

CURRICULUM VITAE

Dr Leyland C SHEPPARD

MA, MD, PhD (Cantab.), MRCP (UK), MRCPsych

Consultant Psychiatrist

in Adult Psychiatry and Medical Psychotherapy

Individual Member of the Expert Witness Institute (London)

Member of the Faculty of Expert Witnesses for Doctors

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Summary of medical training

1982-1988 Undergraduate medical training, (University of Dundee): BMedSc, MBChB
1988-1989 Pre-registration house appointments (Dundee)
1989-1991 Postgraduate Training in General Medicine (Newcastle upon Tyne): MRCP (UK)
1991-1993 Postgraduate Training in Psychiatry (Cambridge)
1993-1997 Higher Postgraduate Training in Psychiatry (Maudsley Hosp., London): MD, MRCPsych
1997-2000 Clinical Research Fellow (University of Cambridge): PhD (Cantab.)
2000-2001 Further Higher Postgraduate Training in Psychiatry (Cambridge)
2001-2005 Postgraduate Training in Medical Psychotherapy (Nottingham)

Consultant post in Dorset HealthCare NHS Foundation Trust (June 2005 – present)

Most of my adult psychiatry work as a consultant psychiatrist has been with in-patients having a range of treatment-refractory psychiatric disorders (mainly schizophrenia, bipolar disorder, depression and personality disorders) and challenging behaviours, often in the context of alcohol and drug misuse. I have been the only Medical Psychotherapist in the Trust whose remit has been to provide psychotherapy training and supervised experience for psychiatry trainees in line with national guidance, as well as holding a personal caseload. My clinical psychotherapy cases have been adults presenting with a range of difficulties with relationships, impulsive behaviours and managing work.

From October 2019, I moved to part-time NHS practice to increase my focus on medicolegal work. I no longer run an in-patient unit but continue to provide general adult psychiatry services for new admitted patients and on an emergency basis out of hours. I have also continued my medical psychotherapy role that includes consultation to, and supervision of, staff groups in different areas of the Trust.

Medicolegal work

I have carried out psychiatric medico-legal work since 1997. Since 2008, I have produced over 300 expert witness reports concerning the mental health of adults in the domains of personal injury, family law, clinical negligence, occupational incapacity and the coroner's court. I have a particular interest in complex cases with extensive histories and have recent experience of attending court.

Since 2012, I have been certified as a member of The Expert Witness Institute (London) and since 2014, a member of the Faculty of Expert Witnesses for Doctors. I am in good standing for continuing professional development with the Royal College of Psychiatrists.

Research

At Cambridge University, I undertook original research investigating the relationship between thinking and emotion in depression and the changes in negative thinking associated with recovery from depression e.g. Sheppard L.C. and Teasdale J. D. (2004): How does dysfunctional thinking decrease during recovery from major depression? Journal of Abnormal Psychology, 113, 64-71.