**Curriculum Vitae of:** Dr Eamonn Wilde

**Specialist Field:** Consultant Clinical Psychologist

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**Qualifications and training**

* Doctor of Clinical Psychology (DClinPsy), University of Leicester 2000
* Master of Medical Science in Clinical Hypnosis (MMedSci with Distinction), University of Sheffield 1997
* Master of Science in Clinical Psychology (MSc), University of Leeds 1992
* Master of Arts in Psychology (MA Hons), University College Dublin 1983
* Master of Business Studies in Human Resource Management (MBS Hons), University College Dublin 1989
* Bachelor of Arts in Psychology (BA Hons), University College Dublin 1982
* Bachelor of Science (BSc Open), Open University 2019
* Post-Graduate Diploma in Clinical Neuropsychology (PGDipClinNeuropsy), King’s College University of London 2004
* BPS-Approved Post-Graduate Diploma in Cognitive Behavioural Therapy (PGDipCBT), SDS Seminars Ltd 2015
* Post-Graduate Diploma in Eye Movement Desensitisation & Reprocessing Therapy (PGDipEMDR), University of Worcester, 2019
* Post-Graduate Diploma in Cognitive Analytic Therapy (PGDipCAT), Association for Cognitive Analytic Therapy 1996
* Post-Graduate Diploma in Clinical Hypnosis (PGDipClinHyp with Distinction), University of Sheffield 1994
* Post-Graduate Diploma in Health Service Management (PGDipHSM with Distinction), Sheffield Hallam University 2002
* Post-Graduate Higher Diploma in Education (HDipEd Hons), University College Galway 1988
* Diploma in Residential Child Care (DipChildCare with Distinction), Galway-Mayo Institute of Technology 1989
* Certificate in Eye Movement Desensitisation and Reprocessing (CertEMDR) Therapy, EMDR Association UK & Ireland 2008
* BPS-Approved Post-Graduate Certificate in Third Wave CBT, SDS Seminars Ltd 2016
* Cardiff University Expert Witness Certificate (CUEWCert), Cardiff University Bond Solon Training 2008

**Accreditation and memberships of professional organisations**

* Chartered Psychologist (CPsychol) British Psychological Society (Registration No. 033764)
* Associate Fellow British Psychological Society (AFBPS)
* Full Member Division of Clinical Psychology British Psychological Society
* Chartered Scientist (CSci) The Science Council (Registration No. BPS/118/033764)
* Accredited Member EMDR Europe Association (MEMDREA) (Accreditation No. 9801)
* Registered Practitioner Psychologist (HCPCRegPsychol) Health and Care Professions Council (Registration No. PYL22315)
* Accredited Member British Association of Behavioural & Cognitive Psychotherapies (MBABCP) (Membership No. 080769)
* Accredited Member Association of Cognitive Analytic Therapists (MACAT)
* Accredited Member British Society for Clinical and Academic Hypnosis (MBSCAH)

**Present and past positions**

* Consultant Clinical Psychologist & Managing Director, Wilde Rovira Consulting Ltd. (2011 to present)
* Emeritus Consultant Clinical Psychologist in Community Adult Mental Health, South West Yorkshire NHS Foundation Trust, Barnsley (2017 to present, part-time)
* Consultant Clinical Psychologist in Community Adult Mental Health, South West Yorkshire NHS Foundation Trust, Barnsley (1997 to 2017)
* Principal Clinical Psychologist in Community Adult Mental Health, South West Yorkshire NHS Foundation Trust, Barnsley (1994 to 1997)
* Honorary Teacher and Clinical Placement Supervisor, Doctor of Clinical Psychology degree, Faculty of Medicine and Science, University of Sheffield (1994-2015)
* Senior Forensic Clinical Psychologist, Rampton Special Hospital, Retford, Nottinghamshire (1993 to 1994 part-time)
* Clinical Psychologist in Community Adult Mental Health, South West Yorkshire NHS Foundation Trust, Barnsley (1993-1994, part-time)
* Forensic Clinical Psychologist, Rampton Special Hospital, Retford, Nottinghamshire (1992 to 1993 part-time)
* Trainee Clinical Psychologist , Yorkshire Regional Health Authority (1990 to 1992)
* Assistant Psychologist, District Psychology Service, Sunderland Health Authority, Northumberland (1989 to 1990)
* Residential Careworker, St Joseph’s Residential Children’s Centre, Western Health Board, Galway, Republic of Ireland (1987 to 1989)

**Clinical practice profile**

I have worked in the NHS for 30 years, the last 20 of which in a consultant clinical psychologist post in Adult Mental Health with South West Yorkshire Partnership NHS Foundation Trust. In October 2017 I semi-retired from the NHS and am now expanding a private practice specialising in psychological and neuropsychological assessment & therapy. I also have an established expert witness practice specialising in psychological and neuropsychological injury in Personal Injury and Clinical Negligence cases.

***Typical presenting problems and conditions***

I provide psychological assessment and therapy to patients with a range of adult health problems and conditions:

* Adjustment Disorder
* Agoraphobia
* Alcohol misuse
* Anger & aggression problems
* Anxiety problems
* Assertiveness problems
* Assault trauma
* Bipolar Disorder
* Body image problems/Body Dysmorphic Disorder
* Borderline Personality Disorder
* Bullying and Harrassment problems
* Chronic Fatigue Syndrome
* Chronic pain
* Chronic worrying
* Compulsive and impulsive behaviour
* Depression
* Eating disorders (binge eating and restrictive eating)
* Flying phobia
* Gambling addiction
* Generalised Anxiety Disorder
* Health Anxiety/hypochondriasis/psychosomatic problems
* Hearing upsetting voices
* Hoarding
* Industrial/employment accidents
* Irritable Bowel Syndrome
* Jealousy problems
* Low self-esteem/self-confidence
* Medically Unexplained Symptoms
* Military/Armed Forces trauma
* Obsessive Compulsive Disorder
* Occupational stress management problems (eg. burnout)
* Panic Disorder
* Paranoia
* Personality Disorder
* Phobias
* Post Concussion Symptoms
* Post Traumatic Stress Disorder
* Psychological trauma following medical and surgical procedures
* Rape and sexual trauma
* Relationship and interpersonal problems
* Road Traffic Accident (RTA) trauma
* Self-harm
* Self-neglect
* Sexual abuse (childhood)
* Shame & self-hatred
* Social anxiety/social phobia
* Sleep difficulties
* Stress management problems
* Substance Misuse

I also help people with an Acquired Brain Injury (eg. traumatic brain injury, concussion, stroke, hypoxia etc) and their carers to better understand their condition and learn coping skills to manage its cognitive, emotional, social and behavioural effects.

***About my approach to helping people move forward***

Many mental health problems arise from the stresses and challenges of how people experience their unique lives. Problems can include:

* difficult or extreme thoughts (eg. about oneself, others and the world)
* painful emotions (eg. extremes of fear, sadness, anger, guilt, shame)
* struggling with too little or too much self-control
* unwanted memories, images and flashbacks to past traumas and events
* mood state swings
* unhelpful behaviours (ie. behaviours we do too much or too little)
* avoiding people, places or situations
* uncaring or damaging ways of relating to ourselves and others

These types of psychological problems can be distressing, confusing and exhausting, often leaving people feeling *stuck* and unable to change. People typically become entrenched in *vicious circle* relational patterns and cycles involving unhelpful thoughts, unbearable emotions, distressing bodily symptoms and self-limiting behaviours. All areas of our day to day quality of life can be affected: physical health, relationships, social life, work life and recreational life.

My approach is to help patients to move forward and take control of their lives through helping them step by step to:

* *accept* their problems non-judgmentally with self-compassion,
* *understand* and map out the underlying vicious circle relational patterns and cycles that keep their problems going, and then
* gradually learn to alter or break the patterns and cycles through goal-setting, skills- and resilience-training, desensitisation and reprocessing where indicated, and committed action towards behaviour change.

***Evidence based psychological therapies***

To help people overcome their problems, recover and grow a life worth living, I draw on training and experience in a range of evidence-based specialties:

* *Cognitive Behaviour Therapy* (CBT),
* *Cognitive Analytic Therapy* (CAT),
* *Mindfulness Based Cognitive Therapy* (MBCT),
* *Acceptance and Commitment Therapy* (ACT),
* *Compassion Focused Therapy* (CFT),
* *Dialectical Behaviour Therapy* (DBT),
* *Clinical Hypnosis*,
* *Eye Movement Desensitisation and Reprocessing (EMDR) Therapy*, and
* *Neuropsychotherapy & Neuropsychological Rehabilitation*

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My extensive clinical experience enables me to integrate strategies, techniques and approaches from these specialties to best fit the particular needs of each individual. I consider the therapeutic relationship to be an essential part of what makes therapies effective.

***Self-referrals***

To discuss a self-referral I can contacted by email ([ruth.eamonn@btinternet.com](mailto:ruth.eamonn@btinternet.com)) and telephone (01226-379769).

**Expert witness profile**

I am registered on the expert witness panels of the Association of Personal Injury Lawyers (APIL), Action Against Medical Accidents (AvMA) and the National Register of University Certificated Expert Witnesses as a consultant clinical psychologist specialising in Personal Injury and Clinical Negligence cases (aged 16+) involving psychological injury and neuropsychological injury. I am a Full Practising Member of the Academy of Experts (MAE) and the Expert Witness Institute (MEWI).

I have frequently provided reports for the Courts in private practice since ratification as an NHS consultant clinical psychologist in Adult Mental Health in 1997. I have attended Bond Solon training in report writing,cross examination and courtroom skills, and law and procedure (civil). In 2008 I obtained the Cardiff University Bond Solon (CUBS) Expert Witness Certificate.

I regularly update on all aspects of personal injury assessment and medico-legal practice. I most recently completed a continuing professional development course on Civil Procedure Rules training with the legal training company Bond Solon in March 2017.

I accept instructions for assessment and evaluation in the following types of cases:

* acquired brain injury, illness or infection
* transport/road traffic accident trauma
* clinical negligence, accidents and adverse medical consequences
* childbirth injury/trauma
* employment accidents/employment-related stress injury
* military negligence/trauma
* criminal injury/assault trauma
* sexual trauma
* public liability accidents

I typically see clients for psychological or neuropsychological examination at consulting rooms in Deepcar Medical Centre (North Sheffield S36 2RA) or, where appropriate, at solicitors' offices nationwide, within 4 weeks of instruction. Comprehensive, detailed and robust reports are based on structured clinical interview, records review, formal validated psychometric or neurocognitive testing, and psychometric evaluation of response bias or sub-optimal performance. Reports are compiled and forwarded within a further 4-6 weeks of the appointment.

Sample anonymised Personal Injury, Clinical Negligence and Neuropsychology reports are available on request.

I also accept instructions for bespoke treatment and rehabilitation of psychological and neuropsychological injuries under the Rehabilitation Code (2015). My extensive clinical experience and training enables me to integrate strategies, techniques and approaches from a range of evidence-based specialties to best fit the particular needs of each individual.