

Dr Chris Ainsworth BSc, DClinPsy  
**Consultant Clinical Psychologist**



Health Professions Council Registration: **PYL01725**

Dr Ainsworth is a consultant clinical psychologist with who has worked extensively in forensic mental health, adult mental health and adolescent services. He has worked in medium and low secure units, prisons, and community forensic teams. He also set up a forensic community service in Portsmouth City and developed mental health input into a local Cat B prison. He has provided reports for criminal and forensic courts, parole board hearings, family courts, and mental health tribunals. In addition, he is frequently involved in assessment and treatment for medico-legal cases. He has a particular interest in complex mental health issues and forensic risk assessment (including those with a learning disability). He is trained in schema focused therapy and dialectical behaviour therapy and has provided teaching to the University of Southampton doctoral programme on writing court reports and formulating complex cases.

#### **CRIMINAL LAW EXPERTISE**

- Dr Ainsworth regularly appears as an expert witness giving evidence to the Criminal Court, Mental Health Review Tribunals and Parole Boards.
- He works with adults and adolescents, specialising in the risk assessments of youth at risk of offending.
- He has extensive experience in the treatment and assessment of risk in offenders, mentally disordered offender and sexual offenders.
- He has worked with children and their families in family therapy within Child and Adolescent Mental Health Services (CAMHS).
- He is skilled in the use of personality assessments, specialising in the assessment and supervision of psychopathy using the PCL-R.
- He undertakes assessments of capacity under the mental health act and mental capacity act.
- He is a specialist in working with offenders with learning disabilities and autistic spectrum conditions.
- Consultant Clinical Psychologist with experience in Forensic, Adult Mental Health, Child and Adolescent Mental Health, Learning Disabilities, Autism, and Medico-legal work

#### **CIVIL LAW EXPERTISE**

- He regularly gives evidence in cases of personal injury, medical negligence and employment difficulties.
- He is trained and experienced in the assessment of trauma and diagnosis of PTSD, differentiating the impact of catastrophic events with pre-existing conditions.

---

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- He undertakes assessment and treatment of mental health conditions, including depression, anxiety, PTSD, OCD, psychosis and personality disorders.

#### **FAMILY LAW EXPERTISE**

- He regularly assesses parents, children and adolescents under the Children's Act.
- He specialises in parental risk and is expertise in the assessment of sexual and violent risk including domestic violence.
- He is expert in the assessment and diagnosis of personality disorders and severe mental health disorders including psychotic and bi-polar disorders.
- He assesses parents and adolescents with learning disabilities, autistic spectrum disorders and how this impact on parental capacity.
- He is trained and experienced in the assessment of trauma, developmental trauma and PTSD in parents and adolescents and the impact this has on parental risk.

#### **WORK HISTORY**

##### **2019 – Present Deputy Director of Mental Health and Learning Disabilities / Head of Psychology and Allied Health Professionals - Isle of Wight NHS Trust**

- Dr Ainsworth provides senior leadership to the Mental Health and Learning Disability Division within the Trust. He is responsible for the organisation and professional leadership of clinical psychologists, psychological therapists and allied health professionals within the division. He leads on a number of transformation programmes within the mental health division and is responsible for developing high quality evidence-based therapies and clinical pathways. He provides clinical advice consultancy to service users and clinicians within adult mental health. He provides supervision and line management to senior members of the leadership team. For three months (July 2020 – September 2020) was Acting Director for Mental Health and Learning Disabilities to cover a period of sickness. During this time he has represented the Division at Trust Board and executive meetings.

##### **2016 – 19 Consultant Clinical Psychologist, Southern Health Foundation Trust Learning Disability Service**

- Dr Ainsworth is consultant clinical psychologist in a community learning disability team, managing psychology staff and a member of the lead clinician's team. He is responsible for overseeing the psychological work to a large population and managing the waiting list for the service. He provides assessments, treatment and consultation to a wide range of psychological conditions. He also provides input to the specialist forensic service through clinical interventions and service development.

##### **2011 – 16 Consultant Clinical Psychologist, Cambian Group**

- He was the lead clinical psychologist and manages the psychology service to Cambian Group South region. The Cambian Group run a number of independent specialist education schools, Adult Mental Health, and Learning Disability services across the UK. He led on risk assessment and risk

management processes for the service. He has developed the CPD programme for psychologists within the service to ensure that the talent pool continues to grow.

**2006 – 11            Consultant Clinical Psychologist and Forensic Lead, Portsmouth City Primary Care Trust –  
Fairoak Low Secure Service and Portsmouth City Challenging Behaviour Service**

- He was the lead clinical psychologist and manages the psychology service to Cambian Group South region. The Cambian Group run a number of independent specialist education schools, Adult Mental Health, and Learning Disability services across the UK. He lead on risk assessment and risk management processes for the service. He has developed the CPD programme for psychologists within the service to ensure that the talent pool continues to grow.

**2002 – 06            Clinical Psychologist, Hampshire Partnership Trust - Ravenswood House Medium Secure Unit**

- In this post he was responsible for developing and managing a forensic clinical psychology service to a low secure inpatient unit, Portsmouth City community and HMP Kingston. He was a member of the senior management team within the unit and contributed to policy and service development. He provided regular supervision for multi-disciplinary staff and oversaw a teaching programme. In addition, he provided assessments and treatment of patients with complex needs, including challenging behaviour and personality disorders. He took on the clinical lead for developing a diagnostic pathway for autistic spectrum disorders in adults. He also worked with the child and adolescent services to develop a seamless pathway for ASD diagnosis and intervention.

**2001 – 02            Clinical Psychologist, St George's Healthcare NHS Trust - Eating Disorder Service**

- In this post was employed by St George's hospital, London and seconded four days a week to the Chrysalis eating disorder team, Chertsey. He was responsible for providing therapeutic input to those cases identified as having complex needs, including chronic anorexics and multi-impulsive bulimics. This input involved both individual and group interventions. He was actively involved in research and provided teaching to professionals within the service and local training courses.

**2000 – 01            Clinical Psychologist, Isle of Wight Health Care NHS Trust - Adolescent Service**

- This was a newly created post in a recently formed adolescent team on the Isle of Wight. The post involved providing therapeutic input to a range of adolescent problems. He was involved in setting up a paediatric liaison service and developed close links with the youth offending team. He was responsible for supervising an assistant psychologist and adolescent community worker and was a member of a working party tasked with developing an early intervention in psychosis service

## **PROFESSIONAL QUALIFICATIONS**

**2000            Doctorate in Clinical Psychology, University of Southampton**

## **PUBLICATIONS AND PRESENTATIONS**

- Ainsworth, C., Waller, G., Babbs, M., & Kennedy, F. (in preparation). Impulsivity and dissociation in bulimia.
- Pearson, D., Smalley, M., Ainsworth, C., Cook, M., Boyle, J., & Flury, S. (2008). Auditory hallucinations in adolescent and adult students: Implications for continuums and adult pathology following child abuse. *Journal of Nervous and Mental Disease*, 196, 634-638.
- Ainsworth, C., Waller, G., & Kennedy, F. (2002). Threat processing in women with bulimia. *Clinical Psychology Review*, 22, 1155-1178.

---

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- Kennedy, F., Clarke, S., Stopa, L., Bell, L., Rouse, H., Ainsworth, C., Fearon, P., & Waller, G. (2004). Towards a cognitive model of dissociation. *Journal of Behavior Therapy and Experimental Psychiatry*, 35, 25-48.
- Pearson, D., Rouse, H., Doswell, S., Ainsworth, C., Dawson, O., Simms, K., Edwards, L., & Faulconbridge, J. (2000). Prevalence of imaginary companions in a normal child population. *Child Care, Health and Development*, 26, 1-10.
- Pearson, D., Simms, K., Ainsworth, C., & Hill, S. (1999). Disclosing special needs to parents. Have we got it right yet? *Child Care, Health and Development*, 25, 3-13.