



Dr Joanne Weston DClinPsych
Chartered and Registered Clinical Psychologist



Health Care Professions Council Registration: **PYL2669**
British Psychological Society Membership: **168953**

Dr Joanne Weston is a clinical psychologist who works full-time in independent practice. She specialises in working with adults with a wide range of psychological difficulties, including post-traumatic stress disorder (PTSD), adjustment disorders, anxiety, depression, phobias, obsessive compulsive disorder (OCD) and work-related stress.

She has expertise in providing psychological assessments, formulations, reports and treatment. Dr Weston also has specialist training in eye-movement desensitisation and reprocessing (EMDR) and has completed additional training courses in Acceptance and Commitment Therapy (ACT).

Since 2015, Dr Weston has held the Bond Solon Expert Witness Certificate and worked as an Expert Witness in personal injury and medical negligence cases. These include work-related accidents, road traffic accidents, school-related accidents, and surgery-related claims.

EXPERT WITNESS

- Personal Injury – Psychological assessments of children, adolescents and adults who have experiences a traumatic life events and diagnostic assessments of PTSD.
- Clinical Negligence – Comprehensive assessments of the psychological impact of clinical negligence.
- Family Courts – Assessments of parents and children as part of custody arrangements. She also assesses the risks to children associated with domestic abuse, parental mental health problems, substance abuse and neglect.
- Mental Capacity – Expert evidence on an individual's mental capacity to litigate, suggestibility or fitness to plead.
- Therapeutic Interventions – Evidence-based therapy for trauma, mental health difficulties and personality disorder using a range of interventions including cognitive behavior therapy (CBT), EMDR, Counselling and Dialectic Behaviour Therapy.

PROFESSIONAL QUALIFICATIONS

2015	Bond Solon Expert Witness Certificate, Cardiff Law School, Cardiff University
2013	Eye Movement Desensitisation & Reprocessing (EMDR), parts 1, 2, 3 & 4, EMDR Works 2013
2011	Doctorate in Clinical Psychology, University of Plymouth.
2006	Postgraduate Certificate in Mental Health, University of Plymouth
2005	Certificate in Counselling Skills, Bridgwater College, Somerset
2004	Graduate Diploma in Psychology, Oxford Brookes University

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SPECIALIST TRAINING

2017	Advanced Assessment and Treatment Strategies for People with Insomnia (Sleep Unlimited)
2017	Foundation in Sleep Assessment and Management (Sleep Unlimited)
2017	Acceptance & Commitment Therapy (ACT) for Trauma, (Contextual Consulting, 8 weeks)
2017	Acceptance & Commitment Therapy (ACT) for Anxiety and Depression (Contextual Consulting, 2 days)
2016	Acceptance & Commitment Therapy (ACT) (Psychwire, 10 weeks)
2016	Using EMDR with Veterans (EMDR UK, West Branch)
2016	Working with Relational Trauma (PODS)
2015	Trauma-focused CBT (SDS)
2015	Mixed Anxiety and Depression: A CBT approach (SDS)
2015	Cross Examination Day Training (Bond Solon)
2015	Courtroom Skills Training (Bond Solon)
2014	Excellence in Report Writing (Bond Solon)
2014	Psycho-behavioural assessment and treatment strategies for people with insomnia (BPS Learning Centre)
2014	Overcoming OCD and its Complications (BPS Learning Centre)
2014	Cognitive Therapy for Obsessions (SDS)
2013	Understanding Chronic Pain (Bridge Foundation, Bristol)
2012	Trauma-focused CBT (BPS Learning Centre, 2 days)
2011	Working with Emotions in Psychotherapy (BPS Learning Centre, 2 days)
2009	Specialist CBT Skills (Bristol Doctorate in Clinical Psychology, 4 days)
2009	Cognitive Analytic Therapy (Bristol Doctorate in Clinical Psychology, 4 days)
2009	Using CBT with Older Adults (Charlie Waller Institute, University of Reading)

WORK HISTORY

2011-Now Clinical Psychologist – private practice, Bristol

Providing psychological assessment and therapy to adults who have common mental health difficulties such as depression, anxiety, low self-esteem, and post-traumatic stress disorder following a road traffic accident or work-related accident.

2011-16 Specialist Mentor, University of Bristol (one day a week)

Offering 1-1 specialist psychological support to students who are managing a mental health difficulty and/or physical, sensory or medical condition to enable them to cope with the multiple

demands of university life and complete their higher education course.

2012-13 Clinical Services Manager and Clinical Psychologist, Connect Psychotherapy Ltd, Bath

Providing cognitive behavioural therapy, EMDR and psychodynamic therapy to adults with psychological difficulties (PTSD, phobic and anxiety disorders, adjustment disorders, depression, pain management and relationship difficulties). - Managing clinical services, including client triage, marketing and administration.

2011-12 Clinical Psychologist, North Somerset Community Learning Disabilities Team, Weston-super-Mare

Providing psychological assessment and 1-1 therapy to adults with learning disabilities. Providing consultation to residential care staff and other professionals.

2007-11 Trainee Clinical Psychologist, Taunton & Somerset NHS Foundation Trust

Completing professional doctoral-level training as a Clinical Psychologist based on a reflective scientist-practitioner model. All clinical placements were undertaken in NHS settings, which ranged from community teams to hospitals.

- **Key areas of training:** assessment, formulation and therapy skills; research and service evaluation/audit; consultancy and training for other health care professionals; administration and management; communication and inter-professional relations.
- **Main therapeutic models:** Cognitive behavioural therapy (CBT), psychodynamic and systemic approaches. Additional training in motivational interviewing, brief solution-focused therapy, cognitive analytic therapy and narrative therapy. I am an integrative practitioner, drawing on a number of approaches in my clinical work.

2006-07 Primary Care Mental Health Worker, Exeter Primary Care Trust, Exeter, Devon

- **Clinical work:** with adults with mild to moderate common mental health problems; running 1-1 clinics for brief psychological interventions; and co-running psycho-educational groups (e.g. for mild eating disorders, Stress Control course).
- **Health promotion:** producing promotional material aimed at improving mental health; organising and running health promotion stands.
- **Networking and liaison:** working with voluntary and statutory agencies to maintain a strong network of mental health resources and support.
- **Audit:** auditing and evaluating clinical work and group work.

2005 Graduate Mental Health Worker, Taunton Deane Primary Care Trust, Taunton, Somerset

- **Clinical work:** with adults with mild to moderate common mental health problems; running 1-1 clinics for brief psychological interventions and co-running psycho-educational groups (e.g. for anxiety and depression).
- **Health promotion, Networking and Liaison and Audit work**

PUBLICATIONS

Weston, J.M., Norris, E. V., & Clark, E. M. (2011). "The invisible disease": Making sense of an osteoporosis diagnosis in older age. *Qualitative Health Research*. doi:10.1177/1049732311416825.