



**Dr Vidyah Adamson**

B.Sc., DClin.Psy., CPsychol.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL25141**  
British Psychological Society Membership: **304626**

Dr Vidyah Adamson has worked within the NHS since 2002. She is the current East Midlands Regional Lead for Early Intervention in Psychosis (EIP) Services for NHS England and is also the Strategic Clinical Lead for the Lincolnshire EIP service, providing highly specialised psychological input within this NHS trust. She completed her Doctorate in Clinical Psychology at the University of Lincoln and subsequently took up a post within the National High Secure Service for Women at Rampton Hospital, with a specialist remit to develop an in-house Trauma and Self-Injury Service which was funded by the National Institute for Clinical Excellence.

Following this, Dr Adamson went on to take a post at the University of Lincoln as Clinical Tutor for the Trent Doctorate in Clinical Psychology, where she was responsible for the organisation and teaching of clinical and psychotherapeutic aspects of training. She also worked as Clinical Lead for the Improving Access to Psychological Therapies for Offenders Programme across Lincolnshire whilst holding her university post. Dr Adamson has published in a number of peer reviewed journals in the fields of trauma, psychosis, forensics, learning disabilities and common mental health problems. She contributed to and was the Lead Editor for the Department of Health and NHS England best practice guidance "Improving Access to Psychological Therapies Positive Practice Guidance for Offenders" (2013).

#### **ASSESSMENT AND THERAPEUTIC EXPERTISE**

- Dr Adamson has over 18 years of experience in assessment and psychotherapeutic work with young people and adults aged 14-65 experiencing a wide range of mental health, learning disability and relational difficulties.
- She provides specialist assessment and treatment for a wide range of disorders and mental health problems including; trauma, PTSD, anxiety, depression, autistic spectrum disorders, Asperger's disorder, OCD, personality disorders, self-harming behaviours, dissociative disorders, psychosis, insomnia and sleep disorders, relational problems.
- She has undertaken post-doctoral training in cognitive-behavioural therapy (CBT), Trauma-Focused CBT (TF-CBT) and CBT for Psychosis (CBTp).
- She is a qualified Eye Movement Desensitisation and Reprocessing (EMDR) therapist having completed training in levels 1, 2, and 3.
- She has completed specialist skills training in Cognitive Analytic Therapy (CAT) accredited by The Association for Cognitive Analytic Therapy (ACAT).
- She has further training in Dialectical Behavioural Therapy (DBT) and Schema Therapy.

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- She is an experienced Behavioural Family Therapist and a certified Behavioural Family Therapy (BFT) trainer, who regularly trains and supervises multidisciplinary NHS staff in this approach.

#### **CIVIL LAW EXPERTISE**

- Dr Adamson provides assessment, treatment and evidence in cases of personal injury, the psychological effect of medical negligence and employment-related difficulties.
- She is trained and has extensive experience in the assessment of trauma and diagnosis of PTSD and is particularly skilled in differentiating the impact of catastrophic events with pre-existing conditions.
- Dr Adamson uses a variety of assessment methods including structured clinical interviews and standardised psychometric measures in order to ensure a high-quality evidence in legal cases.
- She has developed, facilitated and evaluated trauma psychoeducational group and individual programmes to enhance recovery rates amongst people who have experienced single event or multiple traumatic incidents.

#### **CRIMINAL LAW EXPERTISE**

- Dr Adamson has worked extensively with both male and female offenders across a variety of settings, including Rampton High Secure Hospital (Women's and Mental Illness Directorates), medium and low secure hospitals as well as Category B, C and D prisons.
- She provides expert evidence-based assessment, psychological opinion and formulation in relation to the relationship between mental health and / or learning disability and offending behaviours.
- She has extensive specialist training and expertise in the assessment and treatment of mentally disordered female offenders.
- Dr Adamson has experience in the delivery of a range of offender treatments including those associated with violence, sexual offending and arson.
- She specialises in forensic mental health risk assessments and uses both clinical and actuarial methodologies, including the HCR-20 violence risk assessment.
- Dr Adamson has specialist experience in conducting personality assessments, including the use of psychometric instruments such as the PCL-R, PCL-SV, IPDE, MCMI, PAI.
- She regularly undertakes assessments of mental capacity in line with the Mental Capacity Act.

#### **PROFESSIONAL QUALIFICATIONS**

2009	Doctorate in Clinical Psychology, University of Lincolnshire
2000	Bachelor of Science in Psychology, University of Lincolnshire

#### **WORK HISTORY**

<b>2018 – Pres</b>	<b>Regional Clinical Lead for Early Intervention in Psychosis Services, NHS England – East Midlands</b> Providing expert clinical advice with respect to national standards for EIP services in order to raise clinical standards. Providing input into the development of national NHS policy and
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identifying times when national policy may inadvertently lead to unintended negative consequences for patients and services.

- 2014 – Pres**      **Highly Specialised Clinical Psychologist & Strategic Clinical Lead Early Intervention in Psychosis, Lincolnshire Partnership Foundation NHS Trust.**  
Providing strategic clinical leadership for the implementation of the national access and waiting time standard for EIP. Assessment and treatment for people experiencing psychosis and those at risk of developing psychosis. Teaching, training and supervision of multidisciplinary staff in CBT approaches and Behavioural Family Therapy.
- 2010 – 14**      **Highly Specialised Clinical Psychologist & Clinical Lead IAPT for Offenders Programme, Lincolnshire Partnership Foundation NHS Trust**  
Working across Category B and D male prisons and a Category C female prison with offenders experiencing common mental health difficulties including PTSD, complex developmental trauma, depression and anxiety disorders. Responsible for the development and evaluation of IAPT services with offenders within prison settings.
- 2009 – 10**      **Specialist Clinical Psychologist in Trauma & Self-Injury, National High Secure Service for Women, Rampton Hospital, Nottinghamshire Healthcare NHS Trust.**  
Design, delivery and evaluation of a support and treatment service for trauma and self-injury across the National High Secure Service for Women at Rampton Hospital. Teaching and training for multidisciplinary staff working with female offenders. Offender treatment programmes including arson, violence and sexual offending (male and female offenders). Lead for substance misuse group therapy.

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2017      Behavioural Family Therapy
- 2017      Cognitive Behavioural Therapy for Psychosis
- 2014      Cognitive Analytic Therapy Skills Training
- 2011      EMDR Levels 1, 2 & 3

## **PUBLICATIONS**

**Adamson, V.**, et al (2018). Implementing the access and waiting time standard for Early Intervention in Psychosis in the UK: An evaluation of referrals and post-assessment outcomes over the first year of operation. Early Intervention in Psychiatry. <https://doi.org/10.1111/eip.12548>.

**Adamson, V.**, Gibbs, M., & McLaughlin, D. (2015). Evaluation of the improving access to psychological therapies for offenders programme at HMP Lincoln: a three year prospective cohort study, Journal of Forensic Psychiatry and Psychology, 26(2), 185-201. <http://dx.doi.org/10.1080/14789949.2014.985695>.

Department of Health (2013). *Improving Access to Psychological Therapies. Offender Positive Practice Guide*. Available at [www.iapt.nhs.uk](http://www.iapt.nhs.uk). **Adamson, V.** & Byng, R. (Editors).

**Adamson V.**, Turton, R., & Harris, S. (2012). Inpatient nursing staffs applied understanding of functional assessments for people with a learning disability and challenging behaviour: A service evaluation. Clinical Psychology Forum, 239, 12-18.

**Adamson V** & Braham L. (2011). Pathways to episodes of deliberate self-harm experienced by mentally ill men in a high secure hospital over the course of their lives: An exploratory study. *The British Journal of Forensic Practice*, 13 (3), 160-183.

**Adamson, V.** (2011). Improving Access to Psychological Therapy for Offenders. *InMind*, 24, 8.

Beech, A.R., Swaffer, T., **Multra, V.**, & Fisher, D. (2009). Evaluating rapists' distorted beliefs and deviant sexual fantasies: A preliminary study. *The Journal of Aggression, Conflict and Peace Studies*, 1, 25-35