
Dr Selina Tour

BSc, MSc, DClinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL36122**

Dr Tour has been working in the field of mental health for over 15 years. After qualifying as a Clinical Psychologist, she has predominantly specialised with adults and Looked After Children. She has worked in acute, forensic, community and military services. At present, she is a Consultant Clinical Psychologist within the Ministry of Defence alongside a role supporting Looked After Children to thrive in the community. Dr Tour has expertise in the full range of adult/parent/adolescent mental health difficulties, as well as substance misuse, personality and complex trauma. Dr Tour has expertise in assessment and treatment of risk and mental health difficulties in relation to violent offending and partner abuse. She can deliver a range of structured risk assessment according to the type of risk. She is also able to deliver cognitive and capacity assessments. Dr Tour has completed the family and criminal law Bond Solon Expert Witness training programmes.

Dr Tour's range of experience enables her to complete the full range of assessments of adults/parents/adolescents in family and criminal law.

AREAS OF SPECIALISM

- Assessment and management of intellectual capacity/cognitive functioning (WAIS, WISC, WASI).
- Assessment and treatment of personality disorder traits, including psychopathy
- Assessment and treatment of substance misuse, trauma, emotional difficulties, coping skills deficits and complex, relational trauma.
- Assessment of adolescent male and females (age 15 to 18) including structured assessment using the Short-Term Assessment of Risk and Treatability (START:AV), Structured Assessment of Violence Risk in Youth (SAVRY) and consideration of protective factors (SAPROF)
- Assessment of adult male and females.
- Cognitive behavioural interventions.
- Culturally sensitive assessment and treatment.
- Risk assessment of general offending and recidivism.
- Risk management planning and desistance including protective factors.

- Trauma interventions including Eye Movement Desensitisation Reprocessing Therapy (EMDR), Sensorimotor Psychotherapy and phase-based approaches to treatment.
- Violence risk assessment including intimate partner (domestic) violence using structured assessments (HCR-20, RSVP, IPV).

PROFESSIONAL QUALIFICATIONS

Doctorate in Clinical Psychology – University of Birmingham

Masters in Psychological Research Methods– University of Nottingham

Bachelor of Science in Psychology and Cognitive Neuroscience – University of Nottingham

WORK HISTORY

May 2025 – Present Consultant Clinical Psychologist, Ministry of Defence.

- Assessment and treatment of a range of mental health difficulties to support fitness to work within the military.
- Assessment and management of risk presentations including self-harm, violence and addiction.
- Supervision, consultation and training to other professionals in the treatment of complex trauma, managing risk and other challenging presentations.

Sept 2022 – Present Principal Clinical Psychologist, Intensive Children's Residential Outreach Care (IROC), Birmingham Women's & Children's Foundation Trust.

- Assessment and treatment of a range of mental health difficulties, attachment challenges and risk behaviours including Child Sexual Exploitation, self-harm and violence.
- Consultation, advice and training to children's social care, residential care homes and families on the edge of care to support stability of Children in Care.
- Development of clinical pathways to support Children in Care including identifying their needs, parental needs, and social care requirements.
- Offering supervision to assistant psychologists, nursing colleagues, social care teams and residential care homes to support stability within the system.
- Development of training packages including complex trauma, attachment and development trauma.
- Providing staff wellbeing education and promoting self-care.

Jan 2021 – Present Clinical Psychologist, Prosper Psychology Ltd.

- Assessment and treatment of a range of mental health difficulties including anxiety, depression and trauma.

- Therapeutic intervention and consultancy around race-based trauma and difference.
- Occupational treatment for work-related difficulties
- Assessment and treatment of young people and their families
- Offering consultancy and training to other professionals

July 2021 - July 2022 Principal Clinical Psychologist, North Staffordshire Combined Healthcare Trust.

Lead Psychologist for prison mental health services within HMP Stoke Heath.

- Leading on the psychological development of service pathways including cultural change transformation and training of the workforce.
- Supervision, consultancy and reflective spaces to psychological and other professions to enhance psychological approaches to forensic mental health and trauma.
- Specialist psychological assessment and intervention to individuals with complex mental health needs and dual diagnosis
- Liaison with the wider prison team to collaborate on prisoner care.
- Service evaluation and research to enhance the effectiveness of the mental health team approach.

Apr 2020 - May 2021 Senior Clinical Psychologist, Black Country Healthcare Trust.

Senior Psychologist across male and female acute, inpatient wards.

- Collaborating with the patient and the multidisciplinary team to plan care towards discharge by offering psychological perspective.
- Offering individual sessions to patients to assess and treat current crisis mental health needs.
- Conducting specialist assessments if appropriate including HCR-20 V3 and neuropsychological assessments.
- Offering reflective practice, staff development and training programmes to nursing staff to enhance psychological thinking and skills within the team.
- Offering supervision and wellbeing workshops to nursing team colleagues.
- Liaising with community teams to ensure continuity of patient care.
- Engaging with wider service level projects including equality and diversity and service evaluation to improve service quality.
- Supervising trainee and assistant psychologists.

Sept 2018 to Apr 2020 Clinical Psychologist, Her Majesty's Prison and Probation Service.

- Developing and rolling out a new service to meet the needs of men having difficulty in progressing forwards in their sentence.
- Conducting assessment, formulation, intervention and evaluations with individuals including the use of personality, neurodevelopmental, risk and trauma assessment tools and an integrative, relational approach.
- Building networks and liaising with colleagues across disciplines to raise awareness of the new service and its role within the current justice system.

- Offering consultation and supervision to colleagues in other disciplines including establishment governors to offer psychological advice on mental health and trauma in relation to offending.
- Writing collaborative reports for parole purposes and wider dissemination.
- Offering informal consultation and supervision to psychology colleagues in areas of mental health, neurodevelopment need and trauma within the offending context
- Acting as diversity lead for the region, shaping regional approaches to overcome racial discrimination and unconscious bias.

Apr 2018 to Sept 2018 Clinical Psychologist in Training, Black Country Partnership Foundation Trust.

- Conducting assessment, formulation, intervention and evaluation of individual adult patients presenting to the team.
- Administering, scoring and interpreting an array of psychometric measures.
- Assessing intellectual functioning, clinical need and interpersonal functioning.
- Leading on cultural transformation and service development
- Offering consultation and advice to team managers to support effective delivery of treatment and manage psychology resource.
- Leading on training for experts by experience including teaching recovery focused principles.
- Running cognitive behavioural groups with experts by experience.

Oct 2017 to Sept 2018: Clinical Psychologist in Training, Black Country Partnership Foundation Trust.

- Conducting clinical interviews with children, young people, families and carers.
- Administering, scoring and interpreting an array of psychometric measures.
- Assessing intellectual functioning, clinical need and interpersonal functioning.
- Drawing upon a range of models for psychological formulation to inform treatment recommendations.
- Delivering attachment focused interventions to children with traumatic histories.
- Delivering consultation to staff and attachment focused training to carers.
- Building and maintaining positive professional working relationships on behalf of the organisation.
- Working systemically to meet the needs of young people within the social care system.

Apr 2017 to Sept 2017 Clinical Psychologist in Training, Birmingham Community Healthcare Trust.

- Conducting formal neuropsychological assessments.
- Conducting psychological assessments of presenting difficulties.
- Devising collaborative psychological formulations with clients and families/ carers, and devising treatment recommendations.
- Delivering staff consultations and team supervisions to support indirect interventions.
- Providing supervision to Assistant Psychologists.

- Disseminating psychological reports to other professionals and offering treatment recommendations.
- Evaluating the delivery of a new service model through audit.
- Working within a multidisciplinary team to aid the differential diagnosis process.

Nov 2015 to Sept 2016 Clinical Psychologist in Training, Birmingham and Solihull Mental Health NHS Foundation Trust.

- Administering, scoring and interpreting an array of psychometric measures.
- Assessing personality and interpersonal functioning.
- Sharing specialist psychology assessment reports with the multidisciplinary team
- Drawing upon a range of models for psychological and risk formulation to inform treatment recommendations.
- Delivering individual interventions and co-facilitating high intensity Cognitive Behavioural Therapy group interventions targeting habitual aggression (Life Minus Violence).
- Creating and facilitating a trauma group.

Dec 2014 to Sept 2015 Interventions Facilitator, HMP Whitemoor.

- Assessing readiness for change of offenders and suitability for group treatment.
- Conducting assessments of violence history.
- Co-facilitating a high intensity group treatment programme (Self-Change Programme).
- Assessing and reporting risk.
- Participating in group supervision and professional meetings.
- Writing reports to summarise psychological progress of offenders.

Feb 2012 to Aug 2014 Support Worker, Newbridge House, Adolescent Eating Disorders Clinic.

- Engaging and supporting children, young people and their families through residential treatment for eating disorders.
- Key-working patients alongside the team to support assessment and treatment.
- Conducting risk assessments and supporting discharge planning.

Dec 2010 to Feb 2012 ChildLine Counsellor, National Society for the Prevention of Cruelty to Children.

- Offering brief counselling to children and young people via telephone, email and chat sessions.
- Managing crisis and risk issues through liaison with local services.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

Other Personal Qualifications:

- Group Analysis Foundation Certificate.
- Group Analysis Diploma Certificate.
- Sensorimotor Psychotherapy (Level 1) Certificate.

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- Eye Movement Desensitisation and Reprocessing (EMDR) therapy Certificate
 - Diploma in Solution Focused Hypnotherapy.
 - Non-Violence Resistance (NVR) training – therapeutic parenting for young people with challenging behaviours.

Continued Professional Development:

- The Attachment, Neurodevelopment and Psychopathology Programme.
- The Adult Attachment Interview (AAI)
- Bond Solon Excellence in Report writing.
- Bond Solon Courtroom Skills training.
- Bond Solon Family Law and Procedure.
- Bond Solon Criminal Law and Procedure.
- Historical Clinical Risk Management-20, Version 3 (HCR-20 V3).
- Structured Assessment of Protective Factors for Violence Risk (SAPROF).
- Debriefing survivors of major incidents.
- Negotiator Advisor Training.