
Dr. Amna Salman

ForenPsyD

Forensic Psychologist



Health Professions Council Registration:
PYL039322

Profile:

Dr Amna Salman has been working in the field of mental health for over 15 years. Since completing her Doctorate in Forensic Psychology she has specialised in working with adults and adolescents and is currently working as a Specialist Forensic Psychologist in a youth offending service working with children and families. Dr Salman has received expert witness and courtroom training during her doctorate and has had extensive training in the use of psychometric assessment measures. Dr Salman has native fluency in Urdu and English and has experience in working in various mental health and forensic settings in the UK and Pakistan with individuals across the lifespan (children, adolescents, and adults). Dr Salman has experience conducting psychological formulation, psychometric assessments, clinical interviews, and intervention in high and medium secure forensic inpatient hospitals, prisons, and community settings for clients with a broad range of psychological/ risk issues. Additionally, Dr Salman is able to complete a wide range of forensic risk assessments to include sexual violence and domestic abuse. Her broad experience enables her to complete expert witness assessments.

Areas of Expertise:

- Forensic Risk Assessments.
 - Offending Behaviour.
 - Global Family Assessments (parents and children)
 - Assessments of parents only.
 - Assessments of children (11 -17).
 - Personality disorder.
 - Mental Illness.
 - Trauma and PTSD.
 - Parenting Capacity.
 - Mental Capacity.
 - IQ and Cognitive Assessments.
 - Violence and Sexual Risk Assessment.
 - Domestic Violence.
 - Substance Abuse.
 - Child / Adolescent Behaviour.
 - Parent-Child Attachment.
 - Assessment of Harmful Sexual Behaviour in Adolescents
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Employment History:

May 2022 – Present: Expert Witness Forensic Psychologist.

- Provide independent expert witness and psychological assessment services in the areas of family law, criminal law, and civil court procedures. Examples of issues that I have been instructed to assess include the impact of psychological and emotional difficulties on behaviour; trauma; risk assessments for violence and offending/reoffending in young people and adults, cognitive functioning, mental capacity, parenting capacity, child placements, appropriate sentencing, and general mental health.

June 2021 - Present: Specialist Forensic Psychologist, Wandsworth Youth Justice Service CAMHS, South-West London and St. George's Mental Health NHS Trust, London, UK.

- Conduct induction screening and assessments with young people who have been arrested or charged with an offence in the borough of Richmond and Wandsworth.
- Work with young people and families to address mental health problems, offending behaviour, developmental trauma, and systemic issues including inconsistent education, family instability, and parental mental health and substance misuse issues.

- Complete specialised assessments for children and adolescents including assessments of cognitive functioning, emotional and behavioural difficulties, learning difficulties, and risk.
- Design and deliver specialised treatment and interventions to young people and families, including multi-systemic and family therapy and intervention for emotional and behavioural challenges.
- Provide consultation and supervision to other professionals working with families and young people, including social workers, probation officers, and community mental health practitioners.

October 2016 – July 2018: Trainee Forensic Psychologist, HMP Thameside, OXLEAS NHS Foundation Trust, London, UK.

- Worked with adult males in the healthcare wing and within the general prison population.
- Completed specialist assessment including assessments of personality, risk, violence, self-harm, cognitive functioning, and dementia.
- Completed individual and group therapy programs including substance misuse therapy, attachment-based therapy, mindfulness based cognitive therapy, and motivational interviewing.

October 2016 – July 2018: Trainee Forensic Psychologist, The Bracton Centre, OXLEAS NHS Foundation Trust, London, UK.

- Worked with both male and female adult inpatients. Conducted regular induction assessments for new admissions, including assessments of cognitive functioning, personality, mood, and risk.
- Completed specialised assessments relating to sexual and violent offending, personality disorders, and substance misuse.
- Designed and delivered specialised group and individual therapeutic interventions including schema therapy, attachment-based therapy, psychodynamic therapy, and interventions for learning difficulties and Autism-Spectrum-Disorders.

October 2015 – August 2016: Trainee Forensic Psychologist, Wilcox Psychological Associates, Birmingham.

- Conducted psychological, cognitive, safeguarding, capacity, and risk assessments and completed tailored psychological reports in the context of family and criminal court proceedings or Public Law Outlines.
- Assisted with therapeutic interventions in relation to child safeguarding and risk management recommended and offered within reports.

October 2013 – August 2014: Trainee Psychologist, Broadmoor Hospital, Crowthorne, UK.

- Completed specialised assessments in a High Secure forensic setting with adult males.
- Assessments included assessments of risk, violence, personality, psychopathy, and cognitive functioning.
- Conducted group and individual psychological interventions including CBT for Depression, Psychoeducation, and Motivational Interviewing.

April 2012 – August 2013: Senior Clinical Health Worker/ Health & Safety Representative, Curocare, London.

- Worked in a locked ward in the community with inpatients aged 18 – 60, providing emotional and routine support to patients with learning difficulties, co-morbid psychosis, and personality disorder diagnoses.
- Designed and implemented specialised treatment and intervention routines.
- Delivered induction training and supervision to nursing staff and delivered psycho-educational training to support staff.
- Conducted health and safety audits and was responsible for ensuring required standards were met. Attended monthly company-wide health and safety meetings to present updates and issues.

July 2010 – September 2010: Assistant Psychologist, The Recovery House, Karachi, Pakistan.

- Worked at a psychiatric rehabilitation day centre, supporting inpatients and outpatients across the lifespan with severe chronic psychotic illnesses.
- Ran activity sessions and group therapy sessions.
- Organised a 2-day conference with sessions on psychosocial support, dealing with trauma, and crisis intervention, aimed at relief workers going into flood-stricken areas across Pakistan.

February 2010 – July 2011: Senior Cyber Mentor, BeatBullying, London, UK.

- Provided online emotional support to children and adolescents facing personal difficulties including bullying, family and social issues, low self-esteem, and safeguarding concerns.

October 2008 – January 2010: ASD Facilitator, Private Employer, London, UK.

- Worked with two young boys with Autism Spectrum Disorders, providing therapeutic and activity support as well as facilitating learning and growth using the “Son-Rise” treatment programme
 - Implemented specialised treatment and activity routine and recorded and reported progress.
 - Received training from professional facilitators from The Autism Treatment Centre of America.
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Other Relevant Experience:

July 2010 – September 2010: Relief Worker, Flood Relief Camps, Karachi, Pakistan.

- Collected supplies and donations for areas hit by the devastating 2010 floods.
- Worked at relief camps to distribute supplies and to provide basic first aid, trauma support, and crisis intervention.

June 2004 – August 2008: Support Worker, Dar-ul-Sukun, Karachi, Pakistan.

- Volunteered at a care home for children and adults with mental illnesses and learning disabilities.
- Provided basic education to the children (e.g., English, Urdu, Math) as well as more advanced lessons to adolescents and young adults.
- Facilitated support groups and activities and developed care plans and intervention programs for the children and adolescents to target challenging behaviour, emotional regulation, and daily living skills.
- Supported young people in looking for work and applying for further education.

October 2005 – December 2005: Relief Worker, PAF Earthquake Relief Camp, Karachi, Pakistan.

- Worked at the Pakistan Air Force earthquake relief camp assisting in collecting and delivering aid to earthquake-stricken areas in North Pakistan.
 - Provided basic health and personal care and emotional and trauma support to displaced individuals.
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Research Experience:

September 2014 – December 2015: Research Assistant Broadmoor Hospital, Crowthorne, UK.

Completed research on Emotional Processing in Psychopathy with Dr. Simon Draycott. Research findings and poster presented at two conferences:

- 12th National Conference: Research in Forensic Mental Health Services. IOPPN, King’s College London. One-day Conference, April 2015.
- 9th Annual Broadmoor Hospital Psychological Services Clinical Practice Forum. Broadmoor Hospital, West London Mental Health Trust. One-day conference, March 2015.

August 2011 – December 2011: Research Assistant, University College London, UK.

Completed research on memory suppression and rumination with Professor Chris Brewin at the Department of Clinical, Educational, & Health Psychology, and Dr Michael Anderson at the MRC Cognition and Brain Sciences Unit at Cambridge University, resulting in the following publication:

- Fawcett, J. M., Benoit, R. G., Gagnepain, P., Salman, A., Bartholdy, S., Bradley, C., Chan, K-Y. D., Roche, A., Brewin, C. R., & Anderson, C. M. (2014). The Origins of Repetitive Thought in Rumination: Separating Cognitive Style from Deficits in Inhibitory Control Over Memory. *Journal of Behaviour Therapy and Experimental Psychiatry*.
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Educational Qualifications:

2015 – 2020: Doctorate in Forensic Psychology Practice (ForenPsyD), University of Birmingham, UK.

2013 – 2014: MSc Forensic Mental Health – Clinical Forensic Psychology, King's College London, UK.

2008 – 2011: BSc (Hons) Psychology, University College London, UK.

Continued Professional Development:

- **July 2023 / September 2023:** Applying the Multicultural Orientation Framework in Psychological Therapy Delivery, South West London & St George's Mental Health NHS Trust (2 Days – 8 hrs)
- **June 2023:** Dialectical Behavioural Therapy (DBT) Skills, South West London & St George's Mental Health NHS Trust (2 Days – 12 hrs)
- **May 2023:** Group and Meta Supervision Workshop, Surrey University, (7.5 hrs)
- **March 2023:** AIM3 Assessment of Adolescents who Display Harmful Sexual Behaviour, The AIM Project (2 Days – 14 hrs)
- **March 2023:** AIM Intervention Guidance for Adolescents and their Parents/Carers re Harmful Sexual Behaviour, The AIM Project (2 Days – 14 hrs)
- **January 2023:** The Fundamentals of Supervision, Surrey University (2 Days – 14 hrs)
- **September 2022:** Motivational Interviewing, Alasdair Cant & Associates (4 hrs).
- **July 2022:** Attachment-Based Family Therapy, Introductory Part 1 Workshop, Drexel University (6.5hrs).
- **July 2022:** Suicide Awareness & Suicide Response, 4 Mental Health (7 hrs).
- **February 2022:** Using Supervision to Help Therapists Adapt CBT for Work with Minority Groups and to Effectively Support Minority Therapist, British Association for Behavioural & Cognitive Psychotherapies (BABCP) (6 hrs).
- **July 2021:** Building Emotional Regulation Skills in Children and Young People, Beacon House Therapeutic Services & Trauma Team (2 Days – 14 hrs).
- **July 2021:** Compassion Focussed Therapy, Balanced Minds (2 Days – 14 hrs).