



Dr Adam Jarvis B.Sc., DClinPsych, CPsychol AFBPsS  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL29435**  
British Psychological Society Membership: **325798**

Dr Adam Jarvis has nine years of clinical experience working within mental health services. He specialises in the clinical assessment and treatment of adults with a diverse range of presentations including trauma, psychosis, personality disorder, complex anxiety and depression. He also undertakes neuropsychological assessments of cognitive functioning for learning disabled individuals or those suffering brain injury, psychosis or dementia. He works both within the Family and Civil Courts as an independent psychologist undertaking assessments of adult and parental risk, trauma and PTSD, older adults and mental capacity. He is also skilled in a range of therapeutic approaches and runs a busy private clinic.

#### **FAMILY LAW EXPERTISE**

- Dr Jarvis specialises in the assessment of adult, parental and forensic risk.
- He assesses adults at risk of sexual offending and is accredited in the use of the Sex Offender Assessment Programme in this population.
- He has training and experience in the assessment of adult violence, domestic violence and relationship abuse.
- He is experienced and skilled in working with a range of complex mental health difficulties including trauma, psychosis, bipolar affective disorder and autistic spectrum conditions, anxiety, depression, panic, OCD, specific phobias, social phobia/anxiety.
- He specialises in the assessment of adults and parents with personality disorders and the implications that this holds for parenting.
- He undertakes assessments of mental capacity and he is trained and experienced in the use of neuropsychological assessments of cognitive functioning.

#### **PERSONAL INJURY AND CIVIL EXPERTISE**

- An expert on acute adult trauma and the impact that this can have on mental health, occupational functioning, relationships and families.
- He has worked extensively with learning disabled individuals, specialising in assessing changes in functioning associated with brain injury, mental health problems or dementia.
- He has specialist training and experience in working with older adults with a range of cognitive and mental capacity concerns.
- He works with chronic pain conditions and psychological medicine and across different age groups.

#### **THERAPEUTIC AND CONSULTATION EXPERTISE**

- Dr Jarvis specialises in Cognitive Behavioural Therapy (CBT) and he is a certified Eye Movement Desensitisation and Reprocessing (EMDR) practitioner and offers family work and systemic therapy.

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- He works extensively with both individuals and families facing a range of difficulties from mental health problems, interpersonal difficulties or family problems.
- He offers leadership consultancy and supervision for both mental health and other professionals. He has developed his skills through ILM-endorsed Leadership and Management course and experience within previous co-lead for acute services role.

## **WORK HISTORY**

### **2018 – Pres Principal Clinical Psychologist, South West London & St George’s Mental Health NHS Foundation Trust**

Dr Jarvis leads a Psychology team in rehabilitation services. He also provides Psychological assessment and therapeutic interventions for people using rehabilitation services. Other duties include family interventions, consultancy, risk assessments and reporting, teaching and training, and service development.

### **2016 – Pres Highly Specialist Clinical Psychologist, South West London & St George's Mental Health NHS Trust, Merton, London**

Dr Jarvis provides psychological assessment and therapeutic intervention for people using the Morden Recovery and Support Team. He gives advice and consultation on client's Psychological care to professionals and carers. He contributes to service development.

### **2015 – 16 Highly Specialist Clinical Psychologist and Co-lead Psychologist for Acute Services, Surrey and Borders Partnership Trust (SABP), Surrey**

Dr Jarvis developed and delivered recovery-oriented psychological assessment and intervention services for people accessing acute services. He developed an Intensive Support Programme (ISP) providing people entering acute services with evidence-based therapy groups drawing on CBT, DBT, ACT, Mindfulness, WRAP, CFT and emotion-focused approaches. He provided specialist structured clinical assessment and support planning of people with personality disorder and psychosis including family interventions. He also offered staff training and support, supervision, research, audit and service development.

### **2013 – 15 Clinical Psychologist, Surrey and Borders Partnership Trust (SABP), Epsom**

He was responsible for assessment, formulation and therapeutic interventions for acute inpatient wards and Home Treatment Teams. He developed and delivered therapeutic groups, based on Cognitive Behavioural Therapy (CBT) and Dialectic Behaviour Therapy (DBT). Family interventions, facilitating Carers and Supporters groups. He offered consultancy and staff training and reflective practice within the team. He was co-therapist within Family Intervention Team for psychosis. He supervised Trainee Clinical Psychologists, Assistant Psychologists, Honorary Assistant Psychologists and Occupational Therapists. He provided risk assessments for safeguarding procedures.

### **2009 – 12 Trainee Clinical Psychologist, Humber NHS Foundation Trust, Hull**

Placements in working-age adults, child & adolescent (community and inpatient), older adult (community and memory clinic), psychological medicine (chronic pain and general health), forensic and psychosis (early intervention and assertive outreach) services.

**2008 – 09**    ***Graduate Primary Care Mental Health Worker, North Yorkshire and York Primary Care Trust (NYYPCT), York***

He was an assistant psychologist within Learning Disability Team responsible for research, designing and delivering presentations, Individual and group therapy, team consultancy, research and audit projects for mental health services and GPs.

**PROFESSIONAL QUALIFICATIONS**

2009 – 12    Doctor of Clinical Psychology (ClinPsyD), University of Hull & Humber NHS Foundation Trust.

2005 – 08    Psychology BSc Hons (Upper 2.1), University of York

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

2015        Eye Movement Desensitisation Reprocessing (EMDR); EMDRIA and EMDR-E accredited.

2014 – 15    ILM-endorsed Leadership and Management training.

2013        Supervisor's Training (SABP); accredited by BPS.

2011        Accredited to administer and score current battery of psychometrics within the Sex Offender Treatment Evaluation Project test battery.

2011        Certificated master-class workshops attended: Mindfulness, Imagery, Body Dysmorphic Disorder, Psychometric Assessment Training

**PUBLICATIONS AND PRESENTATIONS**

Jarvis, A (in press) Two articles (one empirical research project, one systematic literature review), currently in process of submission to academic journals.

Devon, A., Marinho, F. & Jarvis, A. November, (2014) An evaluation of the experiences of people who use services and staff in relation to the recovery-focused practice. Surrey and Borders Partnership Trust.

Doctoral Thesis (2012) Family Caregiver Responses to Challenging Behaviour in Dementia; a quantitative study using interview and questionnaires preceded by a systematic literature review.

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