

## MR TIMOTHY ACTON

*HCPC Practitioner Psychologist | Chartered Clinical Psychologist | Chartered Scientist*

<b>Correspondence Address</b>	<b>Contact</b>	<b>Locations/Office Bases</b>
Therapy in Motion Ltd 95 Mortimer Street London W1W 7ST	Mobile: 07757 934040 Email: <a href="mailto:timothy.acton@live.co.uk">timothy.acton@live.co.uk</a> Website: <a href="http://www.therapyinmotionltd.com">http://www.therapyinmotionltd.com</a>	Hatfield Central London

### **Key skills include:**

Psychological assessment of complex cases  
Medico-legal report writing  
Advanced level cognitive and behavioural psychotherapies (CBT, Cognitive Therapy, Dialectical Behaviour Therapy, Eye Movement Desensitization & Reprocessing, Level III)

### **CAREER**

THERAPY IN MOTION LTD <b>Founder &amp; Director</b>	2015+
HERTFORDSHIRE PARTNERSHIP FOUNDATION UNIVERSITY NHS TRUST <b>Head of Community Personality Disorder Service</b>	2008- 2014
NORTH ESSEX MENTAL HEALTH PARTNERSHIP TRUST <b>Area Professional Lead Psychologist</b>	2004-2008
BARNET ENFIELD & HARINGEY MENTAL HEALTH NHS TRUST <b>Head of Specialism (Adult Acute Mental Health) Clinical Psychology Services - Barnet</b>	1994-2004
BARNET COMMUNITY SUPPORT TEAM (National Demonstration Service) <b>Head of Specialism (Continuing Care) Clinical Psychology Services - Barnet</b> <b>Acting Manager Barnet Community Support Team</b>	1991-1994 1991-1993 1993-1994
NORTH WEST HERTS HEALTH AUTHORITY <b>District Department of Clinical Psychology Team Leader</b>	1991
BARNET DISTRICT PSYCHOLOGY DEPARTMENT <b>Senior Clinical Psychologist</b>	1989-1990
UNIVERSITY COLLEGE & MIDDLESEX SCHOOL OF MEDICINE Academic Department of Psychiatry <b>Basic Grade Clinical Psychologist</b>	1987-1989
NORTH WEST THAMES REGIONAL HEALTH AUTHORITY In-service Training Course in Clinical Psychology <b>Trainee Clinical Psychologist</b>	1984-1987
CHASE VILLAGE, CHASE FARM HOSPITAL <b>Psychology Assistant</b>	1983-1984
NORTHWICK PARK HOSPITAL, MRC RESEARCH UNIT <b>Research Assistant</b>	1982-1983

## PROFESSIONAL AFFILIATIONS

British Psychological Society  
British Psychological Society Division of Clinical Psychology  
British Association of Behavioural and Cognitive Psychotherapy  
Society of Psychotherapy Research  
University of Hertfordshire  
Health and Care Professions Council  
Royal Society of Medicine  
Association of Personal Injury Lawyers

Associate Fellow  
Member  
Accredited therapist  
Member  
Visiting Research Fellow  
Member  
Member  
Member

## PUBLICATIONS

1. Dunne, E., Winter, D.A., & Acton, T.M.G. (2015). Investigating the Construing of Clients Diagnosed with 'Borderline Personality Disorder' and their Clinicians: A Repertory Grid Study. *Journal of Constructivist Psychology*. Pub. Pending.
2. Rogers, B. & Acton, T.M.G. (2012). Medication and Personality Disorder. *Journal of Psychiatric and Mental Health Nursing*, 19, pp. 341-347
3. Rogers, B. & Acton, T.M.G. (2011). Personality disorder training and the Tertiary Assessment and Treatment Service. *British Psychological Society's Division of Clinical Psychology Forum*.
4. Acton, T.M.G. & Sinclair, H. (2008). Reflections on a reflective profession. *British Psychological Society's Division of Clinical Psychology Forum*.
5. Fox, E., Acton, T.M.G., Wilding, B., & Corcoran, J. S. (2004). Service Development Report: An assistant psychologist's perspective on the use of computerised CBT in a practice in Barnet. *Quality in Primary Care*, 12: 161-165.
6. Winter, D.A., Watson, S.B., Gilman-Smith, I., Gilbert, N., and Acton, T.M.G. (2003). *Border Crossing: A Personal Construct Group Therapy Approach for Clients with a Diagnosis of Borderline Personality Disorder*. In Chiari, G., & Nuzzo, M. L. (Eds.), *Psychological Constructivism and the Social World*. FrancoAngeli.
7. Acton, T.M.G. (2003). The Hidden Aftermath. *Care on the Road*. Newspaper for the Royal Society for the Prevention of Accidents.
8. Acton, T. M. G., (1995) Carroll, C., Hedges, C., & Carter, L., Hedges, C., & Newman Taylor, K. Reconciling the Conflicts Between the Care Programme Approach and Care Planning. [Proceedings of a presentation at "Options for Life" - The 4th European Conference on Mental Health, Commonwealth Institute, London 1994.]
9. Aziz, C. & Acton, T. M. G. (1991). Sexaholism. *The Independent Newspaper*, feature article. February 11th, 1991.
10. Acton, T. M. G. (1990). Psychological Issues in HIV. *Positive Care*. The Lantern Trust.
11. Acton, T. M. G. (1990). HIV Counselling: The Therapeutic Contract. In Couriel, J., Hull, R., & Harten-Ash, V. J. (Eds.), *Breaking Bad News*. Duphar Medical Relations.
12. Acton, T.M.G. (1989). The Counselling Needs of Individuals Who Are HIV Antibody Positive. In J.T. Stewart (Ed.), *The Helpers Handbook*. National Extension College, Cambridge.
13. Acton, T.M.G. (1989). A Psychological View of HIV. Editorial. *Royal Society of Medicine, The AIDS Letter*, 12, 1-3.
14. Miller, J.D., Acton, T.M.G., & Hedge, B. (1988). The Worried Well: Phenomenology and Management. *Journal of the Royal College of Physicians*, 22, 158-165.

## CONFERENCE PRESENTATIONS & MEDIA

1. Acton, T.M.G., McLeod, A., Unwin, J., & O'Reilly, S. (2008). Division of Clinical Psychology Annual Conference 2008. Symposium Convenor: The theory and practice of mental well-being for clinical psychologists working with adults. 14 December 2008
2. Acton, T. M. G. & Sinclair, S. (2007). A method for promoting wellbeing in clients with borderline personality disorder following intensive psychological therapy. Poster presentation at the British & Irish Group for the Study of Personality Disorder. Annual Conference, Cambridge 28 February 2 March 2007.
3. BBC Radio Essex – The psychological consequences for law enforcement officers in the wake of Hurricane Katrina. 14 September 2005
4. KILROY, 9/4/2001 – Consulting *Expert* appearing on BBC1 Morning TV programme on "Phobias".
5. Acton, T. M. G., Carroll, C., Hedges, C., & Carter, L., Hedges, C., & Newman Taylor, K. (1994). Reconciling the Conflicts Between the Care Programme Approach and Care Planning. [Presentation at "Options for Life" - The 4th European Conference on Mental Health, Commonwealth Institute, London.]
6. Acton, T. M. G. (1994). Facilitator for North West Thames RHA, Workshop on the Care Programme Approach. Westminster Horticultural Hall, London.
7. Acton, T. M. G. (1993). The Role of Audit in Developing Quality Services: the Barnet Community Support Team. Presentation: the *North West Thames Regional Health Authority Quality Roadshow*. Westminster City Hall, London.
9. Acton, T. M. G. (1989). HIV Counselling: The Therapeutic Contract. Guest speaker and Panellist. Symposium on *Breaking Bad News*, Royal College of Physicians, Regents Park, London.
10. Acton, T. M. G. (1988). Relapse Prevention as a Paradigm Method for Reducing Compulsive Casual Sexual Behaviours: Preliminary Report.
11. *Global Impact of AIDS Conference*, the Barbican, London.
12. Acton, T. M. G. (1988). Relapse Prevention as a Means of Reducing the Frequency of Sexual Behaviours Presenting High Risk of Exposure to HIV.
13. *Poster presentation. IVth International Conference of AIDS, Stockholm.*
14. Acton, T. M. G. (1988). Stress Inoculation Training and Relapse Prevention as a Cognitive Behavioural Method for Reducing Risk of Exposure to HIV.
15. *World Behaviour Therapy Congress*, Edinburgh.
16. Acton, T. M. G., DesJarlais, D., Miller, J. D., & Temoshok, L. (1988). Special Interest Group Open Forum on Clinical Psychology and HIV.
17. *World Behaviour Therapy Congress*, Edinburgh.
18. Acton, T. M. G., Lodyski, A., & Palmer, C. (1986). Results of a Pilot Study Investigating Neuropsychological Aspects of HIV Infection. Paper presented at The London British Psychological Society Annual Conference.

## CONSULTANCY EXPERIENCE

<b>World Health Organization (WHO)</b>	Rapporteur for Report on the Neuropsychiatric Aspects of HIV Infection	1988
	Temporary Advisor for the WHO HIV/AIDS Inaugural Workshops in Dublin, Mumbai, Harare, & Bucharest	1988-1992
<b>Home Office Medical Directorate</b>	Consultant to the National Training Programme, & Policy Advisor to the Home Office AIDS Advisory Committee	1992-1996
<b>University College London</b>	Supervising consultant in cognitive therapy, University College London, Doctoral Course in Clinical Psychology	2009-2014
<b>University of Hertfordshire</b>	Chair, Training Course Committee, Doctoral Course in Clinical Psychology, University of Hertfordshire	2003-2007; 2011-2014
<b>Audit Commission</b>	Appointed as an inspector	2010

## LECTURING EXPERIENCE

### **Health Psychology**

ENB 934 Courses: (Fairmile, Oxford, and Cromwell Hospital) – 1988/1990  
British Council Course 859 for Senior Overseas Medical Personnel - 1989  
Talks and Workshops to NHS Clinical Psychology Services – 1988/1990  
Co-organiser and presenter, 2 day workshop, Waterford, Eire 1990

### **Clinical Psychology**

Lecturer to the North West Thames in Service Training Course in Clinical Psychology, 1990-1992  
GPs, and Psychiatric SHO's Academic Programme, Barnet Healthcare NHS Trust, 1990-2004  
Psychiatric SHO's Academic Programme, North Essex Mental Health Partnership Foundation Trust, 2004-2008  
Keynote Speaker, NIMH (England) – Eastern Region Personality Disorder Master Classes, December 2005  
Honorary Lecturer, University of Essex, Doctoral Training Course in Clinical Psychology, 2005  
Visiting Research Fellow, University of Hertfordshire, Doctoral Training Course in Clinical Psychology, 2001 to 2014  
Honorary Lecturer UCL Training Course in Clinical Psychology, 1992-1994; and 2009 - present  
Psychiatric Trainee Psychiatrists' Academic Programme, Hertfordshire Partnership Foundation NHS Trust, 2008-2014  
Islamic University of Gaza, January 2011