

Ms Lindsay Kirkwood

CPsychol. AFBPsS. Post MSc Dip. MSc. BSc. HONS.

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL25529**

Lindsay is an experienced HCPC registered Chartered Consultant Counselling Psychologist with over 20 years of experience working within the NHS. She is also an Associate Fellow with the British Psychological Society (BPS).

Her expertise lies in psychological assessment and clinical intervention of adults dealing with complex mental health issues. Additionally, she provides clinical supervision to psychologists and other professional staff. Lindsay specialises in trauma and veterans' mental health and currently serves on the Veterans Mental Health and Well-being Advisory Group for the Scottish Government.

She has vast experience working within the medicolegal field and has regularly taken instructions from solicitors and case management companies. She has completed over 200 medicolegal reports and offers detailed and impartial independent assessments within legal proceedings. She provides comprehensive, concise reports for the courts as an expert witness, often within tight timescales. She has extensive experience in assessing a wide range of mental health problems using both objective psychometric assessments and by clinical interview.

Lindsay is also a clinical placement supervisor and external examiner on the Counselling Psychology Doctorate course at Glasgow Caledonian University. Furthermore, she is a guest lecturer for both Glasgow Caledonian University and Glasgow University on their Doctorate courses for Counselling Psychology and Clinical Psychology, respectively.

AREAS OF SPECIALISM

- PTSD
- Complex Trauma
- Adjustment Disorders
- Anxiety
- Major Depressive Disorder
- Personality Disorders
- Veterans mental health
- Personal Injury
- Car Accidents
- Medical Negligence

PROFESSIONAL QUALIFICATIONS

2003	Counselling Psychology, City University London	<i>Post MSc Diploma (Equivalent To Doctorate Level)</i>
2002	Counselling Psychology, City University London	<i>MSc</i>
1997	Psychology, University Of Stirling	<i>BSc Honours</i>

EMPLOYMENT HISTORY

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

Nov 2016 - Present Consultant Counselling Psychologist & Clinical Lead

NHS Ayrshire & Arran Veteran's First Point Service

- Responsible for the setting up of a specialist veteran's service within NHS Ayrshire & Arran as part of a national network and Scottish Government initiative.
- Responsible for line management of all V1P staff (Psychologist, Psychiatrist, Veteran peer support workers & admin)
- Provide reflective practice to V1P staff
- Provide specialist psychological assessment and treatment for complex cases of veterans who present to the service. (presenting issues such as PTSD, Complex PTSD, Depression, Anxiety, and interpersonal & relationship difficulties)
- Provide and present detailed reports of service updates to the Strategic Planning & Operational Group (SPOG) and Integrated Joint Boards (IJB).
- Secured recurring funding from the Scottish Government & Health Board to ensure the permanent status of the service.
- Attend regular meetings with the other clinical leads within the national V1P network to develop and agree on national network issues and initiatives.

Veterans Mental Health & Wellbeing Pathway Advisory Group Member

The Scottish Government

The remit of the group is to:

- Produce a National Veterans Mental Health Pathway Implementation Plan which meets the principles set out in the Veterans Mental Health & Wellbeing Action Plan.
- Provide expert advice and guidance to Scottish Ministers on strategic direction and proposed model of delivery.
- Refine and advise on the national implementation of the plan.

August 2022 – Present Date Medicolegal Work

Equilibria Health, Glasgow

- Specialises in providing detailed clinical assessment of adults in the context of civil proceedings and prepares independent expert witness reports for the Courts, mainly in relation to the psychological impact of road traffic accidents, personal injury and medical negligence.
- Extensive experience of assessing more complex clients who have histories of trauma/ mental health difficulties as well as current significant stressors.
- Provides diagnosis (where appropriate) and makes clinical judgements on causation and treatment recommendations for therapeutic intervention as well as prognosis in civil proceedings.

Clinical Supervision & Teaching

- Clinical Supervisor on Counselling Psychology Doctorate course, Glasgow Caledonian University.
- External Examiner – Counselling Psychology Doctorate course, Glasgow Caledonian University.
- Provides Clinical supervision to other qualified Practitioner Psychologists.

Jul 2007 - Mar 2018 HCPC Registered Principal Psychologist

NHS Ayrshire and Arran

Psychological Specialty - East Ayrshire

Adult Community Mental Health Team

- Provided specialist psychological assessments drawing from a variety of sources including psychometric assessments, self-report measures, rating scales, and semi-structured interviews.

- Drawing from a range of psychological interventions (e.g., CBT, Compassion Focused Therapy (CFT), Schema Focused Therapy), formulated, designed, implemented and evaluated appropriate, evidence-based psychological interventions.
- Participated in weekly multi-disciplinary team meetings to contribute to the understanding of a psychological framework in the provision of care generally for all individuals living within the catchment area.
- Provided supervision and consultation to members of the multi-disciplinary team on issues relevant to the needs of individuals with enduring mental health issues.
- Prepared psychological reports to outside agencies as appropriate.
- Facilitated CFT group therapy.
- Contributed to CBT teaching on the Clinical Psychology Doctorate course, Glasgow University.

Oct 2003 - Jul 2007

Counselling Psychologist

NHS Greater Glasgow and Clyde

Clinical Psychology Department, Stobhill Hospital

Adult Mental Health

- Provided clinical assessment and intervention for people presenting with multiple complex problems, covering catchment areas with relatively high levels of deprivation.
- Experience of working with a wide variety of cases, working with clients with diagnoses which include PTSD, mood and anxiety disorders, childhood sexual abuse, eating disorders, relationship difficulties and complicated bereavement reactions.
- Regularly contributed to the in-house teaching programme within the department.
- Other duties included report writing and liaising with other healthcare professionals.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Safeguarding & Child Protection within the Family
- EMDR (Stages 1-4) – EMDR works
- Prolonged Exposure – National Education for Scotland
- Compassion Focused Therapy – Professor Paul Gilbert & Compassionate Mind Foundation
- Solution Focused Therapy – National Education for Scotland
- Prolonged Exposure – National Education for Scotland
- HCR20 - Risk Assessment Training
- Schema Therapy – Dr Jeffery Young
- Clinical Supervision - National Education for Scotland

PUBLICATIONS

Davidson K, Halford J, Kirkwood L, Newton-Howes G, Sharp M, Tata P(2010) "*CBT for violent men with antisocial personality disorder. Reflections on the experience of carrying out therapy in mascot, a pilot randomised control trial.*" Personality and Mental health, 4: pp86 -85

Davidson K, Livingstone S, McArthur K, Dickson L (Kirkwood), Gumley A (2007) "*An integrative complexity analysis of cognitive behaviour therapy sessions for borderline personality disorder*" Psychology and Psychotherapy: Theory, Research and Practice 80 513 – 523.