



PUT YOUR TRUST IN OUR PROFESSIONALS

CURRICULUM VITAE

DR VICTORIA HUGHES – HCPC REGISTERED PSYCHOLOGIST

Expert in Mind Ltd, Astec House, Sedlescombe Road South,
St Leonards on Sea, East Sussex, TN38 0TA
Tel: 01424 444130 Fax: 01424 234625
Email: office@expertinmind.co.uk

REGISTRATION: HCPC – PYL29201

PROFESSIONAL INDEMNITY INSURANCE: TOWERGATE

MEDICO-LEGAL WORK

- ✓ CRIMINAL PROCEEDINGS
- ✓ PERSONAL INJURY
- ✓ ROAD TRAFFIC ACCIDENTS
- ✓ WORK ACCIDENT
- ✓ TRAUMA
- ✓ CARE PROCEEDINGS
- ✓ MEDICAL NEGLIGENCE

ASSESSMENT OF A RANGE OF PSYCHOLOGICAL CONDITIONS INCLUDING:

- ✓ NEURODEVELOPMENTAL DISORDERS SUCH AS AUTISM
SPECTRUM DISORDER AND ADHD
- ✓ POST TRAUMATIC STRESS DISORDER
- ✓ COMPLEX TRAUMA
- ✓ PERSONALITY DISORDER
- ✓ ANXIETY DISORDERS
- ✓ DEPRESSION AND MOOD DISTURBANCE
- ✓ ADJUSTMENT DISORDERS

PROFESSIONAL QUALIFICATIONS

Doctorate in Counselling Psychology

1/9/2009 – 1/9/2012

University of Teesside

- Areas included: Psychopathology, Developmental Psychology/Psychology across the lifespan, Cognitive Behavioural Therapy, Psychodynamic Therapy Integrative/Relational Therapy, Case Assessment/Diagnosis & Formulation, Research Methods.
- Over 450 hours of one to one therapy with clients
- 50 hours of personal therapy
- HCPC Registration - Practitioner Psychologist

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Registered in England No.6563261. VAT Registration No. 937797946

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W: expertinmind.co.uk

Doctoral Thesis – Uncovering the voice of the patient - Research looking into adults with Autism Spectrum Disorder and their experiences of psychological therapy. The research highlights the difficulties and accessibility of current psychological therapies for individuals on the Autistic Spectrum and gives recommendations for practitioners working within this field. Implications of the usage of traditional research methodologies are also discussed.

Post Graduate Diploma in Psychology 1/9/2005 – 1/6/2006
Open University

- Areas included: Developmental Psychology and Cognitive Psychology
- Graduate basis for Chartership

BSc Applied Psychology 2:1 (Hons) 1/9/2001 – 1/7/2004
Leeds Metropolitan University

- Areas included; Abnormal Psychology, Developmental Psychology, Cognitive Psychology, Educational Psychology, Health Psychology, Research Methods

Undergraduate Research: An Exploration of the constructions of 4-5 year olds thought processes before and after a road safety intervention – A Vygotskian Perspective

FURTHER SPECIALIST TRAINING

- Supervision training – post qualification training (PQT- Hull University)
- Intensive DBT therapy – DBT British Isles (Therapy for individuals with high level of risk to self and complex trauma history)
- Socialeyes – Social skill group training for adults with Autistic Spectrum Disorder (ASD)
- Autism Diagnostic Interview (ADI-R) – developmental history training
- Autism Diagnostic Observational Schedule (ADOS-2) Formal ASD diagnostic training

PRESENT POST – 1/12/15 – ONWARDS

The Retreat – North Yorkshire Autism & ADHD Service (NHS contract)

Role: Clinical Lead and Psychologist

- To set up and lead an NHS service offering specialist diagnostic assessments for adults with potential Autistic Spectrum Disorder and ADHD.
- Work together with NHS and Social Care stakeholders to create a pathway of post diagnostic support in the local community
- To offer NHS diagnostic assessments for adults that may present on the autistic spectrum and/or ADHD and write diagnostic reports containing recommendations for future care and support.
- To supervise other clinicians in the team
- To chair weekly MDT meetings
- To create a referral pathway and gate keep the type of referrals we receive in order to ensure we receive the right type of referrals and reduce NHS waiting times
- Manage ongoing waiting lists for assessment and treatment
- Attend quarterly meetings with the CCG and provide a detailed report containing statistics about our latest figures and budget.
- To deliver the service level agreement of an NHS contract whilst managing and working within the set budget
- To raise the profile of the new service
- To offer training and consultancy to outside agencies

PRESENT POST – 2/1/2013 – ONWARDS

Private Practice – Based in Wakefield and also in Retford, Notts
Website: www.kingsparkpsychologicaltherapyservice.co.uk

- To set up and provide my own private assessment and psychological therapy service
- To work with a range of psychological presentations and where needed work with community mental health teams where there is risk evident to ensure safety to the client and the team.
- To receive referrals for NHS assessment and treatment and work within the time constraints for report writing and delivering treatment
- To accept referrals from external agencies to assess and provide psychological treatment i.e. psychological effects of road traffic accidents, accidents in the workplace, work based stress.
- To undertake medico-legal assessment work and attend court where necessary

The Tuke Centre - York

1/4/2013 — 12/1/2015

Role: Psychologist

- To offer evidence based psychological assessments and therapies such as CBT to patients that present with a number of complex needs such as anxiety, depression, bi-polar, OCD, early life trauma, personality disorders.
- To run a DBT group and offer individual DBT therapy to patients with a diagnosis of Borderline Personality Disorder and high level of risk to self
- To assess risk and liaise with external agencies such as crisis teams and local CMHT
- To work within an MDT with other clinicians such as psychiatrists, nurses, social workers and occupational therapists.
- To set up a private service for clients with Autism Spectrum Disorder to fill the gap that appears between local community mental health teams and learning disability services.
- To write business plans and bids for local NHS work
- To maintain the highest standards of clinical record keeping and report writing in accordance with professional codes of practice of the British Psychological Society and The Health Professions Council

1/4/2013 — 3/31/2014

RDASH – Intensive Community Therapies – Doncaster (NHS)

Role: Psychologist (Sabbatical cover)

- To provide a qualified specialist psychological assessment and therapy service to patients with complex needs in a local adult mental health service
- To provide specialist psychological assessment and therapy to patients with a personality disorder and complex trauma
- To offer neuropsychological testing such as WAIS IV, TOFT, BADS, Hayling & Brixton, WMS
- Offer consultation and share psychological formulation to non-psychologist colleagues to aid reflection
- To work autonomously within professional guidelines and the overall framework of the team's policies and procedures.
- To utilize research skills for audit, policy, service development and research within the area served by the team/service.
- To use outcome measures to demonstrate clinical effectiveness of therapy

1/1/2013 — 1/4/2013

Bradford NHS – Community Mental Health Team (City)

Role: Psychologist (Locum Psychologist)

- To reduce the extensive waiting list for psychological therapy by providing psychological assessment and making recommendations in order to gate keep waiting lists for psychology
- To attend single point of access meetings to discuss referrals to psychology
- To work with the CMHT to increase psychological mindedness in the team and advise on how to assess patient commitment to change before referral to psychology.

1/7/2012 – 1/1/2013

York St John's University

Role: Psychologist (6 month consultancy)

- To provide psychological advice and consultation to staff across the university especially with reference to risk.
- To supervise other therapists within the Counselling service
- To deliver 20 sessions of short term CBT per week
- To advise on current case management procedures and models of improving service delivery
- To make external links and forge referral pathways i.e. NHS.
- To support the transformation process of a new service within the university until the new manager took up his post in Jan 2013.

1/5/2009 – 1/7/2012

NHS Leeds Adult Mental Health Psychological Therapies

Role: Trainee Psychologist – (paid p/t)

- To provide specialist psychological assessments to patients within the Service - step 4 model of the stepped care approach
- To formulate and implement plans for the psychological treatment and of a patient's mental health problems
- To undertake risk assessment and risk management for individual patients and to provide advice and training to other professions on psychological aspects of risk assessment and management.
- To liaise closely with other members of the multidisciplinary team, giving specialist advice on psychological aspects of care and contributing directly to formulation, diagnosis and treatment planning.
- To communicate in a skilled, persuasive and sensitive manner, information concerning the assessment, formulation and treatment plans of patients, and to monitor progress during the course of their multidisciplinary care.

1/5/2009 — 5/1/2012

NHS Sheffield Asperger Syndrome service

Role: Trainee Psychologist

- To provide specialist psychological assessments to patients referred to the service for a diagnosis of Asperger Syndrome
- To be responsible for implementing a range of short term psychological interventions accessible to the client group
- To undertake risk assessment and risk management for individual patients and to provide advice and training to other professions on psychological aspects of risk assessment and management.
- To provide teaching, training and support to other MDT members
- To provide consultation to external services and advise on care planning.

1/9/2007 — 1/9/2009

Hesley Village (Private healthcare)

Role: Assistant Psychologist

- To assess the needs of individuals with a learning disability/autism and provide a range of clinical interventions under the supervision of a Clinical Psychologist
- To contribute to assessment and management plan for individuals with high risk clinical needs
- To administer psychological and neuropsychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients and others involved in the individual's care.
- Responsible for managing and prioritizing own workload, balancing the needs of individuals and service requirements under the supervision
- To deliver training to other non-clinical members of staff surrounding clients mental health needs

9/1/2006 — 9/1/2007

Low Laithes Village (Private healthcare)

Role: Assistant Psychologist

- To assess the needs of the individual with autism and challenging behaviour and assess suitability for the service
- To provide a range of clinical interventions mainly an ABA approach under the supervision of a Clinical Psychologist

- To contribute to assessment and management plan for individuals with high risk clinical needs
- To administer psychological and neuropsychological tests, self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients and others involved in the individual's care.
- Responsible for managing and prioritizing own workload, balancing the needs of individuals and service requirements under the supervision

1/9/2004 – 1/9/2006

Your Voice Wakefield – MENCAP

Role: Community Care Advocate

- To support the voice of clients with a learning disability to speak up and have more control over their lives.
- To liaise closely with other members of the multidisciplinary team ensuring the client is central to all planning and decision making.
- To maintain up to date knowledge of legislation, national and local policies and issues in relation to mental health and learning disability.
- To use a range of different communication resources to communicate effectively with the client.
- To develop a new part of the advocacy service focusing on supporting people with a more profound learning disability.
- To form a link with local partnership boards and to feed into local government planning.
- To incorporate outcome measures into the new project using this to reflect on the development of the service and provide evidence for funding streams.