



# TARGET PSYCHOLOGY LTD

PROVIDING EXPERT WITNESS REPORTS AND ASSESSMENTS

## ALEXIS WAITMAN

**Chartered & Registered Practitioner Psychologist**

**BA Hons, MA, C Psychol, CSci, AFBPsS, MECC (Executive Coaching)**

### AREAS OF EXPERTISE

Alexis has provided reports in Family and Criminal Proceedings since 2005 and regularly takes instructions from solicitors and Local Authorities within Family and Criminal Court proceedings. She embarked upon independent expert witness work in 2005 and now works in full-time practice as an Expert Witness Chartered Consultant Psychologist, undertaking a range of assignments to include, criminal, civil, family, employment tribunal and immigration work. She has accumulated a breadth of experience particularly in the area of human rights, paedophilia and sexual abuse, physical abuse, eating disorders and domestic violence cases and has undertaken assessments of clients in media profile cases.

In terms of clinical practice, Alexis has worked with children, adolescents and adults and families with a whole range of conditions and issues, some of which are outlined below.

She is qualified in psychometric testing and is registered with the BPS Psychological Testing Centre's Register of Qualifications in Test Use (RQTU) and has expertise in administering and interpreting a wide range of tests, including but not limited to IQ, Memory, Personality, Suggestibility, Post-traumatic stress, Emotional Functioning, Risk and Psychopathology. She has attained BPS Level A (Ability Testing) and Level B (Personality Testing) and has undertaken specialised training for WAIS-IV and ADOS (Autism).

I have previously been instructed to undertake expert witness reports on a number of topics and my expertise lies within the following areas:-

#### **Family Law**

- Parental Assessments – Including Risk Assessments and Parenting Assessments
- Capacity Assessments
- Mental Capacity Assessment
- Anxiety
- Depression
- PTSD
- Domestic violence
- Emotional and Sexual abuse
- Personality Disorders
- Sexual offences/Sexualised behaviours/Grooming
- Child and Adult (ADHD, Asperger's / Autism)
- Risk and ability to protect a child
- Substance abuse and Addictions: Drugs, Alcohol, Gambling etc
- Family Assessments / Dynamics / Attachment / Parental Alienation
- Child Development Issues

#### CONTACT US:

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**office@targetpsychology.co.uk www.targetpsychology.co.uk**

- Attachment
- Fostering & Adoption

#### ***Criminal Law***

- Pre-sentencing reports
- Fitness to Plead and Stand trial
- Suggestibility
- Loss of control
- Sexual / Violent crime
- Parole Board Assessments
- Personality Disorders
- Dangerousness/Risk Assessment
- Violence/Self Harm/Suicide
- Offender Assessment
- Abnormal Behaviour
- Mental Disorders
- Rape / Sexual abuse
- Crime Victims
- Child Abuse

#### ***Immigration and Asylum Cases in Children and Adults***

- Sexual Abuse
- Mental Capacity
- Post-Traumatic Stress Disorders
- Risk Assessments
- Diagnosis of Mental Health and treatments

### **RELEVANT EXPERIENCE**

Alexis has prepared more than 100 reports for various courts throughout the UK, although has been called to give evidence on only 6 occasions to date. As a psychotherapist as well as a psychologist, Alexis is able to provide assessments based on sound interview and assessment skills which allows for interviewees/clients to feel relatively relaxed and secure whilst in often distressing or discomfiting situations. Alexis is comfortable working with clients from age 3 upwards, utilising specialist skills and expertise in order to provide the most accurate and evidence material in reports.

In addition, she has been commissioned for numerous consultancy assignments, which have involved psychological research and clinical practice for children, adolescents and adults. Alexis is also a Chartered Scientist and registered with the Science Council and a Chartered Psychologist and Associate Fellow of the British Psychological Society (BPS) and Registered Practitioner Psychologist (HCPC).

### **WORK HISTORY**

**July 1984 – Sept 1995 – Kent Social Services**

**Various roles held, ranging from Senior Social Worker, to Area Manager.**

Various practice, managerial, leadership, training and development roles.

7/84 – 5/87: Service Manager for Services to Older People including management of residential staff and services. Member of SMT and responsible for all service development.

6/87 – 4/90 Service manager (3 years) for Children's Services including introduction of the Children Act (1989) changes to service delivery, and the requisite training for staff and managers. Left social services to take up further training in psychology and follow that career.

**Sept 1995- May 2000** - Independent Social Services Consultant – provision of change strategies; training and development, and policy development services to a number of Greater London social services departments on a freelance basis. Involved in departmental change; recruitment, development, assessment, training and related areas.

June 2000 – September 2003 (part-time): Head of Psychological Therapies at Oakview Adolescent Forensic Unit, Kent. Work with young people under 18 on Section of MHA(1983) with single or multiple diagnosis for severe and enduring mental health issues, as well as some acquired brain injury and Autism/ADHD/Severe Conduct Disordered young people. Member of SMT, and responsible for staff supervision, specialist training, and learning development as well as liaising with the Education Department in the provision of specialist programmes and projects for mentally-unwell young people.

September 2001 – May 2003 (part-time) – East Kent NHS Mental Health Trust. Principle Psychologist in Adult Mental Health. Part of multi-disciplinary team, working with Social Service and voluntary sector colleagues in the delivery of mental health services to a large community in the Thanet area of Kent. Training workshops, staff supervision, group-work and service development were all part of my responsibilities, alongside working with adults with severe and enduring mental health diagnoses. My specialist areas were working with women who had had radical surgery, eating disorders, survivors of sexual abuse, and body dysmorphia, as well as severe anxiety, depression and OCD.

**July 2003 – Dec 2010 – Nottinghamshire Healthcare NHS Trust. Service Lead in North Nottinghamshire for CAMHS. Specialist post with specific responsibility for service development and services to fostered and adopted children and young people. Role included supervision of staff and students; service development; membership of relevant committees (governance; finance; strategic planning etc); leadership; day-to-day service and staff management; team-building and maintenance of team cohesion; developing specialist services eg eating disorders/under-5 mental health provision. Specialist in Attachment in both adults and children. Advisor in appointment selection and training of foster carers and assessment of potential adoptive parents. Supervisor of residential staff, and consultant to social services on home management structures. Responsible for staff training and development, quality assurance and governance issues. (Band 8C)**

**January 2010 - current - Organisational and Leadership Development Consultant; Independent Counselling and Occupational Psychologist, and psychotherapist. I am a motivational speaker, group training facilitator and have a small**

psychotherapy clinic. I also act as an Expert Witness in Child and Family Law where my specialist areas are in Attachment, Parenting, substance abuse and Trauma/Neglect. I also act as a Consultant Psychologist and Executive Coach, working with individuals and organisations in the delivery of coaching, mentoring and development programmes. In addition to 25 years' experience in health and social services settings at senior levels, I also have extensive voluntary sector experience in mental health; education, and local government. I have worked with senior leaders as coach and mentor, and have designed and delivered senior team-building and training events in all business sectors and at all levels from basement to boardroom.

In my private psychological therapies practice, I provide clients with a range of therapeutic interventions, including CBT; EMDR; Psychodynamic; person-centred, narrative and bereavement and relationship-based issues. I am also experienced in working with adolescents and young people, alone or with their carers/parents.

## QUALIFICATIONS

1984 – CQSW – Social work qualification - CCETWW  
 1986 - BA (Hons) – Psychology – Open University  
 1989 – MA – Psychology – University of Kent  
 2001 – Chartered Psychologist Status in Counselling Psychology  
 2002 - Chartered Psychologist Status in Occupational Psychology  
 2005 – Granted Chartered Scientist (CSci) Status by the BPS  
 2006 – Accredited Expert Witness – British Psychological Society

## *Expert Witness and Related training*

- Introduction to Expert Witness Skills - BPS
- Report Writing Skills- BPS and Bond Solon
- Criminal Law and Procedure (Bond Solon)
- Family Law and Procedure (Bond Solon)
- Civil Law and Procedure (Bond Solon)
- Providing Evidence in Court and Cross Examination- Forensic Psychology Practice (FPP)
- Courtroom Skills Training - Bond Solon
- Cross Examination – Bond Solon
- PTSD and Trauma - Centre for Stress and Stress Management
- Risk Assessment Tools Training- Nottingham NHS Trust
- WAIS-IV Administration and Interpretation Training
- Certificate in Neuro-Linguistic Programming (JLP Training Centre , Bristol,) 1999
- Mindfulness and Emotional Intelligence Course (Nottingham University) (2015)
- Dan Hughs Training Course in Trauma and Dialectic Counselling (2004)
- EMDR training for Adults and for Children (John Spectre Training, London, 2007)
- Adult Attachment Interview – Tavistock, 1999

## PROFESIONAL MEMBERSHIPS

- Associate Fellow of the British Psychological Society (AFBPS) Reg. No.: 01689
- Registered Psychologist with the Health Care Professions Council, Reg. No. PYL23077

#### ADDITIONAL INFORMATION

- Full enhanced DBS clearance
- Personal professional liability and indemnity insurance
- Full UK driver's license
- Sound knowledge of the cultural and religious dynamics of Asian and African cultures.
- Good French – able to conduct interviews
- Advanced Driving Qualification (IAM) - 1986



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