



SPECIALISMS

Anger
Anxiety (including generalised)
Bereavement
Cognitive Assessments
Cognitive Behavioural Therapy
Compassion Focused Therapy
Complex grief reaction
Depression
Drug/Alcohol/Substance Misuse
Military veteran's mental health
Mood Disorder
Non-Accidental Injury
OCD
Panic
Personality Disorders (including BPD/EUPD)
Phobias
Psychological therapy
PTSD & Complex PTSD
Self-harm
Social Anxiety
Suicidal ideation
Trauma (and dissociation)
Veterans (ex-Armed Forces) mental health

CASE TYPES

Clinical Negligence
Cognitive
Family
Fitness to Plead
Personal Injury
PTSD & Complex PTSD
Road Traffic (or other type) Accident
Trauma (including historical)
Veteran's mental health

MEMBERSHIPS OF PROFESSIONAL BODIES

UK Health Professional Council Registered as a Practitioner Clinical Psychologist (reg. number PYL02073)

PROFESSIONAL QUALIFICATIONS

2000-2003 Doctor of Clinical Psychology (DClinPsych)
University of Oxford.
1994-1997 BA(Hons) in Social Science (British Psychological Society
Approved Route), University of Coventry

AWARDS/ COMMENDATIONS/ REPRESENTATIONS

- Chair Expert Advisory Mental Health NHSE's Clinical Reference Group (2020-current)
- National Lead Military Veterans Positive Practice Mental Health Collaborative (prev)
- Chief Executive Team Award 2019 & Clinical Leader of the Year 2016 CWPT NHS
- Developed award winning self-help app *Don't Panic*
<https://www.covwarkpt.nhs.uk/dont-panic>
- Regular contributor to regional BBC radio on mental health
- Expert on Coventry & Warks NHS' CCG (now ICB) panel for out of area funding
- Mental health expert representative on Veterans Trauma Network (Midlands & North)

KEY SKILLS AND EXPERTISE

- Expert in assessment and treatment of PTSD and complex PTSD
- Psychological debrief including TRiM and staff well-being
- Planning and delivery of psychosocial interventions following major incidents (suicide, high profile accidents/losses) for organisations including NHS, BBC.
- Innovator & service developer (including services for migrants, veterans, psychological self-help materials, staff wellbeing psychological debriefing)
- Expert trainer, teacher and clinical supervisor
- Compassionate, can-do, initiative-taking, networking, team-playing approach
- Keynote speaker (inc NHS Public Health/VCHA national conferences)
- Developed award winning ex-Armed Forces mental health service
- Procured national tender NHS ex-Armed Forces services 2017-22 and 2023-29
- Coproduction with service users (including service user forum award)
- Motivational, dynamic public speaker





PROFESSIONAL ROLES/TASKS

Professional career has developed expertise in;

- Clinical assessment and Treatment in full range of severity from moderate to severe and complex following catastrophe or within highly emotionally charged or dynamic risk situations
- Assessment and Psychological treatment of all major mental health difficulties
- Neuropsychological Assessment (including Intellectual/Cognitive Assessment)
- Personality/personality disorder assessment
- Psychological treatment specialties in Cognitive-Behavioural (trauma-focused CBT), ACT
- Extensive experience with individual and group treatment formats
- Patient/Client population: mainly adult (18 to 65), with child and adolescent experience

MANAGEMENT AND LEADERSHIP

- Senior clinical leader for NHS Trust with 4,000 staff through organisational change and innovatively improving services and staff well-being as well as development of award-winning specialist clinical services
- Effective system working across organisation, region and national networker, pivotal in development of partnership collaboratives that deliver clinical services to thousands of patients and carers (eg migrant mental health, psychological services, veterans mental health)
- Extensive operational management and clinical supervision experience of grass roots clinical staff to senior executives

CAREER SUMMARY

Consultant Clinical Lead

2017/8 to present

Midlands & East of England NHS OpCourage

- Overall most senior clinical leadership to a collaborative of NHS Trusts and other providers, circa 60 NHS staff as one of 4 national NHS England regional services across England.
- Development and delivery of specialist clinical services for Armed Forces veterans and their families, with 7,000 referrals since 2017
- Provision of direct and supervisory consultant clinical leadership and therapeutic delivery to the most challenging patients open to Midlands & East OpCourage.
- Chair of mental health expert advisory to NHS England on Armed Forces

Head of Psychological Services

(2014-2018)

Coventry & Warwickshire Partnership NHS Trust

- Overall most senior clinical leadership of the adult psychological services for CWPT NHS Trust with more than 60 locations, income of about £200 million and 4,000 staff.
- High level skills in strategy, organisation and collaboration across a large staff group and corporate services to Board and externally to the wider system.
- Steered staff group through huge organisational change and restructuring, strengthening the efficiency (massive reduction in waiting lists), quality and reputation of psychological services
- Initiated and led whole-Trust service developments including evidence based debriefing programme following trauma and specialist services in migrant mental health & military veterans, now fully funded.





Consultant Clinical Psychologist

(2010-2014)

South Warwickshire Lead CMHT psychologist, Coventry & Warwickshire Partnership NHS Trust

- *Management of 3 community mental health team-based clinical psychology services and provision of a clinical service to clients and supervision across Warwickshire.*
- *Clinical leadership of Warwickshire NHS Trauma Clinic providing assessment and treatment of PTSD.*
- *Clinical work to undertake therapy with complex individuals and groups using a range of therapeutic approaches.*

Clinical Psychologist (then lead Clinical Psychologist)

(2003-2010)

Adult Mental Health Team, Coventry & Warwickshire Partnership NHS Trust

- *Consolidation of clinical skills post-Doctoral qualification through working with complex cases and receiving excellent supervision and management by a widely respected clinician.*
- *I developed a specialism in PTSD and trauma work and established Warwickshire NHS Trauma Clinic providing assessment and treatment of PTSD.*
- *Represented the NHS as part of the Emergency Planning Unit had responsibility for coordination of Warwickshire's psychological response to a major incident*

PUBLICATIONS

- Winston AP, Barnard, D. & Singh S. (2006). Pineal Germinoma Presenting as Anorexia Nervosa: Case Report and Review of the Literature. *International Journal of Eating Disorders* 39:7, 606-608.

