

SPECIALISMS

Historic Sex Abuse
PTSD
Trauma
Victims of Torture

CASE TYPE

Clinical Negligence
Historic Sexual Abuse
Personal Injury
Road Traffic Accident

CURRENT POST:

- **Medical Director and Consultant Psychiatrist to Combat Stress** the National Charity for Combat Veterans and Ex-Servicemen's Mental Health (appointed June 2007)
- Mental Health Act Section 12 (2) Approved.
- Appointed Consultant Psychiatrist Oct 1994.

AWARDS:

- **Soldiering On Through Life Trust. Lifetime Achievement Award Awarded to Dr Walter Busuttil 23rd April 2016.**
"Lifetime Achievement Award To recognise a person or group who, through a lifetime of service, has provided a significant contribution in support of the Armed Forces".
- **Charity Awards: Healthcare and Research category – Winner Combat Stress. June 2016**
This award was won for the clinical design and clinical outcomes and research publications relating to the six week intensive treatment programme. I designed and set up this treatment programme and achieved NHS National Specialised Commissioning of £20million+ funding since 2011; I have led this clinical service since its inception. In addition I set up the Combat Stress research department and link to Kings College Centre for Military Health in 2013.

MEDIA WORK

I have been very active in the media promoting knowledge into PTSD and Mental Health and have been cited in national newspapers, national and international TV and Radio news and documentary broadcasts on matters concerning PTSD in veterans and other vulnerable groups, advising the NHS and other agency in relation to educational and documentary films.

I am seen as a National and International expert in the field especially in relation to PTSD in veterans and military personnel and adult survivors of sexual abuse and their mental health. This has included: Invictus Games BBC with HRH Prince Harry 2016, Newsnight with Kirsty Wark in 2014, Documentary with Ross Kemp in 2013. Panorama 2011. Prime News Programmes included Sky, BBC, ITV, News 24, CNN, BBC World. Radio included File on Four, Radio Five Live, Jeremy Vine Show. Newspapers included Telegraph, Times, Guardian, Mirror, Express, Daily Mail, Sun.

PROFESSIONAL QUALIFICATIONS:

- Bachelor of Medicine & Surgery, University of Manchester 1983.
- Member of the Royal College of General Practitioners 1988.
- Accredited Vocational Training in General Practice 1989.
- Member of the Royal College of Psychiatrists 1991.
- Accredited Higher Training in Psychiatry Oct 1994.
- Masters Degree in Psychology, University of London 1995.
- Fellow of the Royal College of Psychiatrists 2009



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AFFILIATIONS & HON APPOINTMENTS:

- Armed Forces Clinical Reference Group Member September 2013 - 2015
- Armed Forces Clinical Reference Group Psychiatry Task and Finish Group 2015- current
- Responsible Officer to Combat Stress Designated Body. General Medical Council May 2013 – Current
- Chair of the UK Trauma Group May 2009 – December 2013 (UKTG).
- Member of the International Society for Traumatic Stress Studies (ISTSS) 1992 - current.
- Member of the European Society for Traumatic Stress Studies (ESTSS) 2008-2015.
- Founder Board Member of the UK Psychological Trauma Society (UKPTS) May 2008 – 2013.
- Member of the UK Trauma Group (1998-current) – former spokesperson for War Veterans; former Member of the Complex PTSD and Treatment Guidelines working party.
- Member of ESTSS Task Force for UK Uniformed personal and Combat Veterans 8th May 2008 - current.
- Member of Medical Advisory Committee for the British Branch of the World Veterans Association 2007 - current
- Member of the World Veterans Association working party on PTSD 2009- current
- Hon Consultant Psychiatrist to The Richmond Foundation, Malta (2010-current).
- Member of Diocesan Panel for the selection of priests in to the Catholic Church Womersley Seminary 2010-current.
- Member of the Child Protection Advisory Panel to the Roman Catholic Diocese of Arundel and Brighton 2001 -2002.
- Commissioned Officer Royal Air Force 1984. RAF Cranwell.

PREVIOUS CONSULTANT POSTS:

- Medical Director and Consultant Psychiatrist
'The Dene', Medium Secure Hospital for Women, Hassocks, West Sussex. (Partnerships in Care Group).
Lead Clinician for Personality Disorders and Trauma Unit (Sept 1997 - June 2007).
- Consultant Psychiatrist: Co-Director, Trauma Service
The Priory Ticehurst House Hospital. November 1997 - September 2004.
- Head of the Royal Air Force Community Psychiatric Department for East Anglia (RAF Marham). April 1995 - August 1997.
- Consultant Psychiatrist Royal Air Force Community Psychiatric Department for Western Region (RAF Hospital Wroughton). December 1994 - March 1995.

VOCATIONAL TRAINING IN PSYCHIATRY ROYAL AIR FORCE TRAINING SCHEME:

- Higher Psychiatric Training (1991 - 1994), and General Professional Psychiatric Training (1989 - 1991) included two six-month jobs in Psychological Trauma (Royal Air Force Training Scheme with placements at Littlemore Hospital Oxford, and The Maudsley Hospital London).

TRAUMA CLINICAL WORK; SERVICE DEVELOPMENT AND RESEARCH

- Since 2007 I have set and led the national clinical strategy and clinical service design for Combat Stress.
- On behalf of Combat Stress, I was awarded National Specialised Commissioning Status as lead clinician to set up and provide an intensive 6 week rehabilitation programme for the treatment of PTSD and co-morbid disorders for combat veterans across England. This service is designed on evidence based best practice. Outcome studies have been published in the British Medical Journal and other journals.



- Lead and set up and updated all clinical services for Combat Stress nationally including setting up of out-patient and community and outreach services; bespoke residential treatment programmes using trauma focussed therapies as well as wellbeing and rehabilitation. I have helped lead the restructuring of all treatment centre services at three national sites, including psychoeducation programmes intensive programme and wellbeing and rehabilitation programmes.
- Set up a Research Department at Combat Stress linked to the Kings Centre for Military Health Research headed by Professor Sir Simon Wessely President of the Royal College of Psychiatrists in 2014. Since its inception this department has published ten papers in first class peer reviewed journals including the BMJ. I lead the research strategy and participate in internal, national and international research studies into veteran's mental illness including PTSD.
- I have worked in partnership with department of health in England, Scotland and Wales and Northern Ireland, the Ministry of Defence the Royal British Legion and Help for Heroes.
- I regularly liaise on a national basis at the highest levels with the NHS, MOD, War Pensions; other charitable ex-servicemen's agencies, and nationally renowned research centres on a regular basis. I am helping to lead the development and upgrading of intervention protocols for veterans including PTSD nationally. I have two full clinical days where I assess and treat patients. I am actively involved in research studies into veteran's mental illness including PTSD.
- While at the Dene I led the development of specialised services for women including an inpatient Personality Disorders and Trauma Unit for which I was lead clinician; a Psychosis Unit, an Intensive Care Unit and Rehabilitation Unit. The personality disorders unit treated women who were victims of multiple childhood traumas. Treatment approaches included a community therapeutic milieu incorporating principles of interactive psychoeducation, Dialectic Behaviour Therapy, psychodynamic therapy and trauma focussed cognitive behaviour therapy and eye movement desensitisation and reprocessing (EMDR). I was part of the Senior Management Team running the hospital that was expanded and which included the setting up of a low secure 21 bedded hospital. I reformed and lead clinical governance. I also reformed and line-managed the psychology and psychotherapies department.
- From November 1997 to September 2004 I set up and led a new unit at Ticehurst House Hospital for the treatment of victims of repeated psychological trauma and Complex PTSD using group psychotherapy, and cognitive techniques. Treatment outcomes were published in peer review literature.
- Masters Thesis (1995) in Psychology proposed the use of various psychological interventions for the prevention of Traumatic Stress Disorders in Emergency Workers and Military Organisations.
- Part of the RAF Traumatic Stress Disorders Team that treated the British hostages released from Lebanon in 1991 and the British prisoners of the Gulf War.
- Part of the RAF PTSD Unit which pioneered the use of new assessment techniques for the victims of traumatic stress, and the novel use of Group Therapy Techniques in the treatment of established PTSD 1990 - 1993. Outcome and assessment studies were published in peer review literature.
- Research in Post Traumatic Stress Disorders has resulted in around 45 peer reviewed academic publications: co-author and main author of several academic papers, articles, letters and eleven book chapters in leading psychological trauma American, British and Australian textbooks on PTSD and personality disorders.
- Journals published included the Journal of the Royal College of Psychiatrists, Psychological Medicine, Journal of Traumatic Stress, Bulletin of the Royal College of Psychiatrists, International Journal of Geriatric Psychiatry, Psychiatry; Nursing Times, Journal of the Sexual and Relationship Therapy. BMJ.
- I have also refereed and supervised MSc and PsychD Theses on PTSD and Research Articles for Journal Submissions.
- Over 200 invited presentations of original academic papers about all aspects of PTSD research and clinical management at National and International Conferences including World and European Conferences of the International and European Societies for Traumatic Stress Studies from 1992 until 2016. Chaired sessions at Annual Royal College of Psychiatrists' meetings and at the Royal Society of Medicine; participated in several international planning round tables on various aspects of PTSD including those hosted by Israel, Russia, and Australia in 2015.



RECENT SELECTED INVITED CONFERENCE AND TEACHING PRESENTATIONS:

- **Busuttil, W. (2016)** The Psychological Effects of War on Asylum Seekers. Asylum Seekers in the Mediterranean. One day seminar organised by the Ministry of Home Affairs & National Security Malta. Dragonara Hotel St Julian's, Malta 2nd May 2016.
- **Busuttil, W (2016)** Clinical Services Delivered by Combat Stress. Military Psychiatry GP Training day Charis Centre Crawley 4th May 2016.
- **Busuttil, W. (2016)** Combat Stress: Clinical services for the BVTVA and other Veterans. British Nuclear Test Veterans Annual Conference. One day Conference. Stoke Rochford Hall, Grantham 28th May 2016.
- **Busuttil, W. (2016)** Introduction to Combat Stress and Veterans' Mental Health. War and Psychology MSC Course Kings College London. Tyrwhitt House 9th June 2016.
- **Busuttil, W. (2016)** Veterans' Mental Health and the work of Combat Stress and NHS Veterans' Mental Health Network. Workshops for General Practitioners. Salomon's Centre Tunbridge Wells. 15th June 2016.
- **Busuttil, W. (2016)** The Effects of Psychological Trauma following Disaster: Psychological First Aid Training workshops. Richmond Foundation. Santa Venera, Malta 8th-9th November 2016.
- **Busuttil, W. (2016)** Veterans' Mental Health and the work of Combat Stress. General Practice Trainers' day. Surgeon General's Department Lichfield 16th November 2016
- **Busuttil, W. (2016)** The work of Combat Stress. Military Psychiatry Annual Conference. Surgeon General's Department Lichfield 8th December 2016.
- **Busuttil, W. (2017)** Military Psychiatry: The effects of multiple psychological trauma on civilians & refugees exposed to war; and combat military personnel and combat veterans. Two day masterclass workshops. Andrew Sims. Leeds & York NHS Partnership. Metropolitan Hotel Leeds. 11-12 January 2017.
- **Busuttil, W (2017)** Clinical Services Delivered by Combat Stress. Military Psychiatry GP Training day Leicester General Hospital 25th & 26th January 2017.
- **Busuttil, W (2017)** Veterans' Mental Health. Clinical Services. Training Workshop for Management Brompton Barracks Chatham. 21st February 2017.
- **Busuttil, W (2017)** Clinical Services Delivered by Combat Stress. Military Psychiatry GP Training day Leicester General Hospital 2nd March 2017.
- **Busuttil, W (2017)** Veterans 'Mental Health. Health and Wellbeing at Work Conference. NEC Birmingham Sterling Events. 7th March 2017.
- **Busuttil, W (2017)** PTSD and the Military What Can we Learn? PTSD in UK Policing. Police Dependents Trust: Lancashire Police HQ, Preston. 22nd March 2017
- **Busuttil, W (2017)** Veterans' Mental Health. Clinical Services. Training Workshop for Military Officers Brompton Barracks Chatham. 27th March 2017.
- **Busuttil, W (2017)** Combat Stress. Chi Brighton. Brighton & Sussex District General Hospital .4th May 2017.
- **Busuttil, W (2017)** Mental Wellbeing, Employer Education & Clinical Pathways. Military Mind Conference. Combat Stress. 1 America Square Conference Centre London 09 May 2017.
- **Busuttil, W (2017)** Round Table Panel Discussion. Military Mind Conference. Combat Stress. 1 America Square Conference Centre London 09 May 2017.
- **Busuttil, W (2017)** Clinical Services Delivered by Combat Stress. Military Psychiatry GP Training day RAF Wittering Cambridgeshire. 14th June 2017.

RECENT SELECTED PUBLICATIONS:

PAPERS

- **Busuttil W. (2010)** Veterans' Mental Health: The Role of the Third Sector Charity Combat Stress: Expanding Community Outreach Services and Bespoke Residential Treatment Programmes. Lutterworth, BACP, Spring. Issue 68, 2-9.
- **Busuttil, W. (2011)** Military Psychiatry – Clinical Services for Service Personnel and Veterans. Alcoholis. The Bulletin of the Alcohol Medical Council. April 31, 2 2-4.



- **Busuttil, W** (2011) Changing Classification: Update–Post Traumatic Stress Disorder, Diagnostic Statistical Manual 5th Edition (DSM-V) and Personal Injury Litigation. *Journal of Personal Injury Litigation*, July/August 97; pp4-7
- van Hoorn, LA., Jones, N., **Busuttil, W.**, Fear, NT., Wessely, S., Jones, E. Hunt, E., Greenberg, N. (2013). Iraq and Afghanistan veteran presentations to Combat Stress, since 2003. *Occupational Psychiatry*. doi: 10.1093/occmed/kqt017
- Murphy, D. & **Busuttil, W.** (2014). Reviewing PTSD, stigma and barriers to help-seeking within the UK Armed Forces. *Journal of the Royal Army Medical Corps*, 0:1–5. doi:10.1136/jramc-2014-000344.
- Murphy D, Hodgman G, Spencer-Harper L, Hinton M, Wessely S, **Busuttil W.** (2015) Mental health and functional impairment outcomes following a six week intensive treatment programme for UK military veterans with post traumatic stress disorder (PTSD): a naturalistic study. *British Medical Journal Open*. Open 2015;5:e007051. doi:10.1136/bmjopen-2014-007051
- Murphy, D., & **Busuttil, W.** (2015). Exploring factors that predict treatment outcomes in UK veterans treated for PTSD. *Psychology Research*, 8(5).
- Murphy, D., Weijers, B., Palmer, E., **Busuttil, W.** (2015) Exploring patterns in referrals to Combat Stress for UK veterans with mental health difficulties between 1994–2014. *International Journal of Emergency Mental Health*, 17, 652-658.
- Murphy, D., Palmer, E., **Busuttil, W.**, & Oddy, M. (2015). Exploring the prevalence of traumatic brain injury (TBI) and associations between TBI and mental health difficulties within UK veterans accessing support for mental health difficulties. *Psychology Research* 5, 613-623.
- Murphy, D., Palmer, E., Lock, R. **Busuttil, W.** (2016) Post-traumatic growth among UK veterans following treatment for post-traumatic stress disorder. *J R Army Med Corps* 2016;0:1–6. doi:10.1136/jramc-2016-000638
- Murphy D, Palmer E, **Busuttil W.** (2016) Mental health difficulties & help-seeking beliefs within a sample of female partners of UK Veterans diagnosed with Post-Traumatic Stress Disorder. *Journal of Clinical Medicine* 2016; 5(68):doi:10.3390/jcm5080068.
- Murphy D, Spencer-Harper L, Carson C, Palmer E, Hill K, Sorfleet N, Wessley, S., **Busuttil, W.** (2016). Long-term responses to treatment in UK veterans with military-related PTSD. *BMJ Open* 2016.
- Murphy D, Palmer E, Westwood, G., **Busuttil W.**, Greenberg, N. (2016) Do alcohol problems, service utilisation and demographic characteristics differ between UK veterans and members of the general public attending an NHS general district hospital? *Journal of Clinical Medicine*, 5, 95, doi 10, 3390/jcm5110095.
- Murphy D, Palmer E, **Busuttil W.** (2016) Exploring indices of Multiple Deprivation within a sample of veterans seeking help for mental health difficulties residing in England. *Journal of Epidemiology and Mental Health Reviews* Vol 1.6 ISSN 2471-8211

BOOK CHAPTERS

- **Busuttil, W.** (2011) Post-traumatic stress disorder and substance misuse. In *Practice in Mental Health Substance Use* 109-124; D C Cooper ed. Radcliffe Publishing Ltd: London.
- **Busuttil W** (2012) Combating the effects of post-traumatic stress and other trauma associated with the theatre of war. In: *'International Handbook of Workplace Trauma Support'*, eds Rick Hughes, Andrew Kinder and Cary L. Cooper. pp416-435 Wiley- Blackwell: Oxford.
- **Busuttil, W** (2012) Military Veterans' Mental Health – the long term post trauma support needs. In: *'International Handbook of Workplace Trauma Support'*, eds Rick Hughes, Andrew Kinder and Cary L. Cooper. pp458-474. Wiley- Blackwell: Oxford.
- **Busuttil, W** (2013) She set me at Ease. In: Kate Gonzi: From the Heart. Ed D. Allen. Mid sea Books Valletta Malta.
- **Busuttil, W.** (2014) Trauma Related Substance Misuse. In *Attorney's Guide to Defending Veterans In Criminal Court*. (Brocton Hunter ed) Chapter 7. National Veterans Foundation: Minneapolis USA.



- **Busuttil, W** (2014) The Charity Worker's Tale. In *Battle Against Stigma* eds M Neville & J Hacker-Hughes - its Role ed Jamie Hacker-Hughes Bringing War Home. Volume 2, pp 66-79. Wellcome Trust: London.
- **Busuttil, W.**, Hacker Hughes J., Kitchner, N. (2017) Introduction. *In: Military Veteran Psychological Health and Social Care: Contemporary Issues*. Chapter 1; Ed J Hacker-Hughes. Routledge. London/New York.
- **Busuttil, W** (2017) The Role of the Third Sector Charity Combat Stress: An Update *In: Military Veteran Psychological Health and Social Care: Contemporary Issues*. Chapter 11; Ed J Hacker-Hughes. Routledge. London/New York.

WEBSITE/PODCAST PUBLICATIONS

- Klein, S., Alexander, D., & **Busuttil, W.** (2012) Scoping review: A Needs-Based Assessment and Epidemiological Community-Based Survey of Ex-Service Personnel and their Families in Scotland Robert Gordon University. Aberdeen December 2012 www.scotland.gov.uk/Resource/0041/00417172.pdf
- Busuttil W., (2013) Combat Stress and Veterans' Mental Health August 2013 Podcast Royal College of Psychiatrists. London
- Busuttil W (2014) Veterans' Mental Health Podcast British Medical Association January 2014.

PRIVATE PRACTICE:

Besides my fulltime job, I have a small private practice where I treat and supervise clinical cases as well as undertake Medico legal work.

I routinely assess and treat patients suffering the effects of psychological trauma generated by medical negligence, road traffic accidents, interpersonal violence, accidents at work, disaster and conflict.

- Medico-legal Work 1991 – present.
Approximately 40 reports per year; 10% defence; 20% joint instructions; 70% claimant.
- Most reports and court work related to compensation cases for victims of traumatic stress.

