

Dr Chess Denman
Consultant Psychiatrist

GMC: 3079953

In 2012 Dr Denman became medical director of Cambridge and Peterborough Foundation Trust. This is an NHS psychiatric service providing care to the population of Peterborough and Cambridge. As medical director she has helped lead the trust through very significant change. She was a central part of the team that led the trust through turn around to be the fastest foundation trust ever to return to a normal status with monitor and have no CQC concerns. The trust has been reinspected on two occasions and is now rated good. Dr Denman has led the trust through a radical redesign of its clinical services, was responsible for the high level redesign, and has led the subsequent negotiations with commissioners over implementing this change. She was appointed as a consultant psychiatrist in psychotherapy in CPFT in 1996 and prior to becoming medical director in the trust she was the consultant in charge of the complex cases service and springbank ward as well as associate clinical director for adult psychiatry. She built the complex cases service up from a staff complement of four to a team of 15 people. The service was a national pilot site for personality disorder. Dr Denman also successfully bid for funding to build and staff an inpatient ward for patients with severe complex personality difficulties which is one of only two such units in the NHS.

AREAS OF EXPERTISE

- Mental Health
- Personality Disorder
- PTSD
- Expert Witness Psychiatry
- Occupational Health
- Medical Director
- Psychotherapy
- Psychosexual Disorders
- Sexuality

PROFESSIONAL EMPLOYMENT

1985 - 1986: House Physician and House surgeon.

1990 - 1992: SHO and then Registrar in Psychiatry at Guys hospital, UMDS Research fellow in psychotherapy.

1992 - 1995: Senior Registrar North West Thames Training in Psychotherapy.

1996 - 2012: Consultant psychiatrist in psychotherapy, Cambridge and Peterborough Foundation Trust

2012 - present: Medical Director, Cambridge and Peterborough Foundation Trust.

Other positions currently held

Associate Clinical Lecturer University of Cambridge.

Associate Lecturer University of East Anglia.

GMC assessor for sick doctors

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Previous positions

Secretary of the psychotherapy faculty of the Royal College of Psychiatry.
Chair Faculty Education committee
Member Education Training and Standards Committee of the Royal College of psychiatry
Chair Training Division Association of Cognitive Analytic Therapists
UK Associate Editor Psychotherapy Research.
Adviser to Health Care Commission

PROFESSIONAL EDUCATION AND QUALIFICATIONS

1982: Trinity College Cambridge - Medical Sciences Tripos BA(hons)
1985: Westminster Hospital Medical School - MB BS (London)
1989: Member of the Royal College of Psychiatrists
2007: Elected Fellow of the Royal College of Psychiatrists

Other Qualifications

I am a consultant medical psychotherapist.
I have an endorsement (equivalent to a certificate of specialist training) in general adult psychiatry.
I am approved under section 12 of the Mental Health Act.
I am an Approved Clinician for the purposes of the Mental Health Act (1983).
1990 Founder member, Training therapist and Supervisor, Association of Cognitive Analytic therapists.
1997 Associate professional member Society of Analytical Psychology (Now retired from membership)
2004 Member of the Guild of psychotherapists

MEDICOLEGAL WORK

I frequently write medical reports concentrating on medical negligence cases but with a smaller case load of accident cases and occupational health cases. I have acted in a large number (800) of civil cases and a smaller number of criminal cases (5). I have acted both for the claimant (approximately 30-40%) and the defendant (approximately 60-70%) and have appeared in court in both civil and criminal cases. I have appeared as a witness before the general medical council in cases where I have been instructed by the GMC and by the MDU. I have acted as a jointly instructed expert. I take a special interest in the following areas: Medical negligence post traumatic stress disorder, personality disorder and psychosexual disorders.

PUBLICATIONS

Book:

2003 (October) "Sexuality A Biopsychosocial Approach" Palgrave.

Journal papers:

1990 "Erotomania in an asian male" with Dr J. Nadaraja British Journal of Hospital Medicine
1990 "Transsexualism in an older man." Professor J. Watson Dr A Hodjkiss Dr F. Denman International Journal of Psychogeriatrics
1993 "The Use of Repertory Grid Technique in the Assessment of Cochlea Implant Patients" with Dr L. Mackenna, British Journal of Audiology

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- 1993 "Prejudice and Homosexuality" British Journal of Psychotherapy 9(3) pp346-358
- 1993 "The efficacy of Psychotherapy" (Letter) British Journal of Psychiatry 162
- 1994 "Quality in a Psychotherapy Service: A Review of Audiotapes of Sessions" Psychiatric Bulletin 18(2) 80-83
- 1994 "Strange Attractors and Dangerous Liaisons: A response to Priel and Schrieber, 'On psychoanalysis and non-linear dynamics: The paradigm of Bifurcation. British Journal of Medical Psychology 67, 219-222.
- 1994 "The value of psychotherapy?: A summary of the current research" The British Journal of psychotherapy. 11(2), 284-287
- 1995 Treasure J, Todd G, Brolly M, Tiller J, Nehmed A, Denman F "A pilot study of a randomised trial of cognitive analytical therapy vs educational behavioral therapy for adult anorexia nervosa. Behav Res Ther. May;33(4):363-7.
- 2001 " Cognitive analytic therapy. Advances in Psychiatric treatment 7(4)
- 2001 Calloway P, Denman C, Hymas N, Lawton C "Patients and Clients" British Journal of Psychiatry, 178 p276.
- 2004 Birchnell J Denman C, Okhai F Cognitive analytic therapy: Comparing two measures of improvement. Psychology and Psychotherapy: Theory, Research and Practice, vol. 77, no. 4, p. 479-492
- 2004 "Review of Change for the Better: Self-help Through Practical Psychotherapy". British Journal of Psychotherapy, 20 p379-381
- 2007 The organization and delivery of psychological treatments. Int Rev Psychiatry. Feb;19(1):81-92
- 2009 St John-Smith, Paul, McQueen, Daniel, Michael, Albert, Ikkos, George, Denman, Chess, Maier, Michael, Tobiansky, Robert, Pathmanandam, Hemachandran, Davies, Teifion, Babu, V. Sunil, Thachil, Omana, Iqbal, Furhan, Rao, Ranga "The trouble with NHS psychiatry" Psychiatric bulletin Vol 33 p219-225
- 2009 Review of Against and for CBT: Towards a constructive dialogue? The British Journal of Psychiatry, December, vol.195 p557
- 2010 "A modernised psychotherapy curriculum for a modernised profession" The psychiatrist. 34, 110-113
- 2013 Evans, Davy, Howard, Maxine, Dudas, Robert, Denman, Chess, Dunn, Barnaby D "Emotion regulation in borderline personality disorder: Examining the consequences of spontaneous and instructed use of emotion suppression and emotion acceptance when viewing negative films". Journal of Experimental Psychopathology, vol.4 p546-565
- 2014 Pearse LJ, Dikken C, Ziauddeen H, Denman C, McKenna PJ "A study of psychotic symptoms in borderline personality disorder. Journal of Nervous & Mental Disease, vol 202 p368-71
- 2014 Abdul-Hamid S, Denman C, Dudas RB. A Self-relevant disgust and self-harm urges in patients with borderline personality disorder and depression: a pilot study with a newly designed psychological challenge. PLoS One. 2014 Jun 23;9
- 2015 G, Murray GK, Hill E, Szalma B, Yathiraj K, Denman C, Dudas RB. Hedonic and disgust taste perception in borderline personality disorder and depression. Br J Psychiatry. Jul;207(1):79-80.
- 2017 Dudas RB, Mole TB, Morris LS, Denman C, Hill E, Szalma B, Evans D, Dunn B, Fletcher P, Voon V. Amygdala and dlPFC abnormalities, with aberrant connectivity and habituation in response to emotional stimuli in females with BPD. J Affect Disord. Jan 15;208:460-466.

Book chapters and invited contributions:

- 1993 "Recent and Past Stress: The origins of Neurotic Disorders." Current Opinion in Psychiatry 6 pp226-230

- 1994 "Training and Supervision in Psychotherapy" Current Opinion in Psychiatry 7:237-240
- 1994 "Questions to be Answered in Research into Long Term Therapy" In "Research Foundations for clinical practice" Eds M. Aveline and D. Shiapero. London: Routledge.
- 1994 "What is the point of a Formulation?" In "The art and Science of Assessment in Psychotherapy" Ed C. Mace London: Routledge
- 1994 "Cognitive Analytic Therapy for Patients with Eating Disorders" in Developments in Cognitive Analytic Therapy Ed A. Ryle. London Wiley.
- 1994 "Auditing Cognitive Analytic Therapy" in Developments in Cognitive Analytic Therapy Ed A. Ryle. London Wiley.
- 1998 With Petrus De Vries "Cognitive Analytic Therapy and Homosexual Orientation" in Shelley, C. Ed. Contemporary Perspectives on Psychotherapy And Homosexualities.
- 1999 "Cognitive Analytic Therapy" in Essentials of psychotherapy Eds. Stein S., Haigh R, Stein S. Butterworth-Heinemann.
- 2000 With David Allison "Cognitive Therapy and Cognitive Analytic Therapy Compared: A Dialogue." In Mace, C. Ed. "Evidence in the balance"
- 2001 "Women's Friendships" in Eds. Izzard S. and Burden. J Women Identity and the Life cycle. Open University Press
- 2002 "Integrative developments in psychotherapy" in Holmes J. and Bateman A. "Integrative developments in psychotherapy" P 87-106 Oxford University Press.
- 2002 "Analytical psychology and Homosexual orientation" In R. Withers Ed. Controversies in Analytical Psychology. Brunner Rougledge Hove and New York
- 2007 Boundaries in psychotherapy in Eds F. Subotsky and M. Crowe "Risk and the Doctor-Patient Relationship. Gaskell London.
- 2007 "The organisation of psychotherapy services" in Ed, A. Bateman International review of psychiatry.