



Dr James Banks

BSc, MSc, DPsych.

Chartered Psychologist



Health Professions Council Registration: **PYL34313**

Dr Banks undertakes independent assessments in a variety of areas and write reports for the courts relating to children and parents or other family members.

Dr Banks is a Senior Chartered Counselling Psychologist. He is the clinical director of a successful psychology private practice. He has over 13 years' experience working in various mental health settings with children, young people and adults in the field of psychological assessment, formulation and intervention. He has training in several therapeutic approaches including CBT, EMDR, and DBT. He is an accredited EMDR practitioner. He provides consultation and supervision to a number of NHS teams.

In addition to his therapeutic work, Dr Banks administers cognitive and capacity assessments, as well as report writing. These are completed for various organisations such as Local Authorities and Solicitors, within care and legal proceedings. He has also completed individual psychological assessments on young people and adults in family courts.

Dr Banks has worked for several organisations including insurance companies and solicitors where his role involves completing medical-legal assessments to gain an understanding of aetiology of difficulties, treatment recommendations and prognosis.

AREAS OF SPECIALISM

- Assessment of Adults and Children
- Cognitive Assessments
- Capacity Assessments
- Witness Competency Assessments
- CBT
- EMDR
- Mindfulness
- DBT
- Trauma
- Eating Disorders
- Psychological Assessments
- Medical-Legal Assessments
- Mental Health Assessments
- ADHD assessments
- Autism assessments

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

PROFESSIONAL QUALIFICATIONS

- 2023 – Present** Postgraduate certificate in Autism, University of Sheffield
- 2018** MSc, Psychology with Learning Disabilities, University of Portsmouth
- 2016** DPsych, Doctorate in Psychology, University of Wolverhampton
- 2010** MSc, Health Psychology, Aston University
- 2009** BSc, Psychology with Sports Science, Nottingham Trent University

WORK HISTORY

2017 – Present Chartered Counselling Psychologist, Create Psychology Services Ltd

- I am the clinical director of a successful private practice where I provide psychological assessment and therapy to adults and adolescents and children with varying mental health difficulties utilising different approaches dependent on the formulation.
- Treatment approaches include CBT, EMDR, Mindfulness, DBT. Specialist areas include trauma and eating disorders.
- Therapeutic work also covers individuals who have been involved in road traffic accidents and injury claims.
- I have worked for several organisations including health insurance claimants.
- My role involves completing medical-legal assessments to gain an understanding of treatment recommendations and prognosis.
- I also administer cognitive, capacity and psychological assessments, as well as report writing.
- These are completed for various organisations such as Local Authorities and Solicitors, within care and legal proceedings.
- Cognitive Assessments of adolescents and adults.
- Capacity assessments.
- Medical-Legal Assessments and report writing.
- Psychological assessment, formulation, and therapy.
- Consultation and supervision.
- Training.
- Research.

2019 – 2021 Senior Specialist Chartered Psychologist, Walsall Mental Health Trust

- My previous employment I continued to work with children, adolescents and families and involves completing psychological assessments, formulation and designing/implementing the most suitable intervention.
- My role also included administering a range of psychometric and cognitive ability assessments and report writing.
- As well as continuing to provide consultation to other team members and outside agencies I also provided clinical and management supervision on a regular basis.
- My role included two specialty areas which are trauma and eating disorders.
- I used an eclectic approach integrating EMDR, CBT, Mindfulness and Systemic approaches.
- I also continued to lead the DBT programme which offered interventions to emotionally dysregulated adolescents and their parents/carers.

2017 – 2019 Chartered Psychologist, Dudley Mental Health Trust

- I previously worked as a Counselling Psychologist, working with children, adolescents and families.
- This role includes completing psychological assessments, formulation and designing/implementing the most suitable intervention.

- The role also includes carrying out a range of psychometric assessments such as the Wechsler Intelligence Scale for Children which assesses cognitive ability.
- Within this role I adopted an eclectic/integrative approach, drawing on different psychological theories and therapeutic approaches dependent on the presenting problem.
- Part of my role also involved providing consultation to other members of the team and outside agencies, supporting them working with people who have mental health difficulties.
- I was the lead for the Dialectical Behaviour Therapy (DBT) team in which I provided intensive treatment to emotionally dysregulated adolescents.

2016 – 2017 CAMHS Practitioner, Derby City CAMHS

- I previously worked as a practitioner at CAMHS in which I carried a caseload of 35+ young people with ages ranging from 7-18.
- My role involved psychological assessments, formulation, and intervention. I provided 1-1 support as well as group-based interventions.
- My role also involved support to families and carers.
- I used a variety of approaches such as person centred, systemic, CBT, mindfulness, and DBT. I also had a role in liaising with other agencies to help provide holistic care and referring to these agencies when needed.
- I worked in a multi-disciplinary team and also worked closely with outside agencies.
- Many of the young people had complex needs and required inter-agency working from children's services, schools, and other agencies.
- Safeguarding was an important aspect of my work and I had a role in attending meetings such as child protection conferences and TAF meetings.
- I also had a role in managing duty calls in which support was provided to distressed parents or advice is given to other professionals seeking this.

TRAINING

- Bond Solon: Family Law and Procedure 12/10/23-13/10/2023
- Bond Solon: Excellence in Report Writing - Written Evidence – 09/10/2023
- Autism Diagnostic Observation Schedule – 07/2023
- ADHD: Assessment and Diagnosis – 05/2022
- ADHD: Key knowledge and Skills for Effective Biopsychosocial Interventions 05/2023
- DMM attachment and Psychopathology – 10/2022-12/2023
- CBT and Eating Disorders – 14/03/2023-16/03/2023
- EMDR CHILD Level 1, 2 and 3 Training 09/2020 – 08/2021
- EMDR ADULT Level 1, 2 and 3 Training 06/2018 – 01/2019
- Training in Attachment and Psychopathology 12/2018
- Certificate in Dialectical Behavioural Therapy 03/2017 – 09/2017
- Certificate in Motivational Interviewing 03/2017
- Certificate in Psychotraumatology 02/2016 – 11/2016
- Attachment Style Interview Training 06/2015
- Introduction to CBT Certificate 05/2015
- Certificate in Cognitive Behavioural Therapy 2013
- BPS Level A and B Psychometric Testing 2012
- Certificate in Psychological and Psychiatric Forensic Mental Health 2012