

Professional CV of  
**Dr Sian Thrasher**  
CONSULTANT CLINICAL PSYCHOLOGIST  
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[www.cbtnetworks.com](http://www.cbtnetworks.com)

[www.drivingphobia.me](http://www.drivingphobia.me)

**PROFESSIONAL QUALIFICATIONS AND RELEVANT EXPERIENCE**

- Professional Qualification:** Consultant Clinical Psychologist
- Professional Discipline:** Clinical Psychology
- Specialist Field:** Assessment and Treatment of Post-Traumatic Stress Disorder and other reactions to Trauma.
- Higher/Specialist Degree/Diploma:** Ph.D. Clinical Psychology
- Areas of Particular Expertise:** Post-Traumatic Stress Disorder & other reactions to trauma
- Experience in Specialist Areas:**
- 1. 30 years clinical experience assessing and treating trauma survivors, from major disasters (e.g. Paddington Rail Disaster; Bishopgate bombing; Zeebrugge Ferry Disaster), transport accidents, medical negligence and other traumas – working in both in the NHS and private practice;**
  - 2. Managing Director of an independent treatment agency (CBT Networks Ltd.) specialising in the provision of psychological treatment for: anxiety disorders including traumatic stress reactions, survivors of transport accidents and other traumas, occupational health problems.**
  - 3. PhD and other publications on PTSD in national and international peer-reviewed journals;**
  - 4. 30 years experience providing written evidence for the Civil Court as an Expert Witness in the field of Post-Traumatic Stress.**

**RELEVANT PUBLICATIONS, RESEARCH, TEACHING AND TRAINING**

**Details of Publications:**

Back in the Driving Seat: Overcoming fear of car travel after accidents. Self-help book. Published online and hardcopy 2008 [www.cbtnetworks.com](http://www.cbtnetworks.com)

Thrasher S., Marks, I.M., Dalgleish T., Lovell K., Noshirvani H., & Livanou M. (In Press) Predictors of symptom severity and treatment outcome in chronic PTSD: Results from a randomised controlled treatment trial. Canadian Journal of Psychiatry.

- Thrasher S. (2000) Predictors of symptom severity and treatment outcome in chronic PTSD: Results from a randomised controlled treatment trial. PhD thesis. University of London.
- Livanou M, Marks I.M., DaSilva P, Lovell K., Noshirvani H. & Thrasher S (2001) Beliefs about self and the world as predictors of treatment outcome in post-traumatic stress disorder. Psychological Medicine.
- Lovell, K., Marks, I. M., Noshirvani, H., Thrasher, S., & Livanou, M. (2001). Do cognitive and exposure treatments improve various PTSD symptoms differently? A randomized control trial. Behavioural and Cognitive Psychotherapy, 29, 107-112
- Marks, I.M., Lovell K., Noshirvani, H., Livanou, M., & Thrasher, S. (1998) Exposure and cognitive restructuring alone and combined in Post-Traumatic Stress Disorder: A controlled study. Archives of General Psychiatry. 55: 317-325
- Joseph, S., Dalgleish, T., Thrasher, S., Yule, W. & Williams, R. (1998) Impulsivity in survivors of a major disaster. Personality and Individual Differences.
- Thrasher, S.M., Dalgleish, T. (1998). Information processing research in PTSD. In W. Yule (Ed.), Post-Traumatic Stress Disorders. Chichester; Wiley.
- Dalgleish, T., Joseph S., Thrasher, S., Tranah, T., & Yule, W. (1998) Crisis support following the Herald of Free Enterprise Disaster: A longitudinal follow-up. Journal of Traumatic Stress, 9, 833-845.
- Joseph, S., Dalgleish, T., Williams, R., Yule, W., Thrasher, S., & Hodgkinson, P. (1997). Attitudes towards emotional expression and post-traumatic stress in survivors of the Herald of Free Enterprise Disaster. British Journal of Clinical Psychology, 36, 135-138.
- Thrasher, S.M., Lovell, K., Noshirvani, H., & Livanou M. (1996) Cognitive Restructuring in Post-Traumatic Stress Disorder: Two single cases. Clinical Psychology and Psychotherapy, 3 (2), 137-148.
- Joseph, S., Dalgleish, T., Thrasher, S., Yule, W., Williams, R., & Hodgkinson, P. (1996). Chronic emotional processing in survivors of the Herald of Free Enterprise disaster: The relationship between intrusion and avoidance at three years, to distress at 5 years. Behaviour Research & Therapy, 34, 357-360.
- Joseph, S., Dalgleish, T., Thrasher, S., Yule, W. (1995) Crisis support and emotional reactions following trauma. Crisis Intervention, 1, 203-208.
- Thrasher, S.M., Dalgleish, T., & Yule, W. (1994) Information processing in Post-Traumatic Stress Disorder. Behaviour Research & Therapy, 32, 247-254.
- Thrasher S., Marks, I.M., Dalgleish T., Lovell K., Noshirvani H., & Livanou M. (submitted) Predictors of symptom severity and treatment outcome in chronic PTSD: Results from a randomised controlled treatment trial.
- Thrasher S. (2000) Predictors of symptom severity and treatment outcome in chronic PTSD: Results from a randomised controlled treatment trial. PhD thesis. University of London.
- Livanou M, Marks I.M., DaSilva P, Lovell K., Noshirvani H. & Thrasher S (2001) Beliefs about self and the world as predictors of treatment outcome in post-traumatic stress disorder. Psychological Medicine.
- Marks, I.M., Lovell K., Noshirvani, H., Livanou, M., & Thrasher, S. (1998) Exposure and cognitive restructuring alone and combined in Post-Traumatic Stress Disorder: A controlled study. Archives of General Psychiatry. 55: 317-325
- Joseph, S., Dalgleish, T., Thrasher, S., Yule, W. & Williams, R. (1998) Impulsivity in survivors of a major disaster. Personality and Individual Differences.
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Joseph, S., Dalgleish, T., Thrasher, S., Yule, W. (1995) Crisis support and emotional reactions following trauma. Crisis Intervention, 1, 203-208.

Thrasher, S.M., Dalgleish, T., & Yule, W. (1994) Information processing in Post-Traumatic Stress Disorder. Behaviour Research & Therapy, 32, 247-254.

### **Research Undertaken:**

- 1993-1995:** Post-graduate research post at the Institute of Psychiatry, Kings College, London, on a large scale treatment trial for chronic Post-Traumatic Stress Disorder
- 1993-2005:** PhD thesis work understanding the role of social and other factors in treatment response in the chronic PTSD population.

### **Details of Teaching/Training Others:**

- 2012 - 2015:** LECTURER and External Examiner IAPT training, University of Reading
- 2008 - 2012:** LECTURER and SUPERVISOR in Cognitive Behavioural Therapy, University of Reading
- 1997 - 2002:** CLINICAL TUTOR (sessional)  
Oxford Clinical Psychology Training Course

### **Continued Training or CPD:**

*Ongoing professional supervision and attendance at annual professional training events and conferences.*

<b>MEMBERSHIPS, ETC</b>
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### **Professional Memberships:**

- Registered with the Health and Care Professions Council (HCPC)
- Graduate member of the British Psychological Society (BPS)
- Accredited member of the British Association of Behavioural and Cognitive Psychotherapies (BABCP)
- Member of the Society of Expert Witnesses
- Registered Expert Witness with APIL (Association of Personal Injury Lawyers)