



SPECIALISMS

Antisocial Behaviour
Anxiety
Attachment
Bereavement
Childhood Abuse
Cultural Diversity
Depression
Domestic Violence
Drug/Alcohol/Substance Misuse
Intimate Partner Violence
Neglect
Parenting Difficulties
Relationship Difficulties
Personality Disorders
Relationship Difficulties
Self-harm
Trauma

CASE TYPES

Capacity Assessments
Cognitive Assessments
Family

MEDICO-LEGAL EXPERIENCE

I am an Expert Witness in child protection cases, routinely instructed in Family proceedings to provide specialist psychological assessments of adults in the context of their caregiving capacity. These assessments frequently consider complex presentations, including the impact of mental health difficulties, trauma histories, cognitive functioning, personality structure, and other psychological factors influencing parenting and risk.

Alongside my specialist work with adults, I have experience working with children and young people in educational settings. This dual experience informs a holistic understanding of the parent-child dynamics and supports careful, evidence-based opinions on safeguarding and relational risk.

Post doctorate, I have 15 years of extensive clinical experience across the lifespan, working with a diverse population of clients/patients in a variety of settings (Primary and Secondary NHS, Prison Service, Primary and Secondary Schools, Voluntary and Private Organisations, Bereavement and Respite Units).

As a Counselling Psychologist, I have developed and applied evidence-based clinical knowledge and competencies in psychological and risk assessments as a routine part of my practice. This includes the use of psychometrics to ascertain cognitive and personality functioning, alongside the provision of psychological formulations and interventions drawing from a range of psychological theories.

A particular focus of my assessments includes identifying how unresolved trauma or unmet childhood needs may contribute to adult psychological functioning and relational patterns, and hence their capacity to provide safe, attuned care. Where appropriate, I make recommendations for interventions to support more stable and nurturing caregiving environments.

My clinical and research interest on attachment theory and its relationship to trauma informs this work. This knowledge supports my ability to offer clear, evidence-based opinions on complex relational dynamics, particularly where safeguarding or disrupted parent-child relationships are present. I continue to engage in regular professional development to ensure that my practice remains current and responsive to the expectations of instructing parties.

PROFESSIONAL MEMBERSHIPS

British Psychological Society (088762)

Chartered and Fellow

European Federation of Psychologists Association

Registered EuroPsy Psychologist

Health & Care Professions Council (PYL25255)

Practitioner Psychologist

Counselling Psychologist

American Psychological Society (C2103077462)

International Affiliate



Unit G03, High Weald House,
Glovers End, Bexhill on Sea,
East Sussex, TN39 5ES



01424 444130



office@expertinmind.co.uk



QUALIFICATIONS

2010	DPsych Counselling Psychology City University, London
2006	MSc Counselling Psychology City University, London
2001	BSc (Hons) Psychology London Guildhall University, London

RELEVANT POST-QUALIFICATION TRAINING

2025	Level 3 Multi-agency Child Protection Cornerstone Learning
2024	Schema Therapy The Schema Therapy Institute
2023	Level 3 Multi-agency Child Protection Antser Learning
2022	Psychometrics in Court British Psychological Society
2022	The Assessment British Psychological Society
2022	Family Law and Procedures Cardiff University Bond Solon Expert Witness Certificate
2022	Criminal Expert Law and Procedures Cardiff University Bond Solon Expert Witness Certificate
2021	Tree of Life Phola, Ncazelo Ncube-Mlilo
2015	Applied Psychology Practice supervisor British Psychological Society
2010	Accredited and Qualified Test User British Psychological Society

RELEVANT WORK HISTORY

Counselling Psychologist / Homeless Organisation
February 2023—Ongoing

Counselling Psychologist & Supervisor / Independent School
September 2022—Ongoing





RELEVANT WORK HISTORY CONTD.

Expert Witness / Medico-Legal Agencies

June 2022—Ongoing

Counselling Psychologist / Independent Practice

October 2010—Ongoing

Locum Lead Psychologist / Pertemps Medical

January 2022—June 2022

Locum Deputy Head of Psychology / Pertemps Medical

August 2021—January 2022

Locum Counselling Psychologist / Pertemps Medical

April 2021—July 2021

Past Chair, Division of Counselling Psychology / British Psychological Society

August 2022—June 2023

Chair, Division of Counselling Psychology / British Psychological Society

September 2020—August 2022

Chair Elect, Division of Counselling Psychology / British Psychological Society

June 2019—September 2020

Vice Chair, Division of Counselling Psychology / British Psychological Society

October 2018—June 2019

Culture and Difference across Ethnic Communities Lead, Division of Counselling Psychology / British Psychological Society

July 2015—July 2022

PUBLICATIONS

Ade-Serrano, Y. (2025). Forward. In H.P. George (Ed.). *Black women, trauma and therapy. Revolutionising therapeutic thought & practice*. London: PCCS Books.

Gervais, R.L. and Ade-Serrano, Y. (2025). This too shall pass, or will it? In W.S. Williams and W. Garrett-Walker (Eds.). *The Majestic Place: The Freedom Possible in Black Women's Leadership*. New York and London: Rowman & Littlefield.

Ade-Serrano, Y. and Nkansa-Dwamena, O. (2025). *Reimagining Race in Psychology: Challenging Narratives and Widening Perspectives in Training and Practice* (Eds.). London: Routledge Taylor & Francis Group.

Nkansa-Dwamena, O. and Ade-Serrano, Y. (2023). Race, culture, and ethnicity – what is your story? In T. Hanley and L. A. Winter (Eds.). *The Sage Handbook of Counselling and Psychotherapy*. London: Sage Publications Ltd.





PUBLICATIONS CONTD.

Ade-Serrano, Y. (2021). Reflections from a junkyard room in *Balancing on Quicksand: Reflections on Power, Politics and the Relational*. London: Palgrave Macmillan Cham.

Ade-Serrano, Y. (2020). A new chair's perspective on volunteering: Work, life, and counselling psychology. *The Work-Life Balance Bulletin: A DOP Publication*, 4 (2), 46 - 47

Ade-Serrano, Y. & Nkansa-Dwamena, O. (2020). *Applied Psychology and Allied Professionals. Working with Ethnic Minorities*. Leicester: The British Psychological Society.

PROFESSIONAL SAFEGUARDING CHECKS

Disclosure & Barring Service (001732695218)

Full Enhanced Clearance

