



Dr Adrian Hemmings D.Phil MA BSc C.Psychol C.Sci AFBPsS
Chartered Counselling Psychologist



Chartered Psychologists



www.hcpc-uk.org

Health Professions Council Registration: **PYL27339**
British Psychological Society Registration: **018911**

Dr Adrian Hemmings is a Chartered Counselling Psychologist with over 30 years as working as a clinician, research psychologist and expert witness. His previous employment includes the head of psychology within the NHS and he has also directed substance misuse services in Sussex. He has a broad range of experience of working with clients with complex developmental trauma, personality and mental health needs and substance use problems.

As an expert witness he specialises in the assessment of trauma and PTSD, particularly in cases of personal injury and clinical negligence. His depth of experience enables him to understand the complex impact that this can have on an individual's social, psychological and occupational functioning.

PROFESSIONAL EXPERTISE

- Specialist assessments of trauma, posttraumatic stress disorder (PTSD) and adjustment disorder
- Cases of personal injury or clinical negligence
- Complex mental health or personality problems
- Substance use problems and their association with traumatic events
- Assessments of mental capacity
- Occupational stress and employment difficulties
- Cognitive and specialist dyslexia assessments in adults and young people
- Treatment planning and assessments of motivation and capacity to change
- Psychological interventions including psychodynamic psychotherapy, CBT and counselling psychotherapy

PROFESSIONAL QUALIFICATIONS AND TRAINING

1997	D.Phil, University of Sussex
1982	MA Psychology, Regents College, London
1974	BSc Psychology University of London

WORK HISTORY

1984 – Now Counselling Psychologist in Independent Practice

- Working as an expert witness producing reports for Personal Injury, Clinical Negligence and Professional Negligence or Misconduct. Specialising in assessing Post-Traumatic Stress Disorder, Addictions/Substance Misuse problems, Adjustment Disorders, Assessment of Mental Capacity and Occupational Stress.

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- Consultant at the Centre for Psychological Therapies in Primary Care (CPTPC) at the University of Chester.
- Sitting on the Editorial Board for the Journal of Psychological Therapies in Primary Care.
- Carrying out Dyslexia testing for young adults who are in (or about to enter) tertiary education using the WAIS IV.
- Offering short and long-term psychotherapy as well as clinical and research supervision.
- Independent consultancy and devising and running training programmes for a variety of organisations including the NHS in Cognitive Behavioural Therapy.
- Former external examiner for the Professional Doctorate and MSc in Counselling Psychology at Roehampton University.
- Past member of the BPS Research Board.

1998 – 08 Director Sussex Alcohol and Substance Use Service (SASS)

- Carrying out assessment
- Staff selection and interviewing, training and managing counsellors, GP training,
- Conference reporting
- Audit, policy development and the strategic development of the organisation.
- Writing court reports for clients of the organisation. Liaising with secondary mental health services and with local PCTs.

2005 – 07 Professional Head of Psychology SW Kent PCT NHS trust

- Responsible for the development of the service, clinical governance, staff selection and interviewing, the management of change and for professional standards and training.
- Working clinically, seeing patients with more complex presenting problems.
- Assessment of patients using a variety of psychometric measures and worked short term using CBT, EMDR, SFT and short-term dynamic therapy.
- Running psycho-educative programmes for patients with anxiety disorders and somatisation.

1998 – 06 Psychologist/psychotherapist, Psychological and Counselling Service, University of Sussex, Programme director MSc Counselling Psychology/MA in Time Sensitive Psychotherapy in Healthcare Settings

- Designing, and acting as programme director for the MSc in Counselling Psychology at the University of Sussex, lecturing and giving clinical and research supervision. The course was integrative (combining CBT, brief psychodynamic and systemic therapies) and had a strong research base. It was specifically designed to equip counsellors and psychotherapists with the skills and attitudes needed to work in the NHS.
- Working 0.6 FTE at the Psychological and Counselling Services Unit at the University of Sussex. Treating up to five clients, supervising six counsellors and undertook three assessments a week. Clients tended to be university students and staff and the work was mainly short term.

1988 – 00 Research Fellow, Trafford Centre for Graduate Medical Education and Research, University of Sussex

- Managing research team, assisting in the development of psychometric measures, writing funding applications, carrying out and writing up research projects

1985 – 88 Group Psychotherapist - Alpha House, Therapeutic Community for Ex- Substance Misusers

- Running psychotherapy groups three times a week, facilitating the management of the community, assisting in the running of 'group marathons', individual therapy, strategic

programme design, liaising with other health professionals, doing prison assessments and writing court reports.

1982 - 85 Assistant Psychologist, Fairmile Hospital, Wallingford

- Assessment, running anxiety management groups, teaching counselling skills to nurses, individual Behavioural therapy, assisting with token economies and running social skills groups in secure unit.

PROFESSIONAL DEVELOPMENT

2014	EMDR level 3 (Richman EMDR Training)
2007	Expert witness training (levels 1,2 & 3) British Psychological Society
2007	EMDR level two (EMDR workshops)
2007	Psychometrics 2: Ability Assessments using Wechsler materials (2 days) BPS Psychometrics 3: Therapeutic use of personality assessments (2 days) BPS
2005	Licensed practitioner Myers Briggs training OPP
1998-99	Short-term Solution Oriented therapy - Bill O'Hanlon
1996-97	Brief focused Cognitive Behavioural Psychotherapy – Dr Nick Cummings
1982-85	Minster Centre, Training in individual and group integrative psychotherapy
1978-79	Association of Dynamic & Humanistic Psychotherapy

Other extended courses in:

Motivational interviewing, Relapse management, CBT Case Conceptualisation, TA101, Gestalt, NLP, Psychodrama, Schema therapy and Personal Construct Psychology. MBTi practitioner course.

PUBLICATIONS AND PRESENTATIONS

Books and book chapters

Hemmings, A (2018) Why not CBT? Against and for revisited Eds Richard House and Del Loewenthal PCCS Books.

Hemmings, A (2008) A response to critiques of CBT in Against and For CBT Towards a Constructive Dialogue. Eds Richard House and Del Loewenthal PCCS Books

Hemmings, A.J. Field, R. (Eds) (2007). Counselling and Psychotherapy in Contemporary Private Practice. Routledge London.

Hemmings, A.J. (2005) Talking therapies – the evidence. In New Medicine. Dorling Kindersley

Hemmings, A. J. (1998). Is counselling and psychotherapy effective? a review of the evidence. In Clinical Counselling in Context. Routledge, London.

Journals

Hemmings A. (2017). Extended review Self & Society An International Journal for Humanistic Psychology Volume 44, 2016 - Issue 4

Hemmings A. (2015). A Review of UKCP and BCP report on Psychotherapy Services in the NHS. Self and Society 43 issue 2 187-188

- Hemmings** (2014). Medically Unexplained Symptoms: The Journal of Psychological Therapies in Primary Care.
- Hemmings** (2012) Scrutinising NICE: The impact of the National Institute for Health and Clinical Excellence Guidelines on the provision of counselling and psychotherapy in primary care in the UK, Guy et al. A review by Adrian Hemmings
- Hemmings** (2012). A review of the CSJ's report on the provision of 'talking therapies' in the NHS. Self and Society. 39 issue 4 49-52.
- Hemmings** (2011). Liberation or limitation? the potential effects of the coalition's new NHS reorganisation on independent practitioners. The Independent Practitioner. BACP publications.
- Hemmings** (2009). CBT in Context. Psychotherapy Section Review. British Psychological Society.
- Hemmings, A** (2008) A response to critiques of CBT. European Journal of Psychotherapy and Counselling p 10 1-9
- Hemmings A** (2001) Evidence based practice or practice-based evidence – the use and abuse of research evidence. Counselling in Practice February issue.
- Hemmings A** (2000) A systematic review of research into psychological interventions in primary health care. Family Systems & Health. 18. 279 - 313.
- Hemmings A** (2000) Evidence based practice or practice-based evidence? British Journal of Guidance and Counselling. Vol 28(2): 233-252
- Hemmings A** (2000) Counselling in primary care: does it work Holistic Health the Journal of the British Holistic Medical Association. 65 73-75.
- Hemmings A** (1999) Working with self-harm. Mental Health Journal.
- Hemmings, A.** (1997) Calls for help. Health Service Journal (June 12th)
- Hemmings,A.** (1997). Counselling in primary care: is it as effective as routine treatment? Patient Education and Counselling. 32. 219-230.
- Hemmings,A.** (1995). Dual diagnosis in substance abuse programmes. Therapeutic Communities 16, 135-137.
- Strouthos, M. Ronder, J & **Hemmings, A.** (1995) Do you want to see a Counsellor or a Psychiatrist? The Psychiatric Bulletin.19 427-429