



Dr Alan Hebben-Wadey

B.Sc. (Hons), M.Sc.D.Clin.Psych., CPsychol.

Chartered Clinical and Health Psychologist



Health Professions Council Registration: **PYL27188**
British Psychological Society Membership: **144607**

Dr Alan Hebben-Wadey is a senior Clinical Psychologist with experience working with adults across the full spectrum of mental distress. He currently divides his time between working with adults with long-term health conditions and disability and his independent practice.

He has substantial experience across a range of traumatic injuries and medical disorders including chronic pain, diabetes, cardiovascular disease, gastrointestinal disorders, dermatological conditions and cancer. He has a particular interest in trauma and the correlation between physical and emotional trauma and health. He has specialist training in the assessment and treatment of trauma including Eye Movement Desensitisation and Reprocessing (EMDR).

Dr Alan Hebben-Wadey is a regular contributor to the teaching, training and supervision of Trainee Clinical Psychologists including the selection of Trainee Clinical Psychologists at interview. He is an invited guest speaker at the University of Brighton and University of Sussex graduate and post-graduate psychology and medical courses. In addition, Alan is an experienced trainer of psychologists and psychotherapists in the application of psychology to individuals with long term health conditions.

EXPERT WITNESS EXPERIENCE

- Assessments of the psychological impact of personal injury and diagnostic assessments of PTSD.
- Specialist assessments of physical disability and the impact on mental health.
- He undertakes specialist assessments of the psychological impact of clinical negligence.
- He offers assessments of intellectual ability and mental capacity.
- He has specialist training and experience in the assessment and treatment of trauma and PTSD and is a qualified EMDR therapist.
- He undertakes assessments of adults with severe and enduring mental health and personality difficulties.
- He offers occupational assessments and intervention for individuals who have suffered injury or work related problems.

THERAPEUTIC EXPERTISE

- He is trained and experienced across a broad range of therapeutic interventions including cognitive behavioural therapy (CBT), counselling and the treatment of trauma using CBT and EMDR.

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- He offers trauma intervention for individuals who have suffered a personal injury.

PROFESSIONAL QUALIFICATIONS

2011	Doctorate in Clinical Psychology (D.Clin.Psych) (Pass), University College London
2005	MSc Health Psychology (Merit), University of Sussex
2003	BSc (Hons) Experimental Psychology, University of Sussex

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2015	Eye Movement Desensitisation and Reprocessing, Richman EMDR Training Ltd
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WORK HISTORY

2012 – Pres Clinical Health Psychology, Acute and Long Term Conditions, Sussex Partnership Foundation NHS Trust

He runs an acute and long term health conditions service within the mid-Sussex region. Working with acute medical teams he offers a range of services to patients and staff within the general district hospital serving the local region. His service has a primary focus on patients under the care of Diabetes and Cardiology teams, accepting referrals for patients with a range of cardiac and endocrine disorders. Services include one-to-one therapy, group therapy, staff supervision and consultation, staff training, and strategic service development. He provides supervision to trainee psychologists, assistant psychologists and interns, and provide an integrated service between medical and mental health services within the community. The work includes a considerable degree of multi-disciplinary working and strategic partnership working.

2016-Now

Clinical Health Psychology, Cardiac Psychology Service, Sussex Partnership Foundation NHS Trust

He runs a cardiac psychology service based at Royal Sussex County Hospital Brighton, providing a comprehensive psychology service to the specialist Cardiac Centre. Services include one-to-one therapy, group therapy, staff supervision and consultation, staff training, and strategic service development. He provides supervision to trainee psychologists, assistant psychologists and interns, and provide an integrated service between medical and mental health services within the community.

2013-Now

Independent Clinical Practice, Eastbourne

He runs a successful independent practice in Eastbourne working with individuals and couples, taking referrals from private individuals, GP's, Psychiatrists and local legal firms. He provides comprehensive assessment and psychological therapy adhering to the highest ethical and professional standards using only the most scientifically proven interventions available.

2014-Now Visiting Lecturer and Tutor, Kent & Sussex

He is a visiting lecturer, examiner and interviewer to the Salomon's Department of Applied Psychology providing specialist teaching to doctoral level trainee psychologists. He also works as a regular guest lecturer and tutor to a number of organisations including University of Brighton, University of Sussex, private clinics, schools and colleges on the topics in the fields of Clinical and Health Psychology. In 2017, he provided specialist Clinical Health

Psychology training to IAPT practitioners from around the South East as part of the national roll-out of IAPT services to individuals with long term health conditions.

2011 – 16 Clinical Health Psychology Neurology Specialty, Sussex Partnership Foundation, NHS Trust

He worked alongside a busy Neurology team in the East Sussex region accepting referrals for neuropsychological assessment, neuro-rehabilitation, one-to-one and group therapy for individuals with neuro-degenerative disorders. Conditions included Multiple Sclerosis, Parkinson's disease, Motor Neurone Disease, Stroke, Epilepsy (including non-epileptic attack disorder), brain tumours and traumatic brain injury.

2012 Acute Psychiatric Inpatient Unit, Kent and Medway Partnership NHS Trust

He established a psychology service within an acute psychiatric inpatient hospital in the Dartford area, providing services for individuals with the most severe and enduring mental health diagnoses. He developed a strategy for the effective deployment of psychological services to staff and patients within the unit requiring the establishment of effective working relationships across a range of professional groups and services in acute and community settings. The work included one-to-one therapy, neuropsychological assessment, group therapy, staff supervision, leadership and consultation within multi-disciplinary teams, and considerable strategic partnership working.