

PROFESSIONAL CURRICULUM VITAE

Dr Steven A. Lilley

BSc (Hons), DClin Psy., PG Dip., C.Psychol., AFBPsS
Consultant Clinical Psychologist

CONTACT DETAILS

Dr S. Lilley, Inter-Mind Psychological Services Ltd, Ash House, Room 3, Ransom Wood Business Park, Southwell Road West, Mansfield, Nottinghamshire, NG21 0HJ

Tel: 01623 347073 / 07876 613993; Email: stevlilley@inter-mind.co.uk

Website: www.inter-mind.co.uk

PERSONAL STATEMENT

I am a Registered Clinical Psychologist with the Health & Care Professions Council (HCPC; PYL17112) and a Chartered Psychologist, and Associate Fellow, of the British Psychological Society (BPS; 90286). I am also an accredited Cognitive Analytic Therapist and accredited practitioner in Hypnotherapy. I am trained and experienced in Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation & Reprocessing (EMDR). My specialist interest and expertise is working with psychological trauma, personality and relationship difficulties, and problematic behaviours. I have substantial experience in working with the full range of psychological difficulties across a lifespan and in forensic, physical health and community adult psychology services. I also regularly work with clients who have work-related stress and other occupational issues. I provide clinical supervision to mental health professionals.

After working for 10 years in the NHS and 4 years in the independent sector, I now operate my own full-time private practice. I receive referrals from several psychological rehabilitation and insurance companies, solicitors, as well as private clients. I provide advice and consultation to MDTs, where appropriate. I also receive in the region of 100 medico-legal instructions per year for personal injury, medical negligence, forensic issues and family law proceedings (claimant: 95%, defendant: 2%; joint: 3%). My specialist expertise is the psychological effects of personal injury. I am a First Tier Expert Witness with the Association of Personal Injury Lawyers (APIL).

AREAS OF INTEREST & EXPERTISE

- Diagnostic assessments of mental health problems and impact on functioning
- Assessment of personality functioning and disorders
- Assessment of violence risk (incl. sexual violence)
- Neuropsychological screening assessments (incl. IQ and capacity)
- Assessment of personal injury
- Specialist in female forensic mental health and risk
- Problematic lifestyle choices
- Case formulation and treatment planning for complex presentations
- Posttraumatic stress disorder/complex trauma
- Trained in evidence-based therapies (incl. Cognitive Analytic Therapy (CAT), Dialectical Behaviour Therapy (DBT), and Eye Movement Desensitisation and Reprocessing (EMDR))
- Staff training in working with challenging behaviours
- Supervision and reflective practice
- Team working
- Clinical pathway design in forensic settings

EDUCATION

University	Subject	Year
Sheffield Hallam University	Postgraduate Diploma in Cognitive Analytic Therapy (CAT)	2011
University of Sheffield	Doctorate in Clinical Psychology	2005
Loughborough University	Bachelor of Psychology (with Honours) – 1 st Class	2000

EMPLOYMENT

Registered Clinical Psychologist/Director

2014 – present (1.0 wte from 01/15)

Inter-Mind Psychological Services Ltd

I offer a full range of clinical psychology and medico-legal services to members of the public, GPs, hospital consultants and legal professionals. This includes comprehensive, evidence-based psychological assessments of mental health functioning, personality disorder, violence risk, and neuropsychological functioning. I provide a range of short- and longer-term psychological therapies for complex and resistant difficulties. I also provide consultation and training.

Consultant Clinical Psychologist (0.4 wte)

2014 - 2015

Partnerships in Care (Ltd)

Senior member of the multidisciplinary team (MDT) in a female medium secure hospital, providing psychological assessments (incl. risk), individual and group treatments, supervision, training and consultation. I was the regional lead for cognitive analytic therapy (CAT) and used this approach within staff teams as well as an individual treatment with patients.

Regional Head of Psychology (1.0 wte)

2012 – 2014

Partnerships in Care (Ltd)

I was responsible for managing the Midlands Psychology Department across four hospitals/units (covering Women's Secure and Male Learning Disability Secure pathways) in all aspects of functioning. I also retained a clinical caseload.

Senior/Lead Psychologist, Women's Services (1.0 wte)

2010 – 2012

Partnerships in Care (Ltd)

I led the psychology clinical pathway across medium and low secure, and locked rehabilitation. Clinically, I worked on a medium secure acute admissions ward for women with primary diagnoses of personality disorder and/or mental illness, undertaking risk, personality, and neuropsychological assessments, and providing individual and group treatments.

Highly Specialist Clinical Psychologist (1.0 wte)

2005 – 2010

Nottinghamshire Healthcare NHS Trust

I represented the Bassetlaw Psychology & Psychotherapy Service at the single point of access and screened all referrals received by the service. I then managed the waiting list, along with colleagues, from initial assessments, through treatment, and on to discharge. I worked with a range of presenting problems and severities, including phobias, obsessive compulsive disorder, eating disorders resistant depression, PTSD, psychosis, and substance misuse. I also undertook neuropsychological assessments and rehabilitation.

I held a temporary secondment with the Men's Personality Disorder directorate at Rampton High Secure Hospital, undertaking specialist assessments and treatments.

Clinical Psychologist in Training (1.0 wte)

2002 – 2005

University of Sheffield Doctoral Programme in Clinical Psychology/Sheffield Care NHS Trust

I undertook all of the duties and training requirements of a Clinical Psychologist in Training, including clinical work and research to a doctoral standard. For my thesis, I investigated the therapeutic mechanisms for a treatment of PTSD. I undertook specialist placements in PTSD and forensic neuropsychology, the

latter at Rampton Hospital Dangerous & Severe Personality Disorder (DSPD) service.

Assistant Psychologist (1.0 wte)
2001 - 2002

Rampton Hospital,
Nottinghamshire Healthcare NHS
Trust

I was the Assistant Psychologist to the Head of Psychology at Rampton Hospital. I worked (under supervision) on the male admission ward in the Mental Health Directorate, undertaking initial psychological assessments, individual treatment and group work development and co-facilitation.

Assistant Psychologist (1.0 wte)
2000 - 2001

Department of Clinical
Psychology, Central
Nottinghamshire NHS Trust

I undertook cognitive and psychometric assessments with adults/older adults with stroke, dementia, and Parkinson's Disease. This included assessments of the psychosocial impact of a support service, and providing intervention using cognitive behavioural strategies. I also supported research into stroke drivers screening assessment.

CONTINUING PROFESSIONAL DEVELOPMENT

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| 2015 - 2016 | Practitioner Diploma in Hypnotherapy - Mindworks. |
| 2013 - 2014 | Dialectical Behaviour Therapy (DBT) - Dialexis Advies (Netherlands) |
| 2013 | Historical Clinical Risk-20 (HCR-20 version 3; 'trainers' training') - Prof Chris Webster |
| 2013 | Team Leader Development Programme - Partnerships in Care/Prospects Unlimited |
| 2012 | Sexual Violence Risk-20 (SVR-20) - Welsh Applied Risk Research Network (WARRN) |
| 2011 | Short-Term Assessment of Risk and Treatability (START) - Partnerships in Care |
| 2011 | International Personality Disorder Examination (IPDE) - Prof. Jane Ireland |
| 2009 | Root Cause Analysis (RCA) - Partnerships in Care |
| 2009 | Compassionate Mind Therapy - Prof. Paul Gilbert |
| 2008 | Supervisor Training and Recognition (STAR), University of Nottingham/British Psychological Society (BPS) |
| 2007 | Acceptance & Commitment Therapy (ACT) - BABCP Special Interest Branch |
| 2007 | Eye Movement Desensitisation & Reprocessing (EMDR; Levels Intermediate & 3) - EMDR Institute Inc. |
| 2006 | Cognitive Behavioural Therapy (CBT) for posttraumatic stress disorder; Oxford Cognitive Therapy Centre |
| 2006 | Excellence in Written Evidence - Bond Solon |
| 2006 | Schema Focused Therapy for Borderline Personality Disorder - Prof. Jeffery Young |
| 2003 | Eye Movement Desensitisation & Reprocessing (EMDR; Level 1) - EMDR Institute Inc. |
| 2002 | Psychopathy Checklist - Revised (PCL-R training) - Prof. Robert Hare |
| 2002 | Recognition & Management of Substance Misuse; Rampton Hospital/Sheffield Hallam University |

SELECTED WORK INITIATIVES/ACTIVITIES

- Trainer on the HCR-20 (v3) violence risk scheme.
- Member of regional and corporate clinical governance.
- Tutor with the Association of Psychological Therapies (APT) in delivering 'Reinforce Appropriate Implode Disruptive' (RAID) training package.
- Delivered teaching to forensic doctoral trainees on risk assessment, formulation and management at the University of Nottingham
- Contributed to the design and implementation of the Supported Recovery Pathway (SRP) risk management system on an acute admissions ward
- Designed and implemented a service model of care
- Undertook investigations for Serious Untoward Incidents (SUIs)
- Designed, delivered and evaluated Group Skills training package
- Reflective Practice Group Facilitator
- Co-Chair of the Clinical Audit Group
- Delivered teaching days on post-traumatic stress disorder (PTSD) on the Trent Doctoral training course in Clinical Psychology.
- Member of the 'Cascade Team' for the Department of Health Collaboration Project in training mental health professionals in working with survivors of sexual abuse.

- Delivered teaching on 'working with survivors of sexual abuse' on the Sheffield Doctoral training course in Clinical Psychology
- Developed and evaluated an introductory psychotherapy group ('Making Changes') for patients attending a psychiatric day unit.
- Developed and evaluated a motivational group for patients on admission wards within the Mental Health Directorate at Rampton Hospital
- Audit of admission experiences of patients admitted to Rampton Hospital
- Assessment of service-user needs for both stroke patient and their carers.

PUBLICATIONS

1. Jacob, C. and **Lilley, S.A.** (2011). Designing a staged model of care in women's secure services. *Mental Health Today*, Sept/Oct, 21-23.
2. **Lilley, S.A.**, Andrade, J., Turpin, G., Sabin-Farrell, R., & Holmes, E., (2009). Visuospatial working memory interference for recollections of trauma. *British Journal of Clinical Psychology*, **48**, 309-321.
3. Groom, M.J., **Lilley, S.A.**, & Lincoln, N.B. (2003). An analysis of the intervention provided by a stroke family support organizer service. *International Journal of Therapy and Rehabilitation*, **10**, 351-356.
4. **Lilley, S.A.**, Lincoln, N.B., & Francis, V.M. (2003). A qualitative study of stroke patients' and carers' perceptions of the stroke family support organiser service. *Clinical Rehabilitation*, **17**, 540-547.
5. Lincoln, N.B., Francis, V.M., **Lilley, S.A.**, Sharma, J.C., & Summerfield, M. (2003). Evaluation of a stroke family support organiser: A randomised controlled trial. *Stroke*, **34**, 116-121.

ADDITIONAL INFORMATION

1. Significant clinical and managerial experience in forensic settings at high, medium and low secure security levels, locked rehabilitation and physical health and community services.
2. Fully insured for Public Liability/Professional Indemnity.
3. Registered with the Information Commissioner's Office (ICO).
4. Full Disclosure and Barring Service (DBS) clearance.
5. Undertake regular Continuing Professional Development (CPD) and clinical supervision.
6. Expert Witness since 2006. First-Tier Expert Witness with APIL.
7. Accredited with the Association of Cognitive Analytic Therapy (ACAT).
8. Accredited with the General Hypnotherapy Standards Council & the General Hypnotherapy Register (GHR).
9. Registered with the Complementary and Natural Healthcare Council (CNHC).