

# Dr Rosalie Hughes

## Consultant Clinical Psychologist

### Professional profile

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I have worked in mental health for over 20 years. After qualifying as a Clinical Psychologist in 2005, I worked in NHS adult mental health services, specialising in the assessment and evidence-based treatment of adults with complex and severe mental health conditions. I became a Consultant Clinical Psychologist in 2020, responsible for overseeing and supervising clinical psychology provision in adult mental health teams across two London boroughs. Since 2022, I have worked in independent practice, providing expert assessments of adult mental health, including complex and comorbid conditions. I also provide evidence-based psychological therapies in the private sector.

### Expert Witness Experience

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Since 2022, I have provided expert psychological reports for family and civil courts.

**Areas of expertise:** mood and anxiety disorders, postnatal depression, trauma related disorders and PTSD, self-harm and suicidality, personality disorders, OCD, bipolar, schizophrenia, hoarding, functional neurological conditions, domestic violence, impact of emotional/physical/sexual abuse, drug/alcohol/substance misuse, parenting capacity, mental capacity assessments, assessments of general cognitive functioning in adults, employment tribunal, housing, cognitive behaviour therapy, personal injury.

### Recent training

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- 2024 Cardiff University Bond Solon (CUBS) Expert Witness Certificate
- 2024 ADHD in Adults - Assessment and Diagnosis
- 2023 Family Law and Procedure - England and Wales (2 days)
- 2023 Civil Law and Procedure - England and Wales (2 days)
- 2023 Cross Examination Skills Training (1 days)
- 2022 Courtroom Skills Training (1 day)
- 2022 Excellence in Report Writing (1 day)
- 2022 Medico-Legal Assessments & Report Writing
- 2022 Antiracism Clinical Supervisor Training
- 2022 Adapting Cognitive Behaviour Therapy (CBT) for people with Autism Spectrum Disorder (ASD)
- 2021 Dialectical Behaviour Therapy (DBT) Foundational Training
- 2021 Borderline Personality Disorder & the Perinatal Period
- 2021 Delivering Culturally Responsive Therapies
- 2021 Kings Fund - Leadership workshops
- 2021 Supervision Skills Training (British Psychological Society)
- 2021 Cognitive Behaviour Therapy (CBT) for PTSD & Working with Complex Presentations

I attend regular professional training to ensure my continued professional development. I am registered with the Health and Care Professions Council (Registration number PYL15697) and the British Psychological Society Division of Clinical Psychologists (Membership number 096381).

### Education & qualifications

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DClinPsych	University of Surrey	Passed	2005
BA(Hons) in Psychology	University of South Africa	Distinction	1999
BA in Psychology & Philosophy	University of Cape Town	Distinction	1994

## Career summary

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**July 2022 – Present**

**Consultant Clinical Psychologist in Independent practice**

- Expert assessments of mental health, personality disorder, substance misuse, trauma, parenting capacity, domestic violence, housing issues, and general capacity assessments
- Assessments of general intellectual functioning in adults
- Evidence-based psychological therapy in the private sector. I specialise in NICE guideline recommended therapies, for a wide range of mental health conditions, including complex presentations
- Visiting speaker at the University of Surrey

**June 2020 – June 2022**

**Consultant Clinical Psychologist  
Psychology & Psychotherapies Lead for Sutton & Merton  
South West London & St Georges Mental Health NHS Trust**

- Provided a range of highly specialist psychological and diagnostic assessments of clients with complex and severe mental health conditions
- Delivered clinical and professional supervision to qualified clinical psychologists
- Provided leadership in the development and systematic provision of high-quality psychology and psychotherapy services to clients of adult mental health teams
- Worked autonomously within professional guidelines, and ensured systematic clinical governance of psychology and psychotherapy practice within adult mental health teams
- Contributed to and implemented, service and policy development
- Extended new treatment pathway (Dialectical Behaviour Therapy group treatment) for people with a personality disorder diagnosis in another London borough
- Provided evidence-based psychological therapies for clients with complex and severe mental health symptoms, including working with individuals, families and groups
- Formulated risk management plans, and contributed to borough Risk Management forums
- Delivered training to other clinical psychologists and multidisciplinary staff

**August 2008 – June 2020**

**Highly Specialist Clinical Psychologist (0.6 whole time equivalent)  
South West London & St Georges Mental Health NHS Trust**

- Set up a new treatment pathway (Dialectical Behaviour Therapy group treatment) for patients with mild to moderate Emotionally Unstable [Borderline] Personality Disorder
- Provided evidence-based therapies (Cognitive Behavioural therapies, Behavioural therapies, and Dialectical Behaviour Therapy), and individual and multidisciplinary risk management plans.
- Provided clinical and professional supervision to doctoral Trainee Clinical Psychologists
- Provided a psychologically informed perspective to multidisciplinary teams

**Dec 2005 – July 2008**

**Specialist Clinical Psychologist  
South West London & St Georges Mental Health NHS Trust  
Carshalton Community Mental Health Team**

**Sept 2002 – Aug 2005**

**Trainee Clinical Psychologist  
Surrey and Borders Partnership NHS Foundation Trust**

**Aug 2001 – Aug 2002**

**Assistant Psychologist / Mental Health Promotion Worker (split post)  
South West London & St Georges Mental Health NHS Trust**

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## Publications

Hughes, R., Hayward, M. & Finlay, W. (2009). Patients' perceptions of the impact of involuntary inpatient care on self, relationships and recovery. *Journal of Mental Health*, 18:2, 152-160.