

Peter de Backer B.Sc., M.Sc., AFBPsS
Consultant Clinical and Counselling Psychologist



Health Professions Council Registration: **PYL03599**
British Psychological Society Membership: **79109**

Peter de Backer is a chartered clinical and counselling psychologist specialising in the assessment and treatment of adults with complex trauma and severe mental health and personality difficulties. He has worked and lectured in both England and South Africa training psychologists in models of mental health and therapeutic interventions. He has worked with offenders in secure settings undertaking risk assessment and therapeutic intervention.

CIVIL LAW EXPERTISE

- Peter de Backer regularly presents evidence to the Civil Court in cases of personal injury including severe catastrophic life events, medical negligence and work-related difficulties.
- He specialises in the assessment and treatment of trauma and PTSD
- He regularly undertakes assessments of mental capacity in civil, criminal and family cases with both adults and older adults
- His experience in forensic mental health services gives him the insight to differentiate the impact of early trauma from acute adult trauma on adult mental health, substance use and dysfunctional behaviours.
- He is trained and experienced across a broad range of evidence-based therapeutic models including EMDR and cognitive behaviour therapy (CBT)
- He regularly provides therapeutic interventions for trauma and PTSD in cases of personal injury for solicitors and insurance companies.

THERAPEUTIC EXPERTISE

- Peter de Backer specialises in the treatment of adults with complex mental health needs, trauma and developmental trauma and personality difficulties
- He also works with couples, parents and families in treatment.
- He is trained and experienced in the use of a broad range of therapeutic interventions including CBT, EMDR and family therapy

PROFESSIONAL QUALIFICATIONS

2016	BA Honours (PPE), Open University
2007	Statement of Equivalence in Clinical Psychology, BPS
1998	Post-MSc Diploma in Counselling Psychology, City University, London
1996	MSc (Counselling Psychology), City University, London

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

1993 BSoc. Science Honours (Psychology), University of Natal, South Africa

1991 BSoc. Science (Psychology and Industrial Psychology), University of Natal, South Africa

WORK HISTORY

2022 – Present **Head of Psychological Therapies, Acute & Crisis Directorate, Oxleas NHS Foundation Trust**

2022 – Present **Private Practice**

2007 – 2022 **Consultant Clinical Psychologist, Oxleas NHS Trust, Bexley Community Mental Health Team, Oxleas NHS Trust**

He is responsible for overseeing the development and provision of psychology services across acute and community mental health services in the Borough of Bexley. Management and supervision of clinical psychologists and psychotherapists in the 'Primary Care Plus', 'Anxiety, Depression, Personality Disorder and Trauma Team', 'Home Treatment Team', and acute in-patient wards.

2004 – 2021 **Consultant Clinical Psychologist, Bromley Road Hospital, London**

He is an independent consultant to a 24-bed locked hospital for patients suffering with schizophrenia and/or severe personality disorders, most of whom have a forensic history. He provides long term psychological therapy utilising schema therapy and mentalisation-based approaches. Supervision and consultation to staff including nurses and psychologists.

2002 – 07 **Clinical Psychologist and Therapies Team Lead, Stepping Stones Community Mental Health Team, Oxleas NHS Trust, Bromley**

He was manager of a team that was responsible for the provision of psychological therapies for adults with moderate to severe mental health problems in central Bromley. He provided clinical psychological assessments, CAT, CBT, and long-term group psychotherapy.

2000 – 02 **Senior Lecturer in Counselling Psychology, Dept. of Psychology, London Guildhall University**

Lecturer and placement co-ordinator on the BPS accredited MSc and Post-MSc programmes in Counselling Psychology offered by the London Guildhall University. Teaching in areas of CBT, CAT, and systemic family therapy. Research interest in the clinical application of attachment theory.

1997 – 02 **Counselling Psychologist, Stepping Stones Community Mental Health Team, Oxleas NHS Trust**

He was responsible for the provision of short-term psychological therapy for adults with mild to moderate mental health problems, for a group of GP surgeries in Bromley. Clinical interventions included CBT and systemic family therapy.

1997 **Counselling Psychologist, Goodmayes Hospital, Redbridge NHS Trust**

He provided short-term CBT with adult clients referred to the primary care psychology service with mild to moderate mental health problems.

1996 **Counselling Psychologist in Training, St. Clement's Hospital, Tower Hamlets NHS Trust**

He undertook a one-year specialist placement in Cognitive-Analytic Therapy with adult clients referred to the tertiary psychotherapy service.

1996 **Counselling Psychologist in Training, Riverside Mental Health NHS Trust**

CBT and psychodynamic psychotherapy with individuals, and systemic therapy with couples and families referred to the secondary care adult mental health service.

1995 – 96 **Counselling Psychologist in Training, Face-2-Face Youth Counselling Service, Stevenage**

Short to medium-term CBT with adolescents and young adults.

- 1993 – 94** **Development Officer, City of Durban Culture and Recreation Department, South Africa**
Implementation and administration of recreational development projects with underprivileged children. Temporary contract.
- 1992 – 94** **Academic Tutor, Dept. of Psychology, University of Natal, Durban, South Africa**
Teaching, assessing coursework, and tutoring on the undergraduate psychology programme. Research interest in adolescent substance abuse.

TEACHING APPOINTMENTS

- 2015 – 16 Roehampton University, Clinical supervisor and Visiting Lecturer, Dept of Counselling Psychology
Visiting
- 2002 – 15 London Metropolitan University, Visiting Lecturer on the Doctorate in Counselling Psychology
- 2010 – Pres Visiting Lecturer, University of Canterbury-Christchurch, Salomons
- 2006 – 09 University of Canterbury-Christchurch, Salomons Centre for Applied Clinical and Social
Psychology Year Group Facilitator on the Doctorate Clinical Psychology.
- 2006 – 07 University of Kent, Experiential Group Facilitator, Centre for Professional Practice
- 2004 – 08 Bromley Community Counselling Service, Trustee/ Chairperson

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2011 Mindfulness Practice, Oxleas NHS Trust, Greenwich
- 2010 Interpersonal Psychotherapy Training, Anna Freud Centre
- 2010 Mentalisation-based Treatment for Families, Anna Freud Centre
- 2008 – 09 EMDR (Part 1, 2, and 3), Alexandra Richman, London
- 2008 The Trauma Series: Intensive Clinical Skills Training in Traumatology, Oxford Cognitive Therapy
Centre, Oxford
- 2008 Schema Therapy for Personality Disorders, Oxford Cognitive Therapy Centre, Oxford
- 2001 – 02 Introduction to Psychoanalytic Psychotherapy, London Centre for Psychotherapy, London
- 2000 – 01 Attachment Theory, International Attachment Network, The Tavistock Clinic, London
- 1998 – 09 Diploma in Systemic Therapy with Couples and Families, Institute of Family Therapy, London
- 1997 – 08 Certificate in Systemic Therapy with Couples and Families, Oxleas NHS Trust, Bromley
- 1995 Foundation Course in Psychoanalytic Psychotherapy, Riverside Mental Health NHS Trust

PROFESSIONAL AFFILIATIONS

Health & Care Professions Council, Registered Clinical Psychologist Registered Counselling Psychologist
British Psychological Society (BPS), Associate Fellow Chartered Psychologist (AFBPSs)