



Dr Chris James

BSc., MSc., PGCert., DClinPsych, CPsychol

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL28799**
British Psychological Society Membership: **176246**

Dr. Chris James is a Chartered Clinical Psychologist with 14 years' experience working within a diverse range of NHS settings (Adult Mental Health, Youth Service, Specialist Sleep Centre) with adolescents and adults, across a broad clinical population (mild to severe). He has been running his own successful private practice for the past 5 years and provides specialist assessments, consultation, supervision and training, therapy and evidence-based treatment within his practice. Dr. James is an Associate Fellow member of the British Psychological Society (BPS) and is fully accredited as both a practitioner and supervisor of Cognitive Behavioural Therapy (CBT) by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). He has also completed full training in EMDR.

Dr. James is a registered provider for leading private healthcare providers including AXA, Aviva, Bupa, Cigna, Vitality and WPA. He has a number of specialisms, including post-accident/injury psychological trauma, workplace stress, anxiety-based conditions, low self-esteem and insomnia. Dr. James is experienced in Medicolegal assessment and report writing for Civil Court proceedings (e.g. personal and workplace injury, RTAs) as well as CICA (Criminal Injury) and employee wellbeing assessments. Dr. James has completed in full the BPS Expert Witness Training programme and is an expert panel member for numerous leading MROs. He regularly provides training events and consultation to other professionals and is an Honorary Lecturer at Cardiff University on the South Wales Doctoral Programme in Clinical Psychology. Dr. James is incredibly passionate about supervision and consultation and is on the BPS approved supervisor register, is BABCP accredited in CBT supervision and has a PG qualification in supervision. He regularly provides supervision training to NHS staff. More recently, Dr. James has been trained in CBT for Insomnia (CBT-I) by leading experts in the field and has been mentored by an Expert Somnologist within a specialist sleep centre.

PROFESSIONAL QUALIFICATIONS

- 2012 Doctorate in Clinical Psychology, University of Oxford
- 2006 MSc in Clinical Abnormal Psychology, University of Wales, Swansea
- 2004 BSc (1st Class) in Psychology, University of Wales, Swansea

WORK HISTORY

2019 – Present Clinical Psychologist, Aneurin Bevan UHB NHS Wales

Principal Clinical Psychologist in a specialist sleep service providing assessment and treatment for a range of sleep disorders including insomnia.

2016 – 18 Senior Clinical Psychologist, Aneurin Bevan UHB NHS Wales

Senior Clinical Psychologist in a CMHT working with adults with chronic & severe mental health problems and supervising a range of professionals.

2012 – 16 Senior Clinical Psychologist, Norfolk and Suffolk NHS Foundation Trust

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Senior Clinical Psychologist in a mental health service for young people with moderate-to-severe mental health difficulties.

2014 – Pres Clinical Psychologist, Independent Private Practice

Providing assessment and psychological therapy, clinical supervision and training, expert witness & medico-legal reports.

2009 – 12 Trainee Clinical Psychologist Oxford Health NHS Foundation Trust

Working with a range of mental health difficulties across a variety of NHS settings, including adult mental health services, child and adolescent mental health service (CAMHS), older adult's mental health and specialist LD service.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2019 CBT-Insomnia (NHS & Private)

2018 EMDR (Full/Level 3 Training, EMDR Extra/EMDR Europe)

2018 Expert Witness Training Programme

2016 Supervision (PG Cert – Distinction)

2015 Mentalisation Based Treatment (Level 2 Accredited Practitioner – Anna Freud Centre)

PUBLICATIONS

James, C. & Stacey, J (2013). The effectiveness of psychodynamic interventions for people with learning disabilities: A systematic review. Tizard Learning Disability Review. 19. 17-24. 10.1108/TLDR-10-2012-0009.

PRESENTATIONS

Everyday Leadership as a Clinical Psychologist

The Therapeutic Use of Outcome Measures

Insomnia and CBT-I