

## SPECIALISMS

Addiction  
Anxiety  
Bereavement  
Bipolar  
Capacity  
Depression  
Drug/Alcohol/Substance Misuse  
Historic Sex Abuse  
Mood Disorder  
Neglect  
OCD  
Postnatal Depression  
Psychosis  
Psychosomatic  
PTSD  
Schizophrenia  
Self Harm  
Sexual Abuse Victims  
Trauma  
Suicidal Ideation

## CASE TYPES

Clinical Negligence  
Coroner's Reports  
Historic Sexual Abuse  
Personal Injury  
Road Traffic Accident  
Second Opinion  
Testamentary Capacity

## MEDICO –LEGAL EXPERIENCE

I have been providing reports for over 16 years and provide approximately 25 reports per annum civil and criminal, attendance at Magistrate, Family and Crown Court. I have a particular interest in providing reports for personal injury and clinical negligence matters and cases of a complex nature.

I have undertaken the Bond Solon Report Writing and Court Skills training and have a special interest in affective disorders (including bipolar) especially recognition, diagnosis and psychopharmacology for treatment resistance.

## QUALIFICATIONS

- Frederick Gough Comprehensive School, Scunthorpe 12 O' levels 1980 4 A'levels 1982: Physics grade A, Biology grade A Chemistry grade A, Mathematics grade B.
- Downing College, Cambridge University 1982-1985 Medical Sciences Tripos, Parts I and II .Experimental Psychology Part III, MA, Class 2, Division 1.
- Guys Hospital Medical School, 1985 – 1988. MB BChir (Cantab)
- Membership of the Royal College of Physicians UK 1991
- Membership of the Royal College of Psychiatrists 1994
- GMC Full Registration No: 3294903

## GRANTS AND AWARDS

- Principal Investigator for unrestricted educational grant £100,000 in 2005 from Astra Zeneca
- Grindley Fund Award, 1985, for financial support during research.
- ICI Travel Scholarship 1987
- Guy's Hospital Crossover Job, 1989
- South Thames Region Research Grant, 1995

## PRESENT APPOINTMENTS

**June 2018- present**

**Consultant Psychiatrist**

Sussex Partnership NHS Trust, Caburn Ward, Millview Hospital  
Acute Clinical Lead

**2009-**

**Honorary Clinical Senior Lecturer**

Brighton and Sussex Medical School

## QUALIFICATIONS

Private Practice 1996-	Principal Consultant now Elysium Healthcare previously The Priory Hospital Brighton and Hove
August 2006-2017	Medical Director The Priory Hospital Brighton and Hove
	Lead consultant for the Addictions Treatment Programme The Priory Hospital Brighton and Hove

## PRESENT APPOINTMENTS

Sept 2012- May 2018	Consultant Psychiatrist Assertive Outreach Team Brighton (part time) Sussex Partnership NHS Trust
July 2003- Sept 2012	Consultant Psychiatrist Assertive Outreach Team Eastbourne (part time)
December 1999-2012	Principal Lecturer in Mental Health Discipline Lead in Psychiatry Institute of Postgraduate Medicine, Brighton and Sussex Medical School
August 2003-2006	Deputy Head of Postgraduate Medical School, University of Brighton
September 2005-2006	Honorary Consultant Contract South Downs Health NHS Trust
August 2004 - 2006	Clinical Director Working Age Adults East Sussex County Healthcare NHS Trust
May 1999 – Dec 1999	Consultant in General Adult Psychiatry Hull and Holderness Community NHS Trust.
Nov 1996 - May 1999	Consultant in General Adult Psychiatry South Downs Health NHS Trust, Brighton, E Sussex
Aug 1996 – Oct 1996	Senior Registrar, South Thames' Scheme South Downs Health NHS Trust.
Oct 1994 – July 1996	Lecturer in Biological Psychiatry United Medical and Dental Schools, Guys Hospital, London Senior Registrar to Dr P K Bridges The Geoffrey Knight National Unit for Affective Disorders, The Maudsley Hospital, London.



Aug 1993 – Sept 1994	South East Thames Regional Psychiatry Registrar Rotation.
Aug 1994 – Sept 1994	Registrar to Dr Farrington & Dr Bermingham Substance Misuse, Brighton, East Sussex
Feb 1994 – July 1994	Registrar to Dr Etkin, Child Psychiatry Haywards Heath, East Sussex
Aug 1993 – Feb 1994	Registrar to Dr Farhoumand Community Psychiatry, Brighton, East Sussex
Feb 1992 – July 1993	SHO Rotation in Psychiatry, Guys Hospital, London SHO to Dr Besson Psychogeriatrics, St Thomas's Hospital
Aug 1992 – Jan 1993	SHO to Dr Bridges, General Adult Psychiatry, Guys' Hospital
Feb 1992 – July 1992	SHO to Dr Hirons and Dr Wolfson General Adult and Rehab Psychiatry. Bexley Hospital

## PREVIOUS APPOINTMENTS MEDICINE

Aug 1989 – July 1991	Senior House Office Rotation in Medicine, Northwick Park Hospital, Harrow, Middlesex.
Feb 1991 – July 1991	SHO to Professor Pasvol Infectious Diseases.
Aug 1990 – Jan 1991	SHO to Drs Petty, Edmonds and Rudge, Endocrinology, Neurology and General Medicine.
Feb 1990 – July 1990	SHO to Dr Raferty Cardiology and General Medicine.
Aug 1989 – Jan 1990	SHO to Drs Woo, Denman, Dagleish and Webster Rheumatology, Oncology and General Medicine.
Feb 1989 – July 1989	House Surgeon, Professorial Unit. Guy's Hospital, London.
Aug 1988 – Jan 1989	House Physician, Guy's Hospital, London.



## **EXPERIENCE - SENIOR MANAGEMENT AND LEADERSHIP**

I have had several senior management and leadership positions both in the NHS, academically and for the Priory Group. From 2006 to 2017 I was the medical director at the Priory Hospital Brighton and Hove where I had responsibility for clinical governance, quality and medical leadership. I also investigated complaints and serious incidents and I chaired the Medical Advisory Committee meetings. Service development included innovations that have now been taken up across the Priory Group.

From April 2015 to Aug 2016 I was National Clinical Director of Addictions at the Priory Group which was a senior managerial role with strategic and operational responsibilities and I chaired the Service Line meeting for Addictions

I was the first academic psychiatry appointment at the Postgraduate Medical School and I led the development of the Psychiatry curriculum at the newly formed Brighton and Sussex Medical School including taking the curriculum through the university validation processes and working with the GMC in line with Tomorrow's Doctors.

As Clinical Director from 2004 to 2006, I worked with the Medical Director and two Lead Clinicians to develop a high quality service at East Sussex County Healthcare NHS Trust. The post involved management of the medical consultants and working with senior trust managers to lead strategic developments within the trust. I worked with other directors to establish and chair the first Research and Development Committee within the trust focussing on research governance and research development.

I strongly believe in leading and developing effective teams and throughout my career I have placed the patient at the centre services and developments.

## **EXPERIENCE - CLINICAL NHS**

I am currently consultant psychiatrist to Caburn Ward which is a busy 17 bedded acute female ward. I work with associate specialist, a non-medical responsible clinician and trainee doctors together with the multi-professional team to provide acute care to females on the ward the majority of whom are detained under the mental health act and have acute severe mental health problems.

Prior to this role I have been committed to providing high quality community Consultant support, in a job share arrangement, to the Assertive Outreach Team which accepts referrals of difficult to engage patients from 5 community health teams.

I have had Consultant responsibilities for three different catchment areas. Two of my previous Consultant posts covered inner city populations, which included areas of high social deprivation and provided community, inpatient and day hospital treatment of people with severe mental illness. I was the clinical lead of the multidisciplinary community mental health team and provided educational supervision of junior doctor and supervision of clinical assistants.

I have had considerable experience in the assessment and treatment of tertiary referral patients with treatment resistant affective disorders at the National Unit for Affective Disorders, including inpatient management using high dose and combined antidepressant regimes.

Liaison psychiatrist for Southeast Thames Neurosciences.



## EXPERIENCE - CLINICAL PRIVATE PRACTISE

I have been working with The Priory Hospital Brighton and Hove as a private Consultant Psychiatrist since 1996 and have spent the majority of my working week at The Priory Hospital since 2006 until 2018. I now work one day per week in private practice. I have a busy outpatient private practice accepting referrals of adults with general psychiatric conditions. Until 2017 I also managed general adult inpatients at The Priory Hospital Brighton and Hove and I had consultant responsibility for inpatient treatment for adults with a range of addictions including alcohol dependency, prescribed medication dependency and dependency on other substances such as cannabis, cocaine and opiates. I have also treated adults with other behavioural addictions.

## TEACHING

Discipline lead in Psychiatry for Brighton and Sussex University Medical School 2002-2012

I have led the development of the psychiatric curriculum at BSMS across the five years of the course

Module leader 306 Mental Health for Brighton and Sussex Medical School 2002-2011.

Postgraduate Certificate in Psychiatric Practice Development Team leader 2002-2005

Liaison Psychiatry module leader 2002-2006

Psychopharmacology module leader 2001-2006

Co-ordinator Psychopharmacology Module of Guy's MRCPsych course 2002-2005

Development and delivery of Mental Health Act Teaching – joint Section 12 approval and approved social work refresher course 2001-2006.

### Teaching on:

Approved social worker course 2001-2006

MSC Cardiology course 2001-

MA Mental Health 2001-2005

Undergraduate and postgraduate teaching in lectures, small groups and individually since 1994

Co-ordinator of Psychopharmacology Module of MRCPsych Course at Guy's Hospital 1995 –99.

Lecturer and examiner for the Diploma in Psychiatric Practice in London, Cairo and Lahore. Faculty member. 1995-2003

Final MB Clinical Examiner London University. 1997-2000



## EXAMINATION BOARDS

Year 3 Module 306 Exam Board

Phase 2 Examination Board

## RESEARCH

Collaboration with Prof R Horne utilising and investigating a health beliefs model and adherence to treatment to in patients with bipolar affective disorder 2005-

Supervisor for SpR research projects: regarding the qualitative experiences of patients referred with cardiac arrhythmias and trends in suicides at Beachy Head 2003-2007

Principal Investigator Agomelatine Study CL3-20098-025 (a double blind dose finding antidepressant study) 2001-2

Collaboration with United Medical and Dental Schools (Guy's Campus) investigating the cognitive effects of long term lithium treatment 1997 onwards. The Geoffery Knight Unit 1994-1996.

A ten year follow up of patients treated by the psychosurgical operations of stereotactic subcaudate tractotomy. The relationship between monoamine metabolites in the ventricular cerebrospinal fluid and ventricular dilation in patients with refractory affective disorders. The use of high dose moclobemide. 1994-1996

## MANAGEMENT

Chairman of Research & Development Pillar Group, ESCH 2003-2006

Chairman of Medical Advisory Committee, The Priory, Hove 2003-

Member of Medical Advisory Committee ESCH Trust 1999-



Chairman of Acute Inpatient Service Working Party SDH Trust 1998-1999

Member of Patient Information Management System,  
Implementation Group SDH Trust 1998-1999

Member of Psychiatric Consultant's Committee 1996-1999

Liaison with National Directorate Management to cost services provided by the Geoffrey Knight Unit 1997 – 1998

## PUBLICATIONS

### Papers

Bowskill, R., Clatworthy, J., Parham, R., Rank, T., & Horne, R. (2007). Patients' perceptions of information received about medication prescribed for bipolar disorder: Implications for informed choice. *Journal of Affective Disorders*, 100(1-3), 253-257.

Clatworthy J, Bowskill R, Rank T, Parham R & Horne R. (2007). Patients' perceptions of bipolar disorder and its treatment: A qualitative study. *Bipolar Disorders*, 9: 656-664.

Roberts N J, Bowskill R J, Rafferty P (2004). Self Induced Hyperemesis in Pregnancy *Journal of the Royal Society of Medicine*, 97, (3); 128-130

Cooper, P.J., & Bowskill, R.J., (1986) Dysphoric mood and overeating. *British Journal of Clinical Psychology*, 25, 157 – 158.

### In preparation

Horne R, Clatworthy J, Parham R, Rank T & Bowskill R. Identifying the key patient beliefs associated with nonadherence to medication prescribed for bipolar disorder: the utility of a necessity-concerns framework.

Bowskill R, Clatworthy J, Parham R, Rank T & Horne R. Differing treatment perceptions and adherence to medication across different types of medication prescribed for bipolar disorder.

### Conference abstracts

Clatworthy J, Bowskill R, Cook J, Parham R, Rank T, Leseve P & Horne R. Health professionals' beliefs about medication prescribed for bipolar disorder: implications for patient adherence. Poster presentation at the UK Society for Behavioural Medicine 3<sup>rd</sup> Scientific Meeting. Warwick, UK, 10<sup>th</sup> December 2007.

Horne R, Clatworthy J, Parham R, Rank T & Bowskill R. Medication nonadherence in bipolar disorder: the role of patients' treatment perceptions. Oral presentation at the 9th International Congress of Behavioural Medicine, Bangkok, Thailand, November 29 - December 2, 2006.





Bowskill R, Clatworthy J, Parham R, Rank T & Horne R. Dissatisfaction with information provided about medicines prescribed for bipolar disorder. Poster presentation at 5<sup>th</sup> European Stanley Conference on Bipolar Disorder. Barcelona, Spain. 5<sup>th</sup>- 7<sup>th</sup> October 2006.

Clatworthy J, Bowskill R, Rank T, Parham R, Horne R. Nonadherence in bipolar disorder: the utility of an extended-Self-Regulation Model (SRM). Oral presentation at 20th European Health Psychology Conference, Warsaw – Poland. 30th August - 2nd September 2006.

Horne R, Clatworthy J, Parham R, Rank T & Bowskill R. Medication nonadherence in bipolar disorder: the role of patients' treatment perceptions. Oral presentation at APA 159th Annual Meeting, Toronto, May 20 - 25, 2006.

Bowskill R, Clatworthy J, Parham R, Rank T & Horne R. Patient dissatisfaction with information received about medicines prescribed for bipolar disorder. Oral presentation at APA 159th Annual Meeting, Toronto, May 20 - 25, 2006.

Clatworthy J, Bowskill R, Rank T, Parham R, Horne R. Nonadherence in bipolar disorder: a qualitative study exploring perceptual and practical barriers to taking medication. Oral presentation at American Psychiatric Association (APA) 159th Annual Meeting, Toronto, May 20 - 25, 2006.

Horne, R. Clatworthy, J., Parham, R., Rank, T., & Bowskill, R. (2006). Explaining non-adherence in bipolar disorder: The role of patients' treatment perceptions. Oral presentation at International Society for Affective Disorders Third Biennial International Conference, Lisbon, March 3 – 6, 2006. *Journal of Affective Disorders*, 91(S1), 12.

Bowskill, R., Clatworthy, J., Parham, R., Rank, T., & Horne, R. (2006). Patient dissatisfaction with information provided about medication prescribed for bipolar disorder. Poster presentation at International Society for Affective Disorders Third Biennial International Conference, Lisbon, March 3 – 6, 2006. *Journal of Affective Disorders*, 91(S1), 76.

Bowskill R, Clatworthy J, Parham R, Rank T & Horne R. Dissatisfaction with information provided about medicines prescribed for bipolar disorder. Poster presentation at BSUH/BSMS Research Symposium - 17th November 2005

Bowskill, R.J., (2003) Working with a User Group in Curriculum Development. BSMS Newsletter Issue 4

Bowskill, R.J.& Bridges, P.K., (1997) Treatment resistant affective disorders. *British Journal of Hospital Medicine*, 57, 171 – 172. Bowskill, R.J., Conlin, H., et al, (1996) Tricyclics and SSRIs. (letter)

*British Journal of Psychiatry*, 169, 250 –251. Bowskill, R.J., Conlin, H., et al, (1996) A ten year follow up of patients treated by the psychosurgical operation of stereotactic subcaudate tractotomy. The Royal College of Psychiatrists Winter Meeting. Post/Abstract.

