

Resume of Qualifications and Experience

Dr Judith Holden

BSc (Hons), MSc, ClinPsyD, CPsychol.

HCPC Registered Practitioner Psychologist

I am a Clinical Psychologist, Chartered with the British Psychological Society and have been working in the field of psychological assessment and therapy since 1998, predominantly within the NHS. Prior to this I worked in a variety of roles including working with adults with mental health difficulties, older adults and psychological research. I am registered as a Practitioner Psychologist with the Health and Care Professions Council.

My qualifications are B.Sc. (Hons.) (University of Westminster) in Psychology; M.Sc. (University of Leicester) in Forensic Psychology; Doctorate in Clinical Psychology (University of Birmingham); and the Primary and Advanced Certificates in Rational Emotive Behaviour Therapy (accredited by the Albert Ellis Institute, New York). The British Psychological Society awarded me Chartered Psychologist status in 2004.

In addition to my role offering independent psychological assessment and advice I specialised in the NHS in working age adults providing psychological assessment and therapy for a range of presenting issues such as: anxiety, depression, post-traumatic stress disorder, obsessive compulsive disorder, eating disorders, childhood sexual abuse, complex bereavement and characterological issues (personality disorder). In addition, I offered clinical supervision, consultation and training to other professionals, engaged in research and development activities, and was acting head of specialty for a time. I have also worked in forensic inpatient settings and other specialist services such as early intervention for psychosis, older adults, people with learning disabilities and child and family teams. As such, I have experience of working with clients across the spectra of age, cognitive ability, functioning and risk. Clients have included individuals, couples, families, carers and staff.

In my last NHS post I was service lead during a period of intense organisational change which afforded me the opportunity to develop a range of management skills particularly pertinent to statutory services. More recently I have been managing

contracts providing assessment and therapeutic services to NHS and third sector clients.

I have worked on multiple occasions in child and family services responsible for psychological assessment and therapy with individual children and families on issues such as anger, significant emotional and behavioural difficulties, social skills, parenting skills and family functioning issues. I have provided psychometric assessments on issues including global learning difficulties, dyslexia, giftedness, parenting deficits and abuse. I have experience in the use of psychodynamic principles with families providing 1:1 and family therapy focussing on the impact of intra- and interpersonal dynamics on wellbeing and attachments. This approach focused on developing parenting skills via the key principles of containment, reciprocity and behaviour management. I have also worked therapeutically with parents / carers of children with learning disabilities and autistic spectrum difficulties. I have conducted family assessments for a local CAMHS service and have been undertaking the assessment of both children and adults in both Public and private Family Court proceedings. I have given oral evidence in Court on numerous occasions.

I am an Honorary Tutor at the University of Birmingham, participating in their selection procedures and have offered five- and ten-month work placements to doctoral clinical psychologists in training and acted as a clinical supervisor for the Diploma in Cognitive Behaviour Therapy. I have undertaken training with Warwickshire and Coventry Family Justice Council which included an experiential workshop on Court Skills for Psychologists and mini-pupillage shadowing the work of local barristers. I have prepared many reports for formal proceedings including criminal injuries compensation purposes and Employment Tribunals. I also contributed to reports on family functioning, parenting, neuropsychological and organic difficulties, severe and enduring mental health issues, personality disorders (including psychopathy), and offending: particularly in relation to Mental Health Review Tribunals and for Section 117 aftercare planning. I have prepared reports on adults and children involved in Care proceedings, private family court proceedings and those being assessed for mental capacity. Areas of report writing expertise include:

- Adult mental health and disability including social, occupational and family functioning including parenting

- Child mental health including social, behavioural and family functioning including attachments / relationships with others
- Assessment of risk to self and others including self-harm; suicide; vulnerability to exploitation; abuse of others; responsibility for dependents
- Trauma resulting from industrial injury, armed combat, war crimes, criminal victimisation, accidents and childhood sexual abuse
- Intellectual functioning, memory, executive functioning
- Mental capacity

MEMBERSHIPS

Registered Practitioner (Clinical) Psychologist with the Health Professions Council

Chartered Member of the British Psychological Society