



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

Specialist Clinical Psychologist
South West London & St Georges Mental Health NHS Trust
Carshalton Community Mental Health Team

Sept 2002 – Aug 2005

Trainee Clinical Psychologist
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