

The Pines
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Academic training

1971 – 1974 BSc Psychology University of London
1978 – 1982 MA Psychology, Regents College, London.
1992 – 1997 D.Phil at the University of Sussex.

Professional training

1978 - 1979 Association of Dynamic & Humanistic Psychotherapy
1982 - 1985 Minster Centre, Training in individual and group integrative psychotherapy.
1996 - 1997 Brief focused Cognitive Behavioural Psychotherapy – Dr Nick Cummings
1998 - 1999 Short-term Solution Oriented therapy - Bill O'Hanlon
2005 Licensed practitioner Myers Briggs training OPP
2007 Expert witness training (levels 1,2 & 3) British Psychological Society
2007 EMDR parts one and two (EMDR workshops)
2007 Psychometrics 2: Ability Assessments using Wechsler materials (2 days) British Psychological Society
 Psychometrics 3: Therapeutic use of personality assessments (2 days) British Psychological Society
2014 EMDR part 3 (Richman EMDR Training)

Other extended courses in: Motivational interviewing, Relapse management, CBT Case Conceptualisation, TA101, Gestalt, NLP, Psychodrama, Schema therapy and Personal Construct Psychology.

Professional Memberships and posts

Counselling Psychologist Health and Care Professions Counsel

(Reg No: PYL27339)

Chartered Psychologist with the British Psychological Society (BPS Reg no: 018911)

Associate Fellow of the British Psychological Society

United Kingdom Council for Psychotherapy (UKCP Reg no: 111112) Registered Psychotherapist.

Chartered Scientist with the Science Council

Senior practitioner the Register of Psychologists Specialising in Psychotherapy

Member of the BPS Division of Counselling Psychologists

Member of the Division of Health Psychology

Member of the Special Group Coaching Psychology BPS

Full Member Association of Humanistic Psychology Practitioners

Former Chair of the BPS Psychotherapy Section

Former external examiner to University of Roehampton Doctorate and MSc in Counselling Psychology

Former editor of the BPS Psychotherapy Section Review

Former Member the Society for Psychotherapy Research

DBS and IMO

I have an enhanced DBS check and am IMO registered

Current Work

I have worked as an expert witness for over 15 years and have experience in the following areas:

- Addictions / Substance Abuse
- Adjustment Disorders
- Assessment of Mental Capacity
- Occupational Stress
- Post-Traumatic Stress Disorder
- Psychotherapy & Counselling

Litigation Experience

- Clinical Negligence
- Personal Injury
- Occupational stress
- Professional Negligence or Misconduct

I also carry out Dyslexia testing for young adults who are in (or about to enter) tertiary education using the WAIS IV. As a counselling psychologist, I have a particular interest in the emotional impact of dyslexia and the strategies that people use to overcome this. I also carry out assessments for trauma.

I have an independent practice and offer short and long-term psychotherapy as well as clinical and research supervision.

I am an independent consultant and devise and run training programmes for a variety of organisations including the NHS in Cognitive Behavioural Therapy.

I am a former external examiner for the Professional Doctorate and MSc in Counselling Psychology at Roehampton University.

I am a past member of the BPS Research Board

Previous Academic Supervision Experience

Independent supervision of MSc projects for UEL

Internal supervisor of MSc Students University of Sussex

Supervisor for PhD students University of Brighton

Previous Psychology/Psychotherapy/Research Work Experience

May 2016 – July 2019 Consultant at the Centre for Psychological Therapies in Primary Care (CPTPC) at the University of Chester. I am also on the Editorial Board for the Journal of Psychological Therapies in Primary Care.

May 1998 – Sep 2008 Director Sussex Alcohol and Substance use Service (SASS)

Duties included assessment, staff selection and interviewing, training and managing counsellors, GP training, conference reporting, fund raising, audit, policy development and the strategic development of the organisation. I also wrote court reports for clients of our organisation. I frequently liaised with secondary mental health services and with local PCTs.

Dec 2005 – Sep 2007 Professional Head Psychology SW Kent PCT NHS trust

I was responsible for the development of the service, clinical governance, staff selection and interviewing, the management of change and for professional standards and training. I also worked clinically, seeing patients with more complex presenting problems. I assessed patients using a variety of psychometric measures and worked short term using CBT, EMDR, SFT and short-term dynamic therapy. I also ran psycho-educative programmes for patients with anxiety disorders and somatisation.

July 98 –Jan 06 Psychologist/psychotherapist, Psychological and Counselling Service, University of Sussex. Programme

director MSc Counselling Psychology/MA in Time Sensitive Psychotherapy in Healthcare Settings

I designed, and was programme director for the MSc in Counselling Psychology at the University of Sussex on which I lectured and gave clinical and research supervision. I was also an internal examiner. The course was integrative (combining CBT, brief psychodynamic and systemic therapies) and had a strong research base. It was specifically designed to equip counsellors and psychotherapists with the skills and attitudes needed to work in the NHS. I worked 0.6 FTE at the Psychological and Counselling Services Unit at the University of Sussex. I saw up to five clients, supervised six counsellors and undertook three assessments a week. Clients tended to be university students and staff and the work was mainly short term.

Dec 88 – Dec 2000 Research Fellow, Trafford Centre for Graduate Medical Education and Research, University of Sussex

Duties included managing research team, assisting in the development of psychometric measures, writing funding applications, carrying out and writing up research projects (see publication list)

June 1984 – present Independent Practice

Jun 1984 - Dec 1988 Group Psychotherapist - Alpha House, Therapeutic Community for Ex- Substance Misusers.

Duties included running psychotherapy groups three times a week, facilitating the management of the community, assisting in the running of 'group marathons', individual therapy using CBT, strategic programme design, liaising with other health professionals, doing prison assessments and writing court reports.

Nov 1981 - Jun 1984 Assistant Psychologist, Fairmile Hospital, Wallingford.

Duties included assessment, running anxiety management groups, teaching counselling skills to nurses, individual Cognitive Behavioural therapy, assisting with token economies and running social skills groups in secure unit.

Assessment

I use and have training in, a variety of assessment tools including NEO PI-R UK Edition and MBTi for personality, the WAIS iv for ability, IESr and the IAPT data collection measures for symptoms. I also use CORE as an outcome measure and occasionally use Repertory Grids.

Research Interests

My specialism is in the evaluation of psychological interventions in primary care. (See publications below). I have recently been engaged in a pilot study on the development of new ways of delivering IAPT services in South Gloucestershire as part of the CPTPC unit at the University of Chester. I have also collaborated with the Institute of Psychiatry in a meta-analysis of psychological interventions in primary care using data from a controlled trial I carried out at University of Sussex. I have a particular interest in the development of programmes for working with patients who somatise. The programme that I developed is taught to primary care counsellors in the Midlands and has been evaluated by Professor Peter Spurgeon from the University of Birmingham with a focus on medical cost offset (Spurgeon et al 2005). As a research fellow for 12 years I ran a research team and consistently gained funding from research funding bodies. I have recently been part of a study on evaluating assessments in IAPT organisations.

Supervisory arrangements

I have clinical supervision with John Revell (Consultant Clinical Psychologist) and have occasional psychodynamic supervision with Dr Michael Burton (chartered counselling psychologist and UKCP registered psychotherapist).

Publications

Books and book chapters

Hemmings, A (2018) Why not CBT? Against and for revisited Eds Richard House and Del Loewenthal PCCS Books.

Hemmings, A (2008) A response to critiques of CBT in Against and For CBT Towards a Constructive Dialogue. Eds Richard House and Del Loewenthal PCCS Books

Hemmings, A.J. Field, R. (Eds) (2007). Counselling and Psychotherapy in Contemporary Private Practice. Routledge London

Hemmings, A.J. (2005) Talking therapies – the evidence. In New Medicine. Dorling Kindersley

Hemmings, A. J. (1998). Is counselling and psychotherapy effective? a review of the evidence. In *Clinical Counselling in Context*. Routledge, London.

Journals

Steen, S., Hemmings, A., Foster, J., Bedford, J., Gorbings, S (2019). A naturalistic pilot study assessing the impact of assessment pathways and intake methods within Improving Access to Psychological Therapies services. *Counselling and Psychotherapy Research*. 2019;00:1–10. Wiley.

Hemmings A. (2017). Extended review Self & Society An International Journal for Humanistic Psychology Volume 44, 2016 - Issue 4

Hemmings A. (2015). A Review of UKCP and BCP report on Psychotherapy Services in the NHS. *Self and Society* **43** issue 2 187-188

Hemmings (2014). Medically Unexplained Symptoms: The Journal of Psychological Therapies in Primary Care.

Hemmings (2012) Scrutinising NICE: The impact of the National Institute for Health and Clinical Excellence Guidelines on the provision of counselling and psychotherapy in primary care in the UK, Guy et al. A review by Adrian Hemmings *Self and Society*. (in Publication).

Hemmings (2012). A review of the CSJ's report on the provision of 'talking therapies' in the NHS. *Self and Society*. 39 issue 4 49-52.

Hemmings (2011). Liberation or limitation? the potential effects of the coalition's new NHS reorganisation on independent practitioners. *The Independent Practitioner*. BACP publications.

Hemmings (2009). CBT in Context. Psychotherapy Section Review. British Psychological Society.

Hemmings, A (2008) A response to critiques of CBT. *European Journal of Psychotherapy and Counselling* p **10** 1-9

Hemmings A (2001) Evidence based practice or practice based evidence – the use and abuse of research evidence. *Counselling in Practice* February issue.

Hemmings A (2000) A systematic review of research into psychological interventions in primary health care. *Family Systems & Health*. **18**. 279 - 313.

Hemmings A (2000) Evidence based practice or practice based evidence? *British Journal of Guidance and Counselling*. Vol **28(2)**: 233-252

Hemmings A (2000) Counselling in primary care: does it work *Holistic Health the Journal of the British Holistic Medical Association*. **65** 73-75.

Hemmings A (1999) Working with self harm *Mental Health Journal*.

Hemmings, A. (1997) Calls for help. *Health Service Journal* (June 12th)

Hemmings, A. (1997). Counselling in primary care: is it as effective as routine treatment? *Patient Education and Counselling*. **32**. 219-230.

Hemmings, A. (1995). Dual diagnosis in substance abuse programmes. *Therapeutic Communities* **16**, 135-137.

Strouthos, M. Ronder, J & Hemmings, A. (1995) Do you want to see a Counsellor or a Psychiatrist? *The Psychiatric Bulletin*.**19** 427-429

Presentations

- Hemmings (2015) CBT and Gestalt. Gestalt Institute Moscow.
- Hemmings (2015). Trauma Focused CBT Day symposium, Regents University
- Hemmings (2015). The relationship in CBT. Day conference University of Keele.
- Hemmings (2010). Working with Medically Unexplained Physical Symptoms. Primary Care Mental Health and Education (PRIMHE) Day conference
- Hemmings (2010). The relationship in CBT. Day conference University of Keele.
- Hemmings, A. (2009) Integrating CBT into other models Key note Speaker University of Greenwich
- Hemmings, A. (2007). CBT in primary care in the UK. Key note speaker to the Swedish Cognitive Behaviour Society, Lund, Sweden.
- Hemmings, A. (2002) Psychological interventions in primary care in the UK – an overview. Presentation to the Swedish Psychological Society at the University of Gothenburg international conference. Gothenburg, Sweden.
- Hemmings A & Christey, J. (2001) The 71/2 minute hour – practical psychotherapy skills for GPs . Post graduate education for GPs.
- Hemmings A (2001) Evidence based practice or practice based evidence – the use and abuse of research evidence. The Royal Society of Medicine. London
- Hemmings, A. 2000 The Maudsley Debate. "This house believes that there should be no more counselling until it is proved to be effective and safe" I argued against the motion. The Maudsley Hospital, London.
- Hemmings, A. 2000 Is counselling cost effective? GP forum conference. London.
- Hemmings, A. 2000 Somatising patients – a new group treatment programme. The Royal Society of Medicine. London.
- Hemmings, A. April 1996 Counselling in Primary Care Study. Final results presented at the Counselling in primary care conference at St George's Hospital, London.
- Hemmings, A. April 1996 Counselling in Primary Care Study. Final results presented at the BPS counselling psychology conference at York,
- Hemmings, A. March 1996 Counselling in Primary Care Study. Final results presented at the SPR conference Ravenscar.
- Hemmings, A. Oct 1994 Counselling in Primary Care - an integrative approach . Presentation to the 'Towards 2000' conference on the future of counselling and psychotherapy in the South-East. University of Sussex
- Hemmings A. June 1994. The Evaluation of the Room to Be Me Project Drug Prevention Conference, Brighton.
- Hemmings A. March 1994. Interim Results of Counselling in Primary Car Study. Society for Psychotherapy Research (SPR) Conference. Birmingham
- Hemmings A. April 1994. Interim Results of Counselling in Primary Care Study. British Psychological Society Conference Birmingham
- Hemmings A. Nov 1993. Co-Evaluation- A new Paradigm for Drug Prevention Research? Colloquium for drug prevention researchers at Connecticut Health Centre. Connecticut USA
- Hemmings,A & Freeman,M Oct 1993 The Room to Be Me project evaluation. Presentation to East Sussex Drugs Advisory Committee. Brighton
- Hemmings,A. & Jani,M Sep 1993 Occupational Stress: Coping Strategies for GPs. Workshop run for local GPs at Post Graduate Medical Centre, Brighton.

Reports

Hemmings, A. (2000). Psychological interventions in primary care: a systematic review of the effectiveness literature. Commissioned by the Counselling in Primary Care Trust.

Hemmings, A. & Hardcastle, B. (1998) Diversion of mentally disordered offenders: an evaluation of the East Sussex scheme

Hemmings, A. (1998) Undifferentiated somatoform disorder: the development and evaluation of a group treatment approach. Final report to South Thames R&D

Elyas, S and Hemmings, A (1998) The impact of Asylum: the mental health needs of the Sudanese refugee community in Brighton and Hove.

Hemmings, A.J., Reval, K. & Donaldson, L. (1996). The Management of Suicide and Deliberate Self Harm: Three stage study of policies, attitudes and staff support. Final report to South Downs Health NHS trust.

Hemmings, A. (1994). Suicide and Parasuicide. A review of the recent literature using a systemic model. A systematic literature review carried out for South Downs Health Trust, Brighton.

Hemmings, A. & Reval, K. (1994). Substance Misuse in East Sussex: An overview of local prevalence studies. Final report to Central Drugs Prevention Unit London.

Freeman, M.A. and Hemmings, A.J. (1994). Room to be Me Project. An evaluation of a Home Office Drugs Prevention initiative in schools. Final report to Central Drugs Prevention Unit London.

Hemmings, A.J. and Cogan, M. (1993). The Non-Pharmacological Management of Anxiety. Is it effective and what is the minimum level of clinical intervention? Final report to South East Thames Health Authority. Trafford Centre, University of Sussex.

Hunt, B.J and Hemmings A.J. (1991). Mentally Ill People in the Community - Final report to the Hastings Borough Housing, Health Authority and Social Services. Centre for Medical Research, University of Sussex.

Other interests include travel, cycling, aviation (I have a pilot's license) and Scuba diving.

I am married and have three children.