



Dr Patrick Gwyer PhD DClInPsych MSc
Consultant Clinical Psychologist



Health Professions Council Registration: **PYL06062**
British Psychological Society Membership: **82496**

Dr Gwyer has considerable experience working across the adult mental health spectrum within complex and challenging circumstances. With a PHD in Applied Cognitive Psychology, Dr Gywer has a vast knowledge of Cognitive testing. He has taught in mental health for several years, along with Rogarian Counselling, Personal Construct Psychology and Listening skills on a doctorate in Clinical Psychology programme as well as teaching at diploma level Gestalt therapy and provided postgraduate and staff development teaching, workshops and courses.

He has great experience in assessing risk and management, multi-disciplinary treatment programmes. Dr Gwyer has worked with those suffering from mental health issues, personality disorders, PTSD and those substance misusing whether this be in the family. Dr Gwyer has a number of years' experience providing support to callers and to those face to face as a Samaritans listening volunteer.

In recognition of his expertise, he has achieved the title Associate Fellow of the British Psychology Society and more recently granted the status of Chartered Scientist (CSci).

FAMILY LAW EXPERTISE

- He has specialist training in the assessment of risk in aspects of capacity and risk including mental health, PTSD, substance misuse and personality disorders.
- Systemic practitioner independently providing psychological therapy for adults experiencing family difficulties.
- Producing reports for the Royal Family Courts of Jersey.
- He has been internationally selected to present his thesis on The Use of Cognitive mnemonics in aid to recall clinically relevant information following the observation of an incident of challenging behaviour.

CIVIL LAW EXPERTISE

- Providing Psychological reports for insurance and health companies across the UK and Jersey.
- Reporting on complex cases for all three of the Armed Forces branches as well as working with Ministry of Defence Psychiatrists, CPN and Department of Community of Mental Health (DCMH).

THERAPEUTIC EXPERTISE

- Experience providing CBT, DBT and Schema therapy.
- Extensive experience providing CBT therapy to those suffering with OCD, health anxiety for vulnerable clients and those with chronic illnesses.
- Experience treating those suffering from PTSD with DBT therapy.
- The clinical lead for the DBT Consult and the DBT informed / Recovery based Emotional Coping Skills, Getting Well and Staying Well and Mindfulness groups, providing teaching, support, consultation and training to staff groups as required.

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WORK HISTORY

- 2016- Pres Mountain Way Veterans Charity, Clinical Director
- 2015 -2016 Psychological Wellbeing Service Development Manager, Help for Heroes
- 2010 -2015 Consultant Clinical Psychologist, Adult Mental Health, States of Jersey
- 2008-2015 Clinical Teaching, States of Jersey
- 2002-06 Principal Clinical Psychologist, Cane Hill Forensic Mental Health Services, South London & Maudsley NHS
- 2006-2010 Lead acute care pathway Psychologist and acting locality lead,
- 2003-06 Trainee Clinical Psychologist, University of Southampton
- 1998-2003 Lecturer in Applied Psychology, University of Winchester
- 1996-98 Research Officer, Hampshire Constabulary.

PROFESSIONAL QUALIFICATIONS

- 2009-16 MSc Applied Positive Psychology and Coaching Psychology (University of East London)
- 2003-06 D, Clin Psychol (Southampton University)
- 2000-02 Post Graduate Certificate in Counselling Psychology (Roehampton College, University of Surrey)
- 1993-07 PHD (University of East London)
- 1990-03 BSc (Hons) Psychology (University of London)

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2016 Compassionate Resilience Training (Compassionate Mind Foundation, September 2016)
- 2015 Compassionate Focused Therapy. (Compassionate Mind Foundation, June 2015)
- 2013-15 Psychological Advisor, Social Responsibility Panel, Jersey Gambling Commission
- 2013-14 Schema Therapy Modules 1, 2 and 3. (International Society of Schema Therapy, 2013 – 2014)
- 2011-15 Provision of clinical supervision to prison Counsellor
- 2010-15 Psychological Reports for the Royal Courts of Jersey
- 2007-2010 Samaritans Branch Psychologist
- 2002-2007 Samaritans Listening Volunteer
- 2001-2002 Honorary Counselling Psychologist Hampshire NHS Trust
- 2000-03 Co- Facilitator of Local Authority Support Group for Sufferers of Depression and Anxiety

PUBLICATIONS AND PRESENTATIONS

- 2017 Gwyer P & Lomas T. Positive Psychology and Clinical Psychology. Intersecting or overlapping disciplines. Submitted for publication. International Journal of Applied Positive Psychology.
- 2006 Burch, Gile St J Hemsley, D R Corr P J & Gwyer P. The relationship between incidental learning and multi – dimensional schizotypy as measured by the Oxford Liverpool Inventory of Feelings and Experience (O-Life). Personality and Individual Differences 40 385-394

- 2003 Emmey, D Clifford, B.R & Gwyer P. The influence of field dependency on eyewitness accuracy in free and cued recall. Published proceedings 12th European Conference on Psychology and Law. Leuven, Belgium. In M Vamderhallen, G Vervake, P J.V Koppen and J Goethals (Eds), Much ado about crime: Chapters on Psychology and Law. Uiteveverij Politeia N.V
- 2003 Emmey, D Clifford, B.R & Gwyer P. An investigation of the interaction between cognitive style and context reinstatement on the memory performance of eyewitnesses. *Personality and Individual Differences* 34, 1495 -1508
- 1999 Gwyer P and Clifford, B.R. The cognitive interview and other context reinstatement manipulations on recognition accuracy from line up presentations. *Psychology, Crime and Law* 5, 61-8
- 1998 Gwyer P and Clifford, B.R & Dritschel B. The effects of the Cognitive Interview on Recall, Recognition and the Confidence. Accuracy Relationship. In J Boros, I. Munnich & M. Szegedi (Eds) *Psychology and Criminal Justice. International Review of Theory and Practice*. P 53-60 New York: Walter De Gruyter
- 1998 Gwyer P and Clifford, B.R. Helping witnesses remember more: The beneficial effects of returning to the scene of a crime. *Police Review*
- 1997 Gwyer P and Clifford, B.R. The effects of the cognitive interview on recall, identification, confidence and the confidence/ accuracy relationship. *Applied Cognitive Psychology*, 11, 121-145

SELECTED INTERNATIONAL CONFERENCE PUBLICATIONS

- 2018 Gwyer P. The relationship between positive, coaching and clinical counselling psychology. Paper to be presented at the 29th World summit on Positive Psychology, Mindfulness & Psychotherapy, New York 21st -22nd May 2018
- 2018 Gwyer P. Applying the Yerkes-Dodson Law and essential oils to the regulation of emotions. Paper to be presented at the 29th World Summit on Positive Psychology, Mindfulness & Psychotherapy, New York 21st -22nd May 2018
- 2006 Gwyer P. The use of cognitive interviews cognitive mnemonics as an aid to the recall of clinically relevant information following the observation of an incident of challenging behaviour. Paper accepted. 2nd International Investigative Interviewing Conference. Portsmouth July 2006.
- 2000 Gwyer P. The effect of question type, delay and age upon recall, confidence and the confidence accuracy relationship. Paper presented at the tenth European Conference of Psychology and Law, Cyprus April 2000.
- 1999 Gwyer P. A comparison of the effect of context reinstatement on event recall in field dependant and field independent undergraduate participants. Paper presented at the International Conference of Psychology and Law, Dublin 1999.
- 1996 Gwyer P. Applying the cognitive interview for enhancing identification accuracy. Paper presented at the Sixth European Conference on Law and Psychology, Sienna August 1996.
- 1995 Gwyer P. The effects of the cognitive interview on recall, recognition and the confidence/ accuracy relationship. Fifth European Conference on Law and Psychology, Budapest September 1995.