

## SPECIALISMS

Anxiety  
Antisocial Behaviour  
Bereavement  
Bipolar  
Capacity  
Chronic Pain  
Cultural Diversity  
Custody  
Depression  
Domestic Violence  
Drug/Alcohol/Substance Misuse  
Eating Disorder  
Fabricated Illness  
Historic Sex Abuse  
Military  
Mood Disorder  
Munchausen  
Neglect  
Non-Accidental Injury  
OCD  
Paedophilia  
Pain Management  
Perinatal  
Personality Disorders  
Postnatal Depression  
Psychosexual  
Psychosis  
Psychosomatic  
PTSD  
Risk  
Schizophrenia  
Self Harm  
Sex Change  
Sex Offenders  
Sexual Abuse Victims  
Sexual Harassment  
Suicidal Ideation  
Tourette's  
Trafficking  
Trauma  
Victims of Torture

## CASE TYPES

Clinical Negligence  
Court of Protection  
Coroner's Reports  
Criminal  
Disability Discrimination  
DOLS (Isle of Wight)  
Employment Tribunal  
Fitness to Plead  
Housing  
Immigration & Asylum  
Litigation Capacity  
Occupational Health  
Personal Injury  
Road Traffic Accident  
Testamentary Capacity

## MEDICO LEGAL EXPERIENCE:

% for A) Claimant	60%
B) Defendant	30%
C) Joint	10%

Reports produced per year: 200

Court Attendances per year: 30  
(including criminal, employment and first-tier tribunals)

## MEDICO LEGAL PRACTICE:

Appointment locations: Southsea, Isle of Wight & remote assessments

## SPECIAL INTERESTS:

### **Psychological consequences of trauma, including:**

Road Traffic Accidents  
Workplace Injuries  
Assaults Medical  
Negligence

### **Criminal Justice:**

Offender assessments including prison visits (Isle of Wight Only)  
Fitness to plead/interview and appear for detention  
Fitness for detention

### **Employment / Occupational Health:**

Incapacity  
Disability Discrimination Act (DDA)  
Disciplinary  
Bullying and work related stress  
Pensions  
Early retirement on psychiatric grounds  
Permanent Health Insurance claims  
Ancillary relief claims

### **Immigration and asylum**

### **Housing:**

Vulnerability Disability (DDA)

## NOTABLE YEARS

Year of Qualification	2000
Date Medico Legal work started:	2010
Year first appointment as a Consultant	2010

## QUALIFICATIONS:

Qualified at: University of London

Qualifications: MBBS MRCPsych MSc (Distinction)

## **Any additional Medico Legal qualifications:**



## TRAINING:

I have extensive experience of preparing court reports and appearing before courts at various levels.

I am Section 12 approved under the Mental Health Act.

## PROFESSIONAL AFFILIATIONS:

Healthcare Advisory Board (No. 3004967)

Royal College of Psychiatrists, United Kingdom (No. 810652)

General Medical Council, United Kingdom (No. 4745149)

Medical Protection Society (No.264601)

British Medical Association (No. 8005522)

## SAMPLE OF INSTRUCTED CASES:

R v K Adoboli  
R v P Somerville  
R v B Payne

## PUBLICATIONS:

- Sochos A and Bowers A (2012) Burnout, occupational stressors, and social support in psychiatric and medical trainees, Eur. J. Psychiat. 26(3), 196-206.
- Sochos, A., Bowers, A., & Kinman, G. (2012). Work stressors, social support, and burnout in junior doctors: exploring direct and indirect pathways. Journal of Employment Counselling, 49, 62-73
- Bowers, A., Sochos, A. (2011). Work stress, social support, and burnout in junior doctors: A cross-sectional study. European Psychiatry, 26, 1578.
- Bowers, A.R. and Aldouri, E. (2011) Creating Efficiencies in the Acute Care Pathway: The Rapid Assessment, Treatment and Discharge Approach. Mental Health Review Journal, 16 (2), 50 – 55.
- Bowers, A.R. (2011) Clinical Risk Assessment and Management of Service Users. Clinical Governance: an International Journal, 16(3), 190 – 202.

- Bowers, A.R. (2009) GP's and early intervention in psychosis. *Psychiatric Bulletin*, 33(8), 314.
- Bowers, A and Burnett, F. (2009) Developing, delivering and evaluating training sessions for primary care mental health link workers. *World Psychiatry*, 8:S1, 293.
- Bowers, A and Burnett, F. (2009) Developing, delivering and evaluating training sessions for primary care mental health link workers. *Mental Health Nursing*, 29(1), 10-12.
- Bowers, A. (2008) Psychosocial and Biological Interventions in the Management of Mood Disorders. *Priory Medical Journal*. See: [http://www.priory.com/psychiatry/Mood\\_Disorders.htm](http://www.priory.com/psychiatry/Mood_Disorders.htm) (accessed 15th May 2009)
- Bowers, A. (2008) Psychotropic medicines in residential care facilities. *New Zealand Journal of Medicine*, 121(1277), 99.
- Calliess, I., Treichel, K. and Bowers, A. (2008) Association of European Psychiatrists. *International Psychiatry*. 5 (3), 77.
- Bowers, A., Phillips, P. and Burnett, F. (2008) Prescription Errors in Psychiatry. *Priory Medical Journal*. See: [www.priory.com/psychiatry/prescribing\\_errors.htm](http://www.priory.com/psychiatry/prescribing_errors.htm) (accessed 15th May 2009)
- Bowers, A., Novelli, S., Morris, L., Knott, M., Freedman, J., Lousley, W., Farrow, J. and Burnett, F. (2008) Mental Health and Wellbeing Review for Severe Mental Illness Register Patients: A Feasibility Study. *Primary Care & Community Psychiatry*, 13 (4), 162-167.

