

**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
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. I produce medical reports for The Ministry of Defence and Veterans UK, which involves assessing Veterans with severe mental illness, to give advice and opinion on diagnosis, treatment, impact on functioning, global assessment of functioning, service factors and prognosis.

I run my own private practice (Matthew Cahill Consulting Ltd) in Hale and Chester, treating patients with a full range of General Adult mental health problems, including, mood disorders, obsessive compulsive disorders and other anxiety disorders, post-traumatic stress disorders, psychotic disorders, eating disorders and personality disorders. Patient satisfaction outcome scores for this work are extremely high.

I am a member of the East Cheshire on call rota for emergency psychiatry which involves assessing and managing a range of psychiatric conditions and Mental Health Act Assessments. I am Section 12 approved.

In my NHS work, I am also the Clinical Lead for 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 Chair of the Clinical Network Meeting, a member of the North West MARSIPAN (Management of Really Sick Patients with Anorexia Nervosa), 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 comorbidities including mood disorders, anxiety disorders, PTSD, psychosis, 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 completed my revalidation with the General Medical Council in 2016, 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.

## **Professional Qualifications**

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

## **Publications**

**"No Significant Association Between Prenatal Exposure to Poliovirus Epidemics and Psychosis"** *Australian and New Zealand Journal of Psychiatry* (2002) 36: 373-375; Cahill M, Chant D, Welham J, McGrath J

**"Have You Got A Right Please?"**

*Psychiatric Bulletin* (2007) 31: 274; Cahill M

**"Salt Ingestion To Disguise Water Loading In A Patient With Anorexia Nervosa"**

*Psychiatric Bulletin* (2008); Cahill M

**"Evaluation of our Building and Assessing Motivation (BAM) Package to Increase Motivation to Change and Reduce Disengagement Rates"** *Poster presentation Royal College of Psychiatrists Conference October 2016 and Short Paper Presentation International Conference London 2017; Cahill M, Flynn K*