Dr Rosalie Hughes BA(Hons) DClinPsych Consultant Clinical Psychologist

# Expert in Mind

# **SPECIALISMS**

Anxiety Bereavement Bipolar Capacity Cognitive Behavioural Therapy Depression **Domestic Violence Historic Sex Abuse** Mood Disorder OCD Personality Disorders Postnatal Depression PTSD Schizophrenia Self Harm Sexual Abuse Victims Substance Misuse Trauma Suicidal Ideation

# CASE TYPES

Capacity Certificates Clinical Negligence Cognitive Employment Tribunal Family Proceedings Historic Sexual Abuse Housing Immigration & Asylum Personal Injury Second Opinion

# **PROFILE SUMMARY**

Having worked in the NHS for nearly 20 years, I now work in private practice. Until June 2022, I worked as a Consultant Clinical Psychologist, overseeing the provision of clinical psychology and psychotherapy services in several adult mental health teams across two London boroughs. I provided clinical and professional leadership, service development and improvement, and supervised qualified Clinical Psychologists. I also provided a range of highly specialist assessments, evidence-based psychological therapies, multidisciplinary input, working directly with adults with severe and enduring mental health difficulties, their families and carers. I now provide expert witness assessments and private psychological therapy.

# **CAREER SUMMARY**

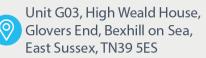
July 2022 – Present Consultant Clinical Psychologist in private practice

#### June 2020 – June 2022 Consultant Clinical Psychologist

Psychology & Psychotherapies Lead, Sutton & Merton Adult Mental Health Services South West London & St Georges Mental Health NHS Trust

#### Key responsibilities

- Provide leadership in the development and systematic provision of high quality psychology and psychotherapy services to clients of adult mental health teams
- Work autonomously within professional guidelines, and ensure systematic clinical governance of psychology and psychotherapy practice within adult mental health services
- Ensure clinical and professional supervision structures are in place for all psychology and psychotherapy staff within adult mental health teams within these two boroughs, and provide direct clinical and Professional supervision to qualified clinical psychologists
- Contribute to, and implement, service and policy development, supporting this with clinical leadership within adult mental health teams
- Propose and oversee relevant audit and service-related research projects
- Provide a range of highly specialist psychological and diagnostic assessments of clients with complex & severe mental health symptoms
- Provide a range of evidence-based psychological therapies for clients with complex and severe mental health symptoms, including working with individuals, families and groups: cognitive behavioural therapies (CBT), behavioural therapies, and dialectical behaviour therapy (DBT)
- Formulate collaborative individual and multidisciplinary risk management plans, & contribute to borough Risk Management forums
- Provide a psychologically informed perspective to multidisciplinary teams, and provide training to other clinical psychologists and multidisciplinary staff







#### August 2008 – June 2020

**Highly Specialist Clinical Psychologist** (0.6 whole time equivalent) South West London & St Georges Mental Health NHS Trust

#### Key responsibilities

- Provided a range of highly specialist psychological and diagnostic assessments of clients with complex and severe mental health symptoms
- Delivered a range of evidence-based psychological therapies for clients with complex and severe mental health symptoms (mood & anxiety disorders, personality disorders & psychotic disorders), including working with individuals, families and groups
- Provided a psychologically informed perspective to multidisciplinary teams and to provide training to other clinical psychologists and multidisciplinary staff
- Delivered clinical & professional supervision and training placements for Trainee Clinical Psychologists
- Delivered training to Trainee Clinical Psychologists and multi-disciplinary colleagues, and supervise Trainee Clinical Psychologists' teaching and presentation work
- Formulated collaborative individual and multidisciplinary risk management plans
- Developed electronic network of clinical & diagnostic assessment protocols, outcome measures, treatment protocols, disorder-specific formulations, and other materials needed to provide high-quality evidence-based psychological therapies and a range of specialist assessments
- Set up new treatment pathway for patients with a diagnosis of Emotionally Unstable Personality Disorder (EUPD) in borough of Sutton

Dec 2005 – July 2008	<b>Specialist Clinical Psychologist</b> South West London & St Georges Mental Health NHS Trust Carshalton Community Mental Health Team
Sept 2002 – Aug 2005	<b>Trainee Clinical Psychologist</b> Surrey and Borders Partnership NHS Foundation Trust
Aug 2001 – Aug 2002	Assistant Psychologist / Mental Health Promotion Worker (split post) South West London & St Georges Mental Health NHS Trust

Between completing my undergraduate degree in 1999, and starting work as an Assistant Psychologist in the NHS in 2002, I moved to the UK, and did a range of office work and website development jobs.

### **EDUCATION & QUALIFICATIONS**

DClinPsych	University of Surrey	Pass	2005
BA(Hons) in Psychology	University of South Africa	Distinction	1999
BA in Psychology & Philosophy	University of Cape Town	Distinction	1994







# RELEVANT TRAINING COURSES ATTENDED Medico-legal/Expert Witness courses:

- Excellence in report writing—Bond Solon
- The role and duty of the Expert Witness
- Skills in Report Writing
- Skills in preparing Joint Statements
- Cross-examination and Courtroom Skills

# **Clinical courses:**

- Adapting CBT for people with a diagnosis of ASD
- Using Supervision to support therapists working in cross cultural settings
- DBT Foundational Training– British Isles DBT
- Delivering Culturally Responsive Therapies—Dr Andrew Beck
- Supervision Skills—British Psychological Society
- Leadership workshops—provided to SWLSTG by the Kings Fund



