



**Dr Stephanie Wilson**

BSc., MSc., DForenPsy.

**Forensic Psychologist & Assistant Professor**



Health Professions Council Registration: **PYL37255**  
British Psychological Society Membership: **566926**

Dr Stephanie Wilson is an HCPC Registered Forensic Psychologist and Chartered Psychologist and an Assistant Professor specialising in areas fundamental to family and criminal law. Her work spans clinical practice and academia, focusing on:

- Childhood adversity and its effects, such as neglect, abuse, and exposure to violence
- Adaptation to threatening environments and abuse,
- Comprehensive assessments of cognitive functioning, attachment, personality, and psychopathology
- Risk assessment of violence, harmful behaviours, child abuse, and neglect
- Therapeutic needs of high-risk adolescents, adults, and families.

Clinically, Dr Wilson aids professionals in understanding individuals with complex psychological profiles and risk behaviours, conducting cognitive and psychological assessments, and evaluating risk. She provides consultation to parents, foster carers, residential care staff, and professionals to address the needs of adolescents and adults.

She has designed and delivered therapies for diverse populations, including adolescents in or at the edge of care, adults in care proceedings, and those in forensic mental health and prison settings. As Lead Therapist in a therapeutic residential service for adolescents, she coordinated therapeutic interventions and provided consultation, training, and supervision.

Academically, Dr Wilson is an Assistant Professor at the University of Birmingham, involved in Europe's only Doctorate in Forensic Clinical Psychology programme. She teaches, supervises, and evaluates trainee forensic clinical psychologists. Dr Wilson also teaches at other universities on professional doctorates and master's programmes, including the University of Nottingham and the University of Bath. Additionally, she delivers training on attachment-based practices to East Sussex County Council practitioners.

#### **AREAS OF SPECIALISM**

- Abuse, Neglect and other Childhood Adversity
- Looked After Children
- Trauma and Attachment
- Complex Personality, Psychopathology and Mental Health
- Youth and Adult Offending Behaviour
- Forensic Mental Health
- Psychological Assessments
- Forensic Risk Assessments
- Cognitive Functioning Assessments
- Psychological Therapy
- Consultation, Training, and Supervision

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## PROFESSIONAL QUALIFICATIONS

- 2013 – 2016**     Doctorate in Forensic Psychology, University of Nottingham
- 2011 – 2012**     Masters in Psychology, Northumbria University

## WORK HISTORY

### Clinical / Forensic Psychology Experience

**Jul 2019 – Present**     **Curious Psychology Ltd, Registered Forensic Psychologist**

Working as a Forensic Psychologist in a psychology practice with clinical and forensic emphases. Clinical responsibilities include:

- Assessing parents' cognitive functioning to establish their ability to understand and engage in proceedings.
- Conducting comprehensive psychological assessments, including the assessment of personality, psychopathology, and risk, for Court Proceedings.
- Writing reports for Court; communicating psychological concepts in a clear and understandable manner.
- Drawing upon psychological theories, devising psychological formulations, and making clear and actionable recommendations.
- Designing and delivering Court-ordered psychological therapies to adults who experienced danger earlier in their lives and are having difficulties in the 'here and now'. For example, individuals who have been involved in Care Proceedings after struggling to adapt to their transition into parenthood, finding themselves in troubling patterns of relationships, or needing to enhance their ability to protect their children.
- Providing consultation and devising therapeutic and risk management plans to support adolescents with histories of abuse and neglect who present with complex risks (e.g., of violence, harmful sexual behaviour, self-harm, suicidality, and vulnerability to criminal and sexual exploitation).
- Delivering consultation and interventions to help residential care staff and other professionals attune to the psychological, attachment and relational needs of adolescents with complex risks.
- Providing training on attachment-based practice to practitioners in East Sussex County Council as an associate for Independent Social Work Matters.
- Training and supervising a 'Stage Two' British Psychological Society qualification in forensic psychology. Co-ordinating, overseeing, evaluating, and holding clinical responsibility for the trainee's assessment, therapeutic intervention, and risk management work.
- Providing peer supervision to other Registered Clinical and Forensic psychologists who conduct assessments for Court Proceedings and Parole Hearings.

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**Apr 2020 – Present Meadows Care Ltd, Lead Therapist & HCPC Registered Forensic Psychologist**

Working as a Lead Therapist (Forensic Psychologist) in a specialist therapeutic residential service for adolescents. Clinical responsibilities include:

- Overseeing a caseload of adolescents with histories of danger (e.g., abuse and neglect), complex attachment strategies, trauma, emerging psychopathology, and/or risk behaviours. Co-ordinating all therapeutic aspects of intervention.
- Conducting psychological assessments, including assessment of risk, of adolescents.
- Designing and delivering psychological therapies.
- Providing psychological consultation to care staff to guide 'wrap-around' therapeutic care.
- Providing psychological consultancy to external professionals (Local Authority staff, schools, YOT's and CAMHS staff) to enable them to understand the psychological and relational needs of adolescents.
- Delivering training, supervision, and reflective practice groups to care staff and other professionals.
- Providing clinical supervision to assistant psychologists, assistant therapists, and trainee psychologists.
- Training in child development, trauma, attachment, and therapeutic parenting.

**Oct 2015 – Jul 2019 Wilcox Psychological Associates Ltd, HCPC Registered Forensic Psychologist  
(formerly a Forensic Psychologist in Training)**

Trained and then worked under the supervision Professor Daniel T. Wilcox, Consultant Clinical and Forensic Psychologist, in a psychology service that specialised in assessments for Court proceedings. Clinical responsibilities included:

- Assessing cognitive functioning pre-proceedings.
- Conducting psychological assessments, including the assessment of risk, with parents subject to Court proceedings.
- Assessing personality, interpersonal functioning, and psychopathology.
- Writing clear and accessible reports for Court.
- Delivering psychological therapies to adults subject to Care and Family Proceedings.
- Delivering psychological interventions to parents, foster carers, and adoptive parents.
- Designing and delivering psychological therapies to adolescents in – or at the edge of – care.
- Delivering Therapeutic Life Story work with adolescents who could no longer live with their families.

**Apr – Oct 2016 The CAMEO Service, HMP Foston Hall, Forensic Psychologist in Training**

Worked under the supervision of Dr Lauren Richards, Consultant Clinical and Forensic Psychologist in a treatment service for women within a Category B prison, provided by Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT). The women were on the 'Offender Personality Disorder Pathway Strategy';

that is, they were considered to have 'a severe form of personality disorder' and posed a high risk of committing another serious offence. Clinical responsibilities included:

- Conducting screening assessments for the service (assessing personality, interpersonal functioning, affect regulation and trauma symptoms).
- Conducting psychological assessments and forensic risk assessments.
- Drawing upon psychological theory to devise psychological formulations of the women's offending behaviours and making treatment recommendations.
- Delivering and co-facilitating group-based psychological interventions (Compassion Focused Therapy targeting trauma symptoms; Trauma Recovery and Empowerment Model; Good Lives Model; Mindfulness and Relaxation).
- Providing psychological information to a multidisciplinary team of Psychologists, Occupational Therapists and Prison Officers, and external professionals.

**Apr – Oct 2016 Ardenleigh Women's Service, BSMHFT, NHS, Forensic Psychologist in Training**

Worked under the supervision of Dr Helen Matthews, Clinical Psychologist, in a medium secure, forensic mental health hospital for women. Clinical responsibilities included:

- Co-facilitating a high intensity offence-focused, Cognitive Behavioural Therapy group intervention for women with histories of habitual aggression (Life Minus Violence).
- Delivering individual psychological therapies to women with complex mental health difficulties (Acceptance and Commitment Therapy and Cognitive Behavioural Therapy).
- Training nursing staff to design and implement Positive Behavioural Support plans.
- Conducting psychological and forensic risk assessments using structured professional judgement tools.
- Conducting cognitive assessments.
- Communicating psychological information to a multidisciplinary team and external professionals.

**Oct 2014 – Oct 2015 Adolescent Service, St Andrew's Healthcare, Forensic Psychologist in Training**

Worked under the supervision of Dr Lucy Warner, Principle Forensic Psychologist, in a specialist children and adolescents' forensic mental health hospital. Clinical responsibilities included:

- Conducting psychological and forensic risk assessments using structured professional judgement tools designed for adolescents.
- Conducting cognitive assessments for children and adolescents.
- Administering, scoring and interpreting psychometric measures designed for children and adolescents.
- Drawing upon a range of models for psychological formulation to inform psychological interventions, care plans and behavioural management plans (such as Positive Behavioural Support plans).
- Delivering group-based interventions (CBT-based anger treatment; CBT-based substance misuse relapse prevention; moral reasoning development; and prosocial skills training).

- Co-facilitating a family therapy intervention under the supervision of a Consultant Systemic Psychotherapist.
- Disseminating psychological knowledge to a multidisciplinary team and external professionals (at Care Plan Approach meetings, Looked After Children reviews, clinical review meetings, professionals' meetings, formulation meetings and safeguarding meetings).

**Jan 2014 – Sept 2015      Ansel Clinic, Trainee Forensic Psychologist**

Worked under the supervision of Dr Stanley Renwick, Head of Psychology, in a low secure, forensic mental health hospital with men who had been diagnosed with a 'personality disorder' and presented with complex mental health and forensic needs. Clinical responsibilities included:

- Working within a Social Therapy framework, based on the Dutch TBS (Terbeschikkingstelling) system.
- Assisting in the development of a multi-factoral approach to assessing interpersonal skills and competencies of individuals with pervasive interpersonal difficulties (FAIRO).
- Assessing 'clinical disorders', 'personality disorders', and interpersonal functioning.
- Drawing upon interpersonal models to devise psychological formulations.
- Co-facilitating psychological therapies.
- Co-facilitating 'Stop and Think' groups (a social problem-solving therapy, designed for offenders with personality disorders).
- Sharing psychological knowledge to internal and external professionals (CPA meetings, clinical review meetings, reflective practice meetings, professionals meetings and multi-disciplinary team meetings).

### Teaching Experience

**Feb 2022 – Present      University of Birmingham, Assistant Professor**

Appointed as an Assistant Professor on Europe's only practitioner Doctorate in Clinical and Forensic psychology programme. The course leads to a dual qualification, conferring eligibility to practise as a Forensic and a Clinical psychologist. Key responsibilities include teaching and supervising trainee psychologists, and reviewing their developing skills and competencies.

**Mar 2024 – Present      University of Bath, Visiting Lecturer**

Invited to design and deliver lectures to students undertaking an Applied Masters in Forensic Psychology programme.

**2015, 2016, 2020, 2021      University of Nottingham, Visiting Lecturer**

Invited, across several academic years, to design and deliver lectures to Trainee Forensic Psychologists on a Doctorate in Forensic Psychology programme.

**2019, 2020, 2021      University of Birmingham, Visiting Lecturer**

Invited to design and deliver lectures for Trainee Forensic Psychologists on a Doctorate in Forensic Psychology programme.

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Invited to design and deliver a lecture for Trainee Forensic Clinical Psychologists on a Doctorate in Forensic Clinical Psychology programme.

**2017, 2018, 2020**                      **University of Wolverhampton, Visiting Lecturer**

Invited to design and deliver lectures on three modules (Theories of Criminal Behaviour, Victimology and Investigative Practice), on three consecutive years, on an MSc in Forensic and Investigative Psychology programme. Also invited to design and deliver a lecture on attachment and psychopathology on a Clinical Psychology module to third year students on a BSc (Hons) Psychology programme in two academic years.

### **RELEVANT AND POSTDOCTORAL TRAINING**

<b>May 2023</b>	<b>WAIS-IV Interpretation Training</b> The International Organisation for Forensic Practitioners & Pearson
<b>Jul – Nov 2021</b>	<b>Parenting with Playfulness Acceptance Curiosity and Empathy (PACE)</b> Meadows Care Ltd
<b>Feb 2021</b>	<b>AIM3 Assessment of Adolescents and Harmful Sexual Behaviour Training</b> The Aim Project
<b>Sep 2020</b>	<b>Introduction to Dyadic Developmental Practice (DDP)</b> Meadows Care Ltd
<b>May 2020</b>	<b>Transition to Adulthood Attachment Interview (DMM method)</b> Family Relations Institute
<b>May 2019</b>	<b>Sensory Processing, Trauma and Attachment</b> Sensory Attachment Intervention Consultancy
<b>Mar – Sep 2018</b>	<b>Adult Attachment Interview (DMM method)</b> Family Relations Institute
<b>Oct 2017 – Jun 2018</b>	<b>Foundation Level in Family Therapy and Systemic Practice</b> Birmingham Children’s Hospital
<b>Dec 2016</b>	<b>Attachment and Psychopathology</b> Family Relations Institute

### **RESEARCH EXPERIENCE**

**Feb 2022 – Present**                      **University of Birmingham, Assistant Professor**

Supervising doctoral level researchers undertaking doctorate programmes in forensic and clinical psychology. Trainees’ topics include: factors that contribute to harmful sexual behaviour in children; psychological and relational factors that predict treatment completion and non-completion in prison; digital analysts’ approaches to coping with viewing traumatogenic material; internet facilitated rape; and how older adults cope with prison life.

**Feb 2021 – Present      University of Birmingham, Honorary Research Fellow**

Providing research supervision on a Doctorate Programme in Forensic Psychology on a project concerning free will, moral responsibility, punishment and rehabilitation. Providing research supervision on a Clinical Psychology MRes programme on a thesis concerning the use of reflective practice among caring professionals caring for children with histories of abuse and neglect.

**Sept 2019 – 2022      University of Birmingham, Research Supervisor**

Providing research supervision on a Clinical Psychology MRes programme. The thesis topic concerned coping and mental health of caring professionals in working in forensic mental health.

**Jan – Jul 2015      Global Institute of Forensic Research, Research Assistant**

Working under the supervision of Professor Jay P. Singh, Founder and CEO of Global Institute of Forensic Research, writing an appendix chapter on commonly used violence risk assessment tools in Singh, J., Fazel, S., & Bjørkly, S. (2016) International perspectives on violence risk assessment. New York: Oxford University Press.

**PUBLICATIONS**

Jack, A. & **Wilson, S.** (2022). A Dynamic-Maturational Framework for the Study of Psychosis and Attachment Theory. *Journal of Experimental Psychopathology*, 13(4),

Jack, A., **Wilson, S.**, & Egan, V. (2017). Am I free to practice? A training package concerning free will and forensic psychology. *Forensic Update*. 126, 4-8.

**Wilson, S.**, Singh, J. P., Leech, N., & Nicholls, T. (2016). Appendix: Structured Instruments Commonly Used in Violence Risk Assessments. *International Perspectives on Violence Risk Assessment*, 353.

**LECTURES, TRAINING PACKAGES AND CONFERENCE PRESENTATIONS**

**Wilson, S** (Sept. – Jan. 2023; Sept. 2022 – Jan. 2022). Enquiry Based Learning: Applying Academic Learning to Solve Real Life Problems that Psychologists Face. Expert Facilitator on Clinical Psychology Doctorate programme, University of Birmingham.

**Wilson, S** (Nov. 2023; Sept. 2023; Jun. 2023; Sept 2022; June 2022) Attachment-based Practice with Families: Infancy, Early Childhood and the School Years. Three-day training course to East Sussex County Council, via Independent Social Work Matters.

**Wilson, S** & Jack, A. (Sept. 2023; Nov. 2021; Nov. 2019). Intimate Partner Violence. Lecture on Forensic Clinical Psychology Doctorate programme, University of Birmingham.

**Wilson, S** & Jack, A. (Sept. 2023; Sept. 2022; Sept. 2020; Oct. 2019). Danger, Adaptation, Free Will and Moral Responsibility. Lecture on Doctorate in Forensic Psychology programme, University of Birmingham.

**Wilson, S** (Sept. 2022). Therapeutic Engagement Skills with Complex Clients. Three-day workshop on Clinical Psychology Doctorate programme, University of Birmingham

**Wilson, S** & Jack, A. (Sept 2021; Sept. 2020). Danger, Adaptation, Free Will and Moral Responsibility. Lecture on Doctorate in Forensic Psychology programme, University of Nottingham.

**Wilson, S** & Jack, A. (Feb. 2020). Can We Trust What People Tell Us? A Critical Appraisal of Self-report Methodologies. Lecture on MSc Investigative Psychology programme, University of Wolverhampton.

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**Wilson, S & Jack, A.** (Dec. 2019). Danger, Adaptation, Free Will and Moral Responsibility. Lecture on MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Nov. 2019; Apr. 2019; May. 2018). Psychological Assessment: The Role of an Expert Witness in Care and Family Proceedings. Lecture on Investigative Practice module, MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Dec. 2019, Mar. 2019; Apr. 2018). Assessing, Formulating and Managing the Risk of Violent Behaviour. Lecture on Investigative Practice module, MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Dec. 2019; Nov 2018; Dec. 2017). Theories of Perpetration of Intimate Partner Violence. Lecture on Criminal Behaviour module, MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Dec. 2018). Free Will and Moral Responsibility: Implications for Forensic Practice. Lecture on Investigative Practice module, MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Nov 2018; Dec. 2017). The Effects of Intimate Partner Violence on Victims and Child Witnesses. Lecture on Victimology module, MSc Investigative Psychology programme, University of Wolverhampton.

**Wilson, S & Jack, A.** (Apr. 2018). An Afternoon of Sex and Danger: Attachment, the DMM, and Psychopathology. Lecture on Clinical Psychology module, BSc (Hons) Psychology programme, University of Wolverhampton.

**Wilson, S** (May. 2016). Parenting in the Context of Protracted Political Conflict: An Investigation into the Psychological and Intergenerational Consequences. Poster presented at Institute of Mental Health Research Day, University of Nottingham, Nottingham, UK

**Wilson, S** (Jun. 2016). The Practice of Forensic Risk Assessment. Training day at Wilcox Psychological Associates, Birmingham.

**Wilson, S & Jack, A.** (Apr. 2016). Ontology and Being: The Self and Other in Forensic Practice. Lecture on University of Nottingham, Doctorate in Forensic Psychology programme.

**Wilson, S & Jack, A.** (Dec. 2015). Free Will and Moral Responsibility: Implications for Forensic Practice. Lecture on University of Nottingham, Doctorate in Forensic Psychology programme.

## **CURIOUS PROJECTS**

**Mar 2020 – 2021**                      **International Association for the Study of Attachment, Outreach Editor for DMM News**

Identifying and disseminating content for International Association for the Study of Attachment's monthly newsletter. This involved sharing international publications, broadcasts, films, podcasts, training events, conferences, cultural events, blogs and social media posts that were of interest.

**May 2020 – Present**                      **Family Relations Institute & International Association for the Study of Attachment, Developer and Host of The DMM Community**

Working with Dr Patricia Crittenden, Dr Andrea Landini, Dr Clark Baim and Dr Alexander Jack in developing an online space for psychologically curious people to connect and discuss attachment, adaptation neurodevelopment and psychopathology across the lifespan. We provide live sessions with expert and facilitate



peer-to-peer discussion. As Host, Dr Wilson liaises with a panel of experts, conducts video interviews, and disseminates these online for learning and further discussion.