



## Dr. Chris James BSc, MSc, DClinPsych, CPsychol, AFBPsS

Consultant Clinical Psychologist (Chartered & HCPC Registered)

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### Summary

Chartered Consultant Clinical Psychologist registered with the Health and Care Professions Council (HCPC) as a Practitioner Psychologist, an Associate Fellow member of the British Psychological Society (BPS) with full BABCP accreditation as both Cognitive Behavioural Psychotherapist and Supervisor of CBT and an Honorary Lecturer at Cardiff University. CEO & Founder of Sleep Athletic. ADHD specialist.

Qualified expert witness for medicolegal assessment, report writing and court work.

Provides expert psychological assessment, consultation, training and psychological interventions.

Enhanced DBS certificate, ICO registration with full professional indemnity insurance

### Education and relevant training

**Expert Witness training (inc. for court)** – British Psychological Society (BPS) 2016  
**DClinPsych (Doctorate) in Clinical Psychology** – University of Oxford 2012  
**MSc in Clinical and Abnormal Psychology** – University of Wales, Swansea 2006  
**BSc in Psychology (First Class Hons)** – University of Wales, Swansea 2004

### Experience

**Psychology Expert Witness / Medicolegal** 2016 – Present

Provides expert assessment and reporting for complex and serious injury claims. Experience includes:

- Civil Court proceedings e.g. Personal Injury claims (e.g., road traffic accidents, workplace injuries)
- Criminal Injury Compensation Assessments (CICA)
- Redress Scotland cases

Average number of reports completed: approx. 100 per year

- Personal injury – Civil Court: 40-50 per year
- CICA & Redress: 50+ per year

Assessments completed: within 6-8 weeks of instruction

Report completion: within 7 days after assessment (current average 2-3 days)

Anonymised example reports available on request.

### Clinical Psychologist

2012 – Present

Independent private practice (2014-Present) Providing assessment and psychological therapy, clinical supervision and training, ADHD & sleep clinics, expert witness and medicolegal reports via private Clinical Psychology Practice.

Aneurin Bevan UHB NHS Wales (2019-20) Principal Clinical Psychologist in a specialist sleep service providing assessment and treatment for a range of sleep disorders including insomnia.

Aneurin Bevan UHB NHS Wales (2016-18) Clinical Psychologist in a community mental health team working with adults with chronic and severe mental health problems and supervising a range of professionals.

Norfolk and Suffolk NHS Foundation Trust (2012-16) Senior Clinical Psychologist in a mental health service for young people with moderate-to-severe mental health difficulties.

**Specialisms** **Mental health and wellbeing**

Works with a broad range of mental health difficulties and psychological issues, from mild to very severe, including anxiety, depression, trauma and PTSD, panic, OCD, anger, phobias, low self-esteem, work-related stress, loss and bereavement and relationship difficulties, adult ADHD.

**Sleep**

Provides online evidence-based treatment for insomnia and psychological support and for other sleep disorders. Sleep Expert to Holland & Barrett and provides sleep coaching and consultation to professional football clubs and elite athletes.

**Location** UK-wide instructions accepted. Assessments are carried out remotely via secure video call (Zoom).

Where in-person assessments are required, physical hubs used are as follows:

- **Abergavenny** (7A Nevill St., Abergavenny, NP7 5AA)
- **Cardiff** (Clockwise, Brunel House, 2 Fitzalan Pl, Cardiff, CF24 0EB)
- **Swansea** (Regus, Princess House, 14-16 Princess Way, Swansea SA1 3LW)
- **Bristol** (Regus, Temple Quay, 1 Friary, Bristol BS1 6EA)

Also available to travel across the UK as required. Additional standard fees apply (e.g. venue hire, travel and accommodation, travel time).

Standard Hourly rate: £150