.1016/j.janxdis.2023.102716> (JIF 13.1)
- Biscoe, N., Bonson, A, Slavin, M., Busuttil, W., MacManus, D., Cox, A, Murphy, .D. (2023) Psilocybin-assisted psychotherapy for the treatment of PTSD in UK armed forces veterans: A feasibility study protocol *European Journal of Trauma & Dissociation* 7 (2023) 100359
- Nicole Sadler, David Pedlar & Robert Ursano Suicide in Military and Veteran Populations: A view across the Five Eyes nations 2024 *Lancet Psychiatry* PMID: 38353584 DOI: 10.1080/00332747.2024.2306794





- Greenberg, N., & Busuttill, W. (2023) Forward: In: Contact Group/ Royal College of Psychiatrists Quality Network for Veteran Mental Health Services (2023) Quality Standards for Veteran Mental Health Services, Quality Network for Veterans Mental Health Services Aggregated Report; Pilot year (2022-2023) Royal College of Psychiatrists Centre for Quality Improvement: London
- Karatzias, T., Shevlin, M., Cloitre, M., Graham, K., Hendrix, L.J., Briscoe N., Busuttill W., Murphy, D. (2024) Enhanced Skills Training in Affective and Interpersonal Regulation (ESTAIR) vs. Treatment as Usual (TAU) for ICD-11 Complex PTSD: A pilot randomised controlled trial. (The RESTORE trial). European Journal of Traumatic Stress Psychother Psychosom DOI: 10.1159/000538428
- Palmer, L., Busuttill, W., Simms, A., Fear, N.T.\*, Stevelink, S.A.M\*. 2024 (Holding and rupture: Describing post-traumatic stress among former UK Army and Royal Marine personnel deployed to Iraq and Afghanistan PLoS <https://doi.org/10.1371/journal.pone.0308101>
- Murphy, D. & Busuttill, W. (2024) Réflexion sur l'article le plus populaire du JMVFH en 2017 : « Vivre auprès de vétérans atteints de TSPT : une étude qualitative des ex-périences des partenaires féminines de vétérans britanniques » Journal of Military, Veteran and Family Health doi:10.3138/jmvfh-0718-0029 2024 10(4)
- Murphy, D., Palmer E., Hill, K Ashwick, R., Busuttill, W (2024) Vivre auprès de vétérans atteints de TSPT : une étude qualitative des expériences des partenaires féminines de vétérans britanniques Journal of Military, Veteran and Family Health 10(4) 2024 doi:10.3138/jmvfh-0718-0030

## WEBSITE PUBLICATIONS AND PODCASTS

- **Busuttill, W.** (2002) Post Traumatic Stress Disorder and the Elderly: A Black Hole requiring research. Royal College of Psychiatrists Website: [www.rcpsych.org](http://www.rcpsych.org)
- **Busuttill, W.** & Busuttill, A. M. C. (2003) Psychological effects on families subjected to enforced and prolonged separations generated under life threatening situations: A summary. DART Website. [www.dart.org](http://www.dart.org)
- **Busuttill, W.** (2010) Combat Stress Clinical Services and Psychiatric Disorders - Thompson Snell & Passmore.
- **Busuttill, W.** (2010) British Veterans A Brief Update: [www.ukpsychologicaltrauma.org](http://www.ukpsychologicaltrauma.org) June 2010.
- Klein, S., Alexander, D., & **Busuttill, W.** (2013) Scoping review: A Needs-Based Assessment and Epidemiological Community-Based Survey of Ex-Service Personnel and their Families in Scotland Robert Gordon University, Aberdeen December 2012 [www.scotland.gov.uk/Resource/0041/00417172.pdf](http://www.scotland.gov.uk/Resource/0041/00417172.pdf)
- **Busuttill, W.** (2013) Combat Stress and Veterans' Mental Health August 2013 Podcast Royal College of Psychiatrists, London
- **Busuttill, W.** (2014) British Medical Journal e-learning Podcast on Post Traumatic Stress Disorder 21 Jan 14
- **Busuttill, W.** (2018) Declassified Episode 4 Documenting Military Stories Podcast 17th July 2018.
- **Busuttill, W.** (2020) Declassified Episode 19 Coping with Isolation in the Corona Virus Crisis Podcast 25th March 2020.

## PRIVATE PRACTICE AND MEDICO-LEGAL WORK:

Besides my Combat Stress and Medicolegal work, I have a small private practice where I treat and supervise clinical cases as well as undertake Medico legal work. I routinely assess and treat patients suffering the effects of psychological trauma generated by road traffic accidents, interpersonal violence, accidents at work, disaster and conflict.

- Medico-legal Work 1991 – present. Approximately 46-80 reports per year; 35% defence; 15% joint instructions; 50% claimant.
- Most reports and court work related to high value compensation cases for victims of traumatic stress: disasters, road traffic accidents, psychiatric effects of medical negligence. Class actions related to blue light services and disaster victims.





14. **Busuttli W (2022)** Models of Care: Developing Clinical Services for Military Veterans in the United Kingdom. Stand Tall Conference Brisbane Australia 25th March 2022.
15. **Busuttli, W (2022)** Veteran Mental Health and Combat Stress Nurses Degree Course Sheffield University 11th May 2022
16. **Busuttli, W (2022)** Treating PTSD: Medications and Augmenting Psychological Interventions using Psychedelic Drugs. Military Mind Conference Combat Stress 19th May 2022.
17. **Busuttli, W (2022)** Traumatic Stress and Wellbeing Learning from Military Psychiatry. Relativity. UK London and USA Chicago 24th May 2022.
18. **Busuttli, W (2022)** PTSD and Military Culture and Art Therapy Battle Cry Art Exhibition Opening Conference. Bracknell 9th June 2022.
19. **Busuttli, W (2022)** Gulf War Syndrome Mental Health Nursing Training Combat Stress 22nd June 2022.
20. **Busuttli, W (2022)** Veteran Mental Health and Combat Stress Nurses Degree Course Sheffield University 23 August 2022.
21. **Busuttli, W (2022)** PTSD One Day Masterclass. The Grove London 25th September 2022
22. **Busuttli, W (2022)** PTSD and Military Culture and Art Therapy Battle Cry Art Exhibition Opening Conference. Aldershot Fareham, 6th October 2022.
23. **Busuttli, W (2022)** Clinical Risk and Research into Personal Stores of War British Museum 13 October 2022.
24. **Busuttli W (2022)** Veterans' Mental Health in the UK Clinical Services of Combat Stress and the NHS. **The Royal Foundation of the Prince and Princess of Wales Ukraine Mental Health Round table** 11am - 12.30pm, Thursday 10th November 2022.
25. Fear, N. **Busuttli, W. (2023)** Discussion panel Military Families BSc Course Kings college London IoPPN 30TH January 2023
26. **Busuttli, W (2023)** The Grove PTSD Course Training Master Class 0900-1630hrs 18th February 2023
27. **Busuttli, W (2023)** PTSD and Psychological Trauma: What's New? – Implications for clinical and Medico-legal Practice. Expert In Mind Seminar 24th March 2023 The Monicker 25 Fenchurch Avenue London.

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