
Dr Chris Millar

BSc (Hons), Clin.Psy.D

Specialist Clinical Psychologist



Health Professions Council Registration: **PYL041505**

Dr Chris Millar is an HCPC Registered Clinical Psychologist working across NHS and private-sector psychological services. He has experience in adult mental health, forensic and high-secure services, learning disabilities, physical health, trauma and psychological assessment. Dr Millar has experience in comprehensive psychological assessment, cognitive assessment, mental capacity assessment, psychological formulation, risk assessment and the preparation of clear, evidence-based reports to support clinical and multidisciplinary decision-making.

He currently undertakes independent expert-witness assessment work with adults in Family and Civil Proceedings. He is also able to undertake cognitive and mental capacity assessments for adults involved in Family Proceedings, Pre-Proceedings and Court of Protection matters. His clinical experience includes working with adults presenting with mild, moderate and severe mental health difficulties, complex trauma, personality disorder, cognitive difficulties and complex forensic presentations. He has experience of working within multidisciplinary and high-stakes decision-making environments, including high-secure forensic services.

AREAS OF SPECIALISM

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| • Cognitive assessment and cognitive functioning | • Multidisciplinary and clinical decision-making |
| • Assessment and formulation of complex psychological presentations | • Trauma, complex trauma, PTSD, personality disorder |
| • Expert psychological opinion and report writing | • Mental capacity assessment |
| | • Risk assessment |

CLINICAL EXPERIENCE

- 2026 – Present** Associate Clinical Psychologist, Target Psychology Ltd
Expert-witness assessment and report-writing for adults in Family and Civil Proceedings.
Communicating psychological findings clearly for legal and non-clinical audiences.
- 2023 – Present** Specialist Clinical Psychologist, Mersey Care NHS Foundation Trust & Independent Private Practice
Leadership in trauma-informed psychological practice. Assessment, formulation and intervention; reflective practice; management and clinical supervision.
- 2023 – Present** Guest lecturer at University of Liverpool
- 2022 – 2023** Clinical Psychologist, Ashworth High Secure Hospital
Psychological assessment and intervention in a high-security forensic setting; forensic risk and clinical reporting of complex presentations.
- 2019 – 2022** Clinical Psychologist in Training, Mersey Care NHS Foundation Trust
Clinical training experience across adult mental health, child and adolescent mental health, learning disabilities, physical health settings, prisons and secure settings.
- 2016 – 2019** Cognitive Behavioural Therapist in Training and Clinical Research Assistant, Oxford Health NHS Foundation Trust
Clinical research within secondary care services; CBT-training at University of Reading.

CLINICAL TRAINING

- 2026** EMDR Accredited Practitioner, EMDR Association UK.
- 2022** Doctorate in Clinical Psychology (Clin.Psy.D), University of Liverpool.
- 2012** BSc (Hons) Psychology, University of Glasgow.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2025** Bond Solon Excellence in Written Evidence
- 2023** Compassion Focused Therapy
- 2018** Cognitive Behavioural Therapy

PUBLICATIONS

Torkington, C., Anderson, A. & Millar, C. (2025). Investigating community mental health services' responses to racial trauma during the 2024 UK far-right riots. BMC Health Serv Res 25, 881 10.1186/s12913-025-13036-6

Millar, C. (2023). Psychosis: An ever-changing conceptualisation. PsyPag Quarterly 1 (124), 32 - 37 10.53841/bpspag.2023.1.124.32