



**Dr Kevin Wright**

BSc (Hons); PQSW; MA; MSc (Psychotherapy); Dip. Int. Psycho;  
Psychol; C.Sci; FBPsS



**Chartered Counselling Psychologist / Fellow of the British Psychological Society**

Health Professions Council Registration: **PYL22402**  
British Psychological Society Membership: **86218**

Dr Wright is a Chartered Counselling Psychologist and independent social worker with over 40 years of experience. He has worked extensively with children and families as an expert witness psychologist, social worker and psychotherapist. He has also worked for the criminal courts, civil courts in cases of personal injury, mental health tribunals, employment tribunals, and immigration and asylum cases. He has a broad experience of working across diverse cultures and languages. He also runs a busy private practice as a psychotherapist and resilience /stress management groups for lawyers in the CPS.

#### **FAMILY LAW EXPERTISE**

- Assessments of children, adolescents and adults within child protection investigations and Children's Act Assessments.
- Complex assessments of mental health, personality and trauma
- Family dynamics, parental relationships and domestic abuse and violence risk assessments
- Specialist assessments of mental capacity, learning disability and Autistic Spectrum Disorders
- Developmental trauma in children and adults
- Assessments across cultures and languages

#### **CIVIL LAW EXPERTISE**

- Specialist assessments of trauma, PTSD and adjustment disorder for civil litigation
- Industrial or workplace accident injuries in civil compensation claims
- Transcultural issues including asylum, immigration issues and victims of torture
- Specialist reports for Mental Health Review Tribunal

#### **THERAPEUTIC EXPERTISE**

- Extensive training in diverse therapeutic interventions as an integrative psychotherapist including Cognitive Behaviour therapy (CBT); Psychodynamic Psychotherapy; Transactional Analysis (TA), Systemic Approach, Client Centered therapy (CCT) & Jungian Analysis
- Experience of working cross-culturally including cultures from the Indian sub-continent; Sri Lanka; Turkey, Cyprus, Poland, Russia; Czech Republic, Spain, Portugal, Afro-Caribbean, Asia, China, Vietnam and Afghanistan.

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- Group and individual psychotherapy

## **WORK HISTORY**

### **2006 – Present Expert Witness Psychologist and Independent Social Worker**

I have carried out expert witness reports as a psychologist and independent social worker for family assessments relating to child protection, parental ability assessments; family/marital disputes, domestic violence and sometimes involving transcultural issues e.g. asylum seekers/victims of torture; risk assessment and psychological states assessments and immigrations issues. I have also prepared assessment reports for damages hearings concerning; PTSD, trauma and Adjustment Disorder assessments for accident victims; medical damages claims; industrial/workplace accident injuries and I have also provided reports for mental health tribunals and coroner courts, etc. I provide anxiety & depression and cognitive assessments particularly for non-English speakers using non-verbal cognitive assessment measures and for People with Learning Difficulties e.g. those with suffering from Autism or Asperger's Syndrome who are involved in the criminal courts. I have carried out Independent Social Work and Psychological assessments for Surrey County Council; Kent County Council; West Sussex County Council; Brighton & Hove City Council & the London Borough of Hillingdon. I am on the UK Register of Expert Witnesses. Assessments also carried out on-line (due to Covid-19).

### **2019 – Present Resilience Coach/ Consultant, Workplace Wellness and Crown Prosecution Service**

**& 2015 - 19** I run many stress/time management & well-being groups for lawyers, para-legals and their managers employed by the Crown Prosecution Service as part of the mandatory annual training with follow-up one-to-one consultations within the London service office. The sessions focus on issues that the staff bring up but often are around ways to improve sleep, assertiveness; effective communication with managers/supervisees; work planning; managing stress and time; and strategies for better work/life balance. Also run groups focusing on understanding grief & loss, and how to deal with and help victims or families of victims. Some groups being run on-line (due to Covid-19).

### **2004 - 19 Chartered Counselling Psychologist - High Intensity IAPT Primary Care, South London & Maudsley NHS Foundation Trust, IAPT Lewisham (cluster2)**

I provide brief psychotherapeutic interventions for client referred within the IAPT Lewisham Service (Improve Access to Psychological Treatment) where I provide High Intensity Treatment for those with more complicated problems relating to anxiety and depression in the Primary Care setting

### **2003 – 04 Visiting Lecturer, School of Psychology & Therapeutic Studies University of Surrey, Roehampton**

Training Counselling Psychology 2<sup>nd</sup> year post graduate students in Counselling using Cognitive Behavioural Therapy.

### **2001 – 06 Highly Specialist Chartered Counselling Psychologist, Psychological Therapy in Primary Care, St George's Primary Care Trust Springfield University Hospital**

To provide Brief Psychotherapeutic interventions for client's referred within a Primary Care setting. Treating those with Depression, Anxiety, Stress, PTSD, Phobias, Bereavement, etc.

- 2001 – 03 Chartered Counselling Psychologist, Waterloo Health Centre**  
To provide Brief and Long-term Psychotherapeutic interventions for client's referred within a Primary Care setting. Treating those with Depression, Anxiety, Stress, PTSD, Phobias, Bereavement, etc and treating Borderline and clinically depressed patients with longer-term psychotherapy.
- 1999 – 01 Chartered Counselling Psychologist, Hammersmith & Fulham Association for Mental Health MIND - IMPACT Team**  
I provided assessment and on-going counselling/psychotherapy for clients with Mental Health problems who have found it difficult to engage with the statutory agencies, and who have isolated themselves from the community, using for the most part CBT/Solution Focussed methods as this method is more flexible in use for a diverse population with respect to age, sex and ethnic origin.
- 1995 – 2015 Social Worker (Senior Practitioner), Westminster Social Services Emergency Team**  
I provided on-call emergency cover at night and at weekends for the whole of Westminster. This required that I responded to all emergencies involving children, families, elderly, mental ill, disability, etc. I am a holder an AMHP warrant (Approved Mental Health Professional – formerly known as ASW – Approved Social Worker). I received on-going in-service training in many areas, e.g. Risk Assessment, MH Practice in Diverse Communities, Mental Health and Child Care Law Updates, Innovations in Primary MH Care, etc.,
- 1993 – 99 Senior Counsellor/Consultant, Personal Performance Consultants (UK) Ltd.**  
I was employed as a Senior Counsellor/Consultant for a Company providing Employment Assistance Programmes to Companies mainly in the City. I provided Counselling and Brief Therapy (up to 8 sessions) to employees of those Companies and their family members. I offered Counselling and Therapy, much of which was based on CBT/ Problem Focussed methods and approaches for Individuals, Couples and Families. Much of my work involved working on stress (including trauma stress/critical incident response), time management, anxiety, panic attacks, phobias, obsessive-compulsive disorders, marital and family dysfunctions, depression, bereavement, etc. and some career guidance.
- 1987 – 98 Senior Social Worker, Mental Health Specialist, Social Services Dept. L.B. of Lewisham**  
I was originally employed as the Mental Health Specialist for the local District Office. My primary responsibility was to provide a full Social Work Service to the clients/patients attending Speedwell Mental Health Centre. When the service was re-organised I moved from the local mental health centre to the local district office where I managed the Mental Health team of eight workers of the Adults team and supervise directly two members of that team. At Speedwell I worked with a multidisciplinary Medical team and I was involved with assessment, planning and treatment decisions on the clients. I provided individual and marital short-term and long-term therapy mostly CBT but also including brief Cognitive Analytic Therapy (C.A.T)..
- 1992 – 95 Freelance Trainer, Croydon College**  
As I had been offering training in Lewisham since 1991 in Mental Health and Practice Teaching I was employed by the above employers on a free-lance basis between 1992-1995. I taught such

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topics as Skills & Tools of Supervision, Report Writing & Assessment, Direct Observation, Evidencing & Recording, Theory to Practice, etc., for Trainee Practice Teachers and Top-up training for other Practice Teachers.

**1982 – 87      Senior Social Worker, Westminster Social Services**

I was a Social Worker in a long-term team. I had a mixed caseload, consisting of single parent families, disturbed adolescents and mentally handicapped children in care, multiple problem families and those with Mental Health problems. With some families with difficulties I used family therapy as a method of working. I trained a co-worker in this technique and worked with this worker on some families. I was also an Approved Social Worker.

**PROFESSIONAL QUALIFICATIONS**

- 2010**      PhD Doctorate, University of Abertay, Dundee
- 2001**      PhD by Research, Keele University
- 2007**      Post Qualification in Social Work, London Metropolitan University
- 1999**      Diploma in Integrative Psychotherapy, Minster Centre
- 1992**      MSc Psychotherapy, Warwick University
- 1977**      MA Applied Social Studies, Brunel University
- 1977**      CQSW Certificate of Qualification in Social Work, Brunel University
- 1977**      BSc (Hons) Psychology, Birkbeck College London University
- 1971**      Filosofie Kandidat, Sociology and Genetics, University of Lund, Sweden
- 1969**      2<sup>nd</sup> Betyg (level), Swedish, University of Lund, Sweden
- 1967**      BSc (part 1) Physics, The Royal Military College of Science, Shrivenham, Sweden

**SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2010**      IAPT for high intensity treatment supervisors, South London and Maudsley NHS Trust.
- 1983**      Family Therapy, Institute of Family Therapy.
- 1981**      Transactional Analysis and Gestalt Therapy, South Western College.
- 1980**      Psychoanalytic Psychotherapy with Children, Adolescents and Parents, Tavistock Institute.

**PROFESSIONAL AFFILIATIONS**

- 2017**      Fellow of the British Psychological Society
- 2011**      Associate Fellow of the British Psychological Society
- 2007**      Chartered Scientist, British Psychological Society
- 2002**      Accredited Member, Psychotherapy, British Association for Counselling and Psychotherapy
- 2001**      Registered Member and Supervisor, Association of Counsellors and Psychotherapists
- 1997**      C.Psychol, Chartered Counselling Psychologist, British Psychological Society

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1992 CCETSW Practice Teaching Award, South Bank University

### **PUBLICATIONS AND PRESENTATIONS**

- 1993 'A Study of the factors that contribute to General Practitioners' detection of Mental Health and their decisions to refer patients for Psychotherapy'. Presented at the Annual Meeting of the Society for Psychotherapy Research (UK)
- 2003 'The effects of Race and Sex on GPs' Referrals for Psychotherapy/Counselling'. Presented a paper to the SAPC Conference (a conference for G.Ps) in Manchester on behalf of StarNet
- 2007 'The Effectiveness of Brief Therapy in an EAP setting – interim findings'. Presented at the BACP annual conference in York
- 2009 Review for the book 'Employee well-being support: a workplace resource by A. Kinder, R. Hughes & C.L. Cooper (eds) in the British Journal of Guidance & Counselling Vol. 37, No 3, August 2009, 396-399.
- 2009 'The Effectiveness of Brief Therapy in an EAP Setting – Final Results'. Presented at the Society for Psychotherapy Research (SPR) in Ravenscar, Yorkshire, and at the AXA/ ICAs International Conference in June, 2009.
- 2011 'The Effectiveness of Brief Therapy in an EAP setting – gender differences in coping strategies'. Presented at the BACP annual conference in Liverpool.
- 2011 A summary of the main body of my PhD research entitled 'The effectiveness of brief therapy provided through an Employee Assistance Programme for a U.K. local authority: gender, age and professional status differences in outcome'. BACP journal, Counselling at Work, Autumn 2011 pp 12-17.
- 2013 'The Effectiveness of Brief Therapy in an EAP setting – gender differences in coping strategies'. Presented at the Society for Psychotherapy Research UK Chapter Annual Conference in Oxford.
- 2014 'A Psychologist Abroad: Saddam – My role in his downfall – well – in the aftermath!'. A paper about my experiences teaching in Iraq and the problems related to providing a psychotherapy service under the present situation. Presented at: 45<sup>th</sup> International Annual conference for the Society for Psychotherapy Research, Copenhagen, Denmark.
- 2016 'The Effectiveness of Brief Therapy in an EAP setting – gender differences in coping strategies'. Presented at a conference entitled 'Male Psychology' organised by the BPS.
- 2016 'Gender Difference in the Long-Term outcome of Brief Therapy for Employees', published in New Male Studies: An International Journal Vol 5 Issue 2 2016 pp 88-110 – Australian Institute of Male Health & Studies.
- 2017 'The Use and Benefits of Expressive writing in treatment of PTSD and other traumas in EAP & Primary Care settings (IAPT). Presented at the 2017 Annual British Psychological Society conference in May, 2017 in Brighton; And at the Male Psychology Annual Conference at UCL in June, 2017; And at the Society for Psychotherapy Research UK & European Chapters 4<sup>th</sup> joint Conference in Oxford in September, 2017.

- 2018** The Use & Benefits of Expressive writing in the treatment of PTSD & other Traumas in Brief therapy Settings. Presented at: BACP South London Network Group Meeting.
- 2018** 'Why Male Psychology' with Dr John Barry to get researchers to include issues where results may differ if they look at gender differences. Presented at: 2<sup>nd</sup> Cross Organisation Research Meeting: The Importance of Collaboration Organised by Society for Psychotherapy Research (UK) Chapter at Tavistock Clinic, London.
- 2018** 'A Boy's Journey: How to lead boys away from involvement in Gangs'. Presented at BPS- 5<sup>th</sup> Annual Male Psychology Conference at UCL.
- 2019** 'The Use and Benefits of Expressive writing in treatment of PTSD and other traumas in EAP & Primary Care settings (IAPT).  
Present at the 50th International Conference for the Society for Psychotherapy Research, Buenos Aires, Argentina, July, 2019  
And at the BPS Trauma Conference, September 2019  
And at the 5th Joint European & UK Chapter Conference for Society for Psychotherapy Research in Krakow, Poland, September, 2019
- 2019** 'The Effectiveness of Brief Therapy in an EAP setting – gender differences in coping strategies'. Presented at the 5th Joint European & UK Chapter Conference for Society for Psychotherapy Research in Krakow, Poland, September, 2019.
- 2019** 'A Child's Journey: How to lead boys away from involvement in Gangs'. Presented to British Association for Counselling & Psychotherapy – South London Network Meeting, September, 2019.
- 2020** 'Case studies demonstrating the Benefits of Expressive writing in treatment of PTSD and other traumas, particularly for male clients in Brief Therapy settings' – Psychreg Journal of Psychology, December, Vol 4 Issue 3, 2020.