

**Dr Matthew Cahill MB BS MRCPsych DipPsychMed**  
**Consultant General Adult and Eating Disorder Psychiatrist**  
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**Specific Areas of Expertise**

**1) General Adult Psychiatry**

- Assessment and management of working-age adults with mental illness:
  - Mood disorders including depressive disorders, bipolar affective disorders, cyclothymia and dysthymia
  - Obsessive compulsive disorders and other anxiety disorders, including social phobia, claustrophobia, agoraphobia, stress reactions, adjustment disorders and grief reactions
  - Psychotic disorders
  - Personality disorders.
- Impact of psychiatric illness on functioning and global assessment of functioning
- Prognosis

**2) Post-Traumatic Stress Disorders**

- Assessment and management (pharmacological, psychological and social) of patients with PTSD
- Impact of PTSD on functioning and global assessment of functioning
- Aetiological factors and comorbidities associated with PTSD
- Prognosis

**3) Eating Disorder Psychiatry**

- Assessment and management (pharmacological, psychological and social) of patients with eating disorders
- Impact of eating disorders on functioning and global assessment of functioning
- Aetiological factors and comorbidities associated with eating disorders
- Physical complications and consequences of eating disorders
- Prognosis

**4) Liaison Psychiatry**

- Assessment and management of patients with coexisting mental and physical illness including
  - Self-harm
  - Medically unexplained symptoms
  - Chronic illness
  - Impact of malnutrition on mental health

**5) Impact of Mental Disorders on others, including families, carers and employers**

**6) Capacity Assessments**

**Professional Appointments**

Consultant Psychiatrist, Medical Lead, Matthew Cahill Consulting Ltd	2015 - present
Consultant Psychiatrist, Cheshire and Wirral Partnership	2011 – present
Honorary Clinical Tutor, Liverpool University	2014 - present
Consultant Psychiatrist, Western Australia	2009 – 2010

## **Summary**

I am a Consultant Psychiatrist with a breadth and depth of experience in clinical practice and medical reporting.

In my NHS work, I am the Clinical Director of the Cheshire and Wirral Partnership NHS Foundation Trust Eating Disorder Service. I am the Responsible Clinician in a regional specialist inpatient unit, and three community outpatient teams throughout the Trust's footprint. I am the Clinical Lead for the North West Adult Eating Disorders Provider Collaborative. I am the Chair of the Clinical Network Meeting, a member of the North West MEED (Medical Emergencies in Eating Disorders), and an active member of the Royal College of Psychiatrists Faculty of Eating Disorders.

My role involves overseeing the management and treatment of the most complex cases in Merseyside, Cheshire, Wirral and North Wales. The cases consist of patients with eating disorders, and psychiatric comorbidities including mood disorders, anxiety disorders, PTSD, psychosis, Autistic Spectrum Disorders, personality disorders and severe somatoform disorders. I work over a variety of settings including inpatient, community and hospital liaison settings.

I work extensively with families of patients with mental illness.

I am a member of the East Cheshire on-call rota for psychiatry which involves assessment and management of a range of psychiatric emergencies.

I completed my revalidation with the General Medical Council in 2019, and I am currently in Good Standing with the Royal College of Psychiatrists for Continued Professional Development. I have completed the Cardiff University Bond Solon Expert Witness Diploma and continued professional development in this area.

## **Medicolegal Expertise**

I have been providing medicolegal reports for over seven years. My Claimant / Defendant split is currently approximately 70% / 30%. I have been involved in a variety of complex cases which require a psychiatric opinion. These include cases heard at the Court of Protection, and reports for the Ministry of Defence and Veterans UK regarding Veterans with severe psychiatric injuries. I am able to provide reports within two weeks of assessing the client.

## **Professional Qualifications and Certificates**

2021	Bond Solon Certificate – Introduction to Civil Procedure Rules
2016	Cardiff University Bond Solon Expert Witness Diploma
2011	Certificate of Approved Clinician Status
2009	Certificate of Supervisor Accreditation, Royal Australian and New Zealand College of Psychiatrists
2009	Certificate of Completion of Training, London Deanery
2007	Postgraduate Diploma in Psychological Medicine, Cardiff University
2005	Member of the Royal College of Psychiatrists, London
2000	MB BS, Cardiff University