

EPC

EXPERT PSYCHOLOGY

CONSULTANCY

Dr Josie Pearce
Clinical Psychologist
BSc(Hons), MSc, ClinPsyD,
HPC Registration Number: PYL33518

Areas of Expertise

- Assessment of adults in family proceedings
- Assessment of adults in criminal proceedings
- Assessment of adults in Civil proceedings
- Assessment of adults in Mental Health Tribunal proceedings
- Assessment of adults for Parole Board hearings
- Family dynamics
- Abuse – physical, emotional, and/or sexual
- Neglect
- Violence
- Harmful Sexual Behaviour
- Domestic violence
- Relationship Difficulties
- Psychosis
- Gender Identity
- Self-Injury
- Offending Behaviour
- Mental Health
- Post-Traumatic Stress Disorder
- Personality issues and/or disorder
- Learning Disability
- Cognitive Assessment/Intellectual Functioning
- Risk Assessment
- Capacity Assessment
- Addictions/substance misuse (Drug and Alcohol)
- Psychological Intervention

I undertake independent assessments in a variety of areas and write reports for the courts relating to males and females involved in family, criminal and civil proceedings. I also provide treatment to adults with a range of psychological difficulties.

Qualifications

- BSc (Hons) Psychology, University of Leeds, 2006
- MSc Clinical and Health Psychology, University of Manchester, 2011
- ClinPsyD (Doctorate in Clinical Psychology), University of Lancaster, 2016

Previous Experience

- 2017 – Present Expert Psychology Consultancy Ltd
Clinical Psychologist
- 2016 – Present Guild Lodge Secure Services
Lancashire Care NHS Foundation Trust
Clinical Psychologist
- 2013 – 2016 Clinical Psychology Doctorate
Lancashire Care NHS Foundation Trust
- 2011– 2013 University of Liverpool
Research Assistant
- 2009-2011 Masters in Clinical and Health Psychology
University of Manchester
- 2006-2009 Learning Disability Inpatient Services
Leeds and York Partnerships NHS Foundation Trust

Having gained experience within a variety of clinical settings including community, inpatient and forensic services I have worked with people from diverse backgrounds including a range of age groups, people from a range of socio-economic and cultural backgrounds, and with people with a range of sensory and cognitive acuity. Throughout my experience I developed a compassionate, collaborative and person-centred approach to my work that I feel is core to my role as a psychologist.

I am skilled in the development of collaborative, person-centred and evidence-based formulations, incorporating systemic and contextual factors to help my clients make sense of their difficulties and to work toward positive change or recovery. I am able to critically consider the most appropriate therapeutic approaches for the individual based on their formulation and personal preferences. I predominantly draw on cognitive-behavioural (CBT), cognitive-analytical (CAT) and compassion-focussed (CFT) approaches, integrating these

where appropriate. I have delivered assessment, formulation and intervention with people experiencing a wide range of difficulties including offending behaviour, self-injury, gender identity needs, attachment-related difficulties, psychosis, dissociation and other trauma/adversity-related difficulties, relational and mood regulation difficulties, as well as anxiety, low mood and suicidal ideation, and psychological distress associated with health conditions.

To ensure comprehensive assessment I am able to conduct, interpret and integrate psychometric and neuropsychological testing, and am skilled in developing written reports to meet the needs of the reader, including a wide range of professionals, organisations, clients and carers.

I have gained a high level of skill using formal and formulation-driven risk assessments, and am skilled in supporting clients, families and services to understand a person's risk and to develop risk management plans. I have supported people to understand and to manage risk to self and others, including risk of suicide, self-harm and neglect, risk of emotional and psychological abuse and risk of physical and sexual violence. Alongside this I have become skilled at effectively and empathically discussing risk issues with the person and their families.

Across settings, I have developed and facilitated a range of group psychological therapies for clients with proven positive outcomes. I regularly employ leadership skills to collaboratively and confidently provide indirect psychological support and intervention through supervision, consultancy and training. I am proficient in delivering training and workshop events, including training around mindfulness, attachment, CBT, complex difficulties, trauma, psychosis and personality difficulties. I am confident in my ability to establish positive, effective working relationships with those I work alongside.

My experience and understanding has been enhanced through my experience of working with peer-led organisations such as the Hearing Voices Network, of attending training and conferences, as well as my engagement in clinical research. I have successfully published clinical research exploring professional's understanding of the impact of trauma when working with children and families, as well as research exploring the psychological mechanisms responsible for the development of hearing voices and paranoia.

Professional Development

- 1 day training - Cognitive Behaviour Therapy for Personality Difficulties
- 1 day training - Cognitive Analytic Therapy for Psychosis
- 1 day training – Cognitive Analytic Therapy in Forensic Services
- 1 day training - Compassionate Focussed Therapy in Complex Trauma
- 2 day training– Dialogue with Voices
- 2 day course – Structured Equation Modelling