

**CV**  
**MATTHEW AKAL, CPsychol AFBPsS**  
**Consultant Chartered Clinical Psychologist,**  
**Associate Fellow and Expert Witness**  
**IMBT Ltd**

**Professional Memberships / Accreditations**

British Psychological Society (BPS)

252763 | Chartered Clinical Psychologist (CPsychol) | Associate Fellow (AFBPsS)

**Professional Registration**

Health & Care Professions Council (HCPC)

PYL28273 | Practitioner Psychologist

**Qualifications**

Statement of Equivalence in Clinical Psychology (2012)

British Psychological Society

Master of Social Science (Clinical Psychology) (2007 Cum Laude)

University of KwaZulu-Natal (UKZN) - Nelson R. Mandela School of Medicine

Bachelor of Arts Honours (Psychology) (2004)

University of South Africa (UNISA)

**Medicolegal Expert Witness Training**

Cross-Examination Day (Bond Solon, April 2021)

Courtroom Skills - Witness Familiarisation (Bond Solon, March 2021)

Civil Law and Procedure 1 & 2 (Bond Solon, Feb 2021)

Excellence in Report Writing - Written Evidence (Bond Solon, Jan 2021)

## **Work Experience**

### **Consultant Clinical Psychologist, Clinical Director & Founder (Jan 2017 - present)**

#### **Integrative Mindfulness Based Therapy (IMBT)**

- Integrative Psychological Consultation and Medico-Legal practice.
- Independent Medico-Legal Psychological reports for individuals of all ages, couples and families. Prepared over 1000 reports for the court, including for Personal Injury, Clinical Negligence, CICA, Immigration & Asylum, Child and Family and Mental Capacity.
- Comprehensive Psychological consultation services and therapy for individuals of all ages, couples and families, and organisations. Providing assessment, formulation, treatment and reports with complex trauma and associated neuropsychological and mental health issues including traumatic brain injury (TBI), stroke and associated mood and anxiety disorders including PTSD and behaviours that challenge.
- Corporate coaching and training.
- Mindful Biopsychosocial approach to health and wellness.
- Regular psychological therapy clinics at London Clinic or via audio or video-link.

### **Locum Clinical Psychologist (May 2018 - Dec 2020)**

#### **Clinical Health Team for People with Learning Disabilities (London Borough of Sutton)**

- Psychological assessment, formulation, treatment, reports and positive behaviour support plans with clinical health, mental health, and behaviours of concern.
- Individual, systemic and organisational psychological consultation.
- Care planning multidisciplinary team meetings.
- Joint working and liaison with a multidisciplinary health team, private health care providers, Social Services and external agencies.

### **Locum Consultant Clinical Psychologist (July 2017 - April 2018)**

#### **Defence Medical Rehabilitation Centre Headley Court (Ministry of Defence)**

- Mental health / neuropsychological assessment, formulation, treatment and reports with complex trauma and associated neuropsychological and mental health issues including traumatic brain injury (TBI), stroke and associated mood and anxiety disorders including PTSD and behaviours that challenge.
- Individual, group and systemic psychological interventions.
- Care planning multidisciplinary team meetings.

- Joint working with full neuro rehabilitation MDT. community teams including DCMH community mental health teams, NHS and other and external agencies.
- Inservice psychological training programme for ward staff.
- Supervision of Band 7 Psychologist and two Assistant Psychologists.

**Borough Lead Clinical Psychologist (Jan 2010 - Dec 2016)**

**Redbridge Community Learning Disability Team (North East London NHS Foundation Trust)**

- Operational management of Clinical Psychologist, Clinical Behavioural Specialist, Art Therapist, Trainee Clinical Psychologist and Assistant Psychologist.
- Neuropsychological assessment and reports.
- Psychological assessment, formulation, treatment and reports with mental health issues including dementia, mental capacity and behaviours of concern.
- Individual, systemic and organisational psychological consultation.
- Clinical psychological consultation to the multidisciplinary team, Social Services and external agencies.
- Service development including development of care pathways.
- Multidisciplinary team and Social Services case zoning meetings, seniors meetings and NHS Trust wide business meetings.
- Supervision of Band 7 Psychologist and Trainee Clinical Psychologist.

**Community Lead Clinical Psychologist (Nov 2014 - Dec 2015)**

**Learning Disabilities / Forensics (Cambian Group)**

- Male and female locked rehabilitation hospitals in Greater London for patients with a dual diagnosis of learning disability and mental health illness / behaviours of concern.
- Behaviour risk assessment and Psychological assessment of mental health.
- Developing behaviour management plans and providing input into care plans.
- Ward rounds and working directly with the MDT to improve the delivery of behaviour management and care plans.
- Representing Psychology Service for Care Quality Commission inspections.
- Supervision and training with two Assistant Psychologists.

### **Lead Clinical Psychologist (July 2012 - April 2014)**

#### **Stroke Hub Team Brentwood Community Hospital (North East London NHS Foundation Trust)**

- Establishment of a new neuropsychology service covering Brentwood, Basildon, Billericay and Thurrock.
- Developing care pathways for assessment and treatment of trauma, mood/anxiety disorders and cognitive impairment post stroke.
- Direct assessment and intervention with stroke inpatient and outpatients
- Psychological consultation to a multi-disciplinary acute hospital team.
- Supervision of Assistant Psychologist.

### **Lead Clinical Psychologist (Feb 2012 - Jun 2012)**

#### **Moore Ward, Sunflower's Court (North East London NHS Foundation Trust)**

- Specialist acute dual-diagnosis assessment and treatment unit for adults with a learning disability and comorbid psychiatric illness, trauma, personality disorder and/or behaviours that challenge.
- Psychological assessment of cognition, personality, dementia and functional behaviour analysis.
- Individual and systemic therapeutic interventions/input into care plans.
- Providing input into weekly ward rounds and psychological consultation to psychiatry, ward staff, other professionals, families and carers.

### **Private Clinical Psychologist (Jul 2010 - Oct 2011)**

#### **Harley Street & London Liverpool Street Clinics (Harley Therapy)**

- Individual and couples therapy. Brief and longer term Interventions with a variety of presenting issues: trauma, anxiety, depression, alcohol/substance addiction, emotional regulation/anger management, psychosexual disorders, relationship issues, low self-esteem, eating disorders, self-harming, adjustment disorders etc.

### **Locum Senior Clinical Psychologist (Nov - Dec 2009)**

#### **HMP / YOI Feltham (West London Mental Health NHS Trust)**

- Multidisciplinary team referrals meetings and intra-team/external referrals and reporting.
- Risk assessment of juvenile offenders.
- Multidisciplinary care planning, providing individuals interventions, and development of group treatment programmes for juvenile offenders.

### **Locum Senior Clinical Psychologist (May - Nov 2009)**

#### **Three Bridges Unit (West London Mental Health NHS Trust)**

- Medium secure adult male psychiatric inpatient unit.
- Psychological assessment and individual treatment with trauma, depression, anxiety, psychosis, substance abuse, bereavement, personality disorders, adjustment disorders, sexual/violent offenders etc.
- Group therapy programmes and prepost group assessment (Enhanced Thinking Skills; offence specific groups e.g. aggression management, arson etc.)
- Regular communication/reporting for research purposes and within the multidisciplinary team and care plan approach purposes.
- Supervising two Assistant Psychologists.

### **Private Clinical Psychologist (Jun 2008 - Apr 2009)**

- Psychological assessment, brief and long term Interventions with trauma, anxiety, depression, alcohol/substance addiction, emotional regulation/anger management, relationship issues, low self-esteem, adjustment disorders etc.

### **Community Clinical Psychologist (Jan - Dec 2007)**

#### **High Secure Durban / Westville Prison (Correctional Services, South Africa)**

- Risk assessments of offenders upon admission and providing input into sentence plans.
- Psychological and risk assessment of offenders referred by parole board / case management committee, including offenders with life sentences
- Psychological assessment and interventions with trauma, substance addiction, depression, anxiety, adjustment disorders, PTSD, psychosis, personality disorders, bereavement, etc.

### **Research Activities**

Akal, M. J. (2011). Non-Supportive Disclosure in Child Sexual Abuse. LAP Lambert Academic Publishing.

Akal, M. J.; Bernard, W. J.; Grant Stuart, L.; Lee, R.; Maharaj, A.; Mphatsoe, P.; Spencer, L. E.; Rawathal, K.; and Wells, M. (2005). A Suicide Prevention Programme for Youth Within the Chatsworth Community. Unpublished manuscript, University of KwaZulu-Natal, Howard College.

### **References available upon request**