



**Dr Alexandra Button**  
B.Sc, M.Phil, D.Clin.Psych  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL03271**  
British Psychological Society Membership: **042423**

Dr Button is a Chartered Clinical Psychologist and EMDR Europe Approved Consultant and Facilitator in Training. She has 15 years of experience assessing and treating complex mental health conditions and presentations/risks. Dr Button has written numerous assessment reports, including MHRT reports, Parole reports and complex risk assessments. Her primary interest is in assessing and treating PTSD and complex trauma, including childhood trauma. Dr Button supervises mental health professionals working across a range of services in the NHS in Devon and Cornwall and several EMDR therapists in private practice across the UK via online supervision.

#### **AREAS OF SPECIALISM**

- Assessment and treatment of PTSD and complex trauma
- EMDR treatment for children and adults with no upper age limit
- Comprehensive assessments and report writing (not yet Expert Witness trained)
- Risk assessments including risk of violence and sexual violence
- Equine Assisted Psychotherapy for trauma clients who are unable to undertake room-based therapy
- Multi-disciplinary and multi-agency working/approaches
- EMDR supervision to other EMDR therapists

#### **PROFESSIONAL QUALIFICATIONS**

- 2006** Clin PsychD Doctorate in Clinical Psychology, University of Coventry and Warwick
- 2003** MPhil Developmental Psychology, University of Wales
- 2001** Diploma in Social Sciences Research Methods, University of Wales
- 2000** BSc (Hons) Applied Psychology, University of Wales

#### **WORK HISTORY**

**2019 – Pres Clinical Psychologist, Dr Button Psychology**

My main roles involve offering psychological assessment and therapy to children and adults with mental health difficulties or behavioural problems. I run clinics across Torquay, Newton Abbot and Exeter and people either self-refer or I accept referral via insurance companies. The main therapies I provide include Eye Movement Desensitisation and Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT), Rational Emotive Behavioural Therapy (REBT), Mentalisation Based Therapy (MBT) and Compassion Focused Therapy (CFT). I have a specialist interest in trauma-focused work.

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I also offer Equine Facilitated Psychotherapy at a farm in Newton Abbot 1 day a week, again for children and adults with mental health and/or behavioural difficulties. I provide face-to-face group EMDR clinical supervision to EMDR therapists within various NHS services across Devon and Cornwall.

**2018 – 19      Consultant Clinical Psychologist, Devon Community Forensic Service (DCFS) with Devon Partnership Trust**

Main roles and responsibilities involved specialist consultation regarding transition of services users with significant forensic histories from secure services to specialist community services. I offered clinical supervision and reflective practice to the DCFS staff and the community services to monitor risks and support psychological well-being of service users, thereby increasing the likelihood of successful placements. I was also responsible for overseeing the specialist risk assessments e.g. HCR-20v3 and RSVP. I also offered psychological therapies to service users to address mental health difficulties and associated risk behaviours.

**2015 – 18      Principal Clinical Psychologist, Pathfinder Services, Devon Partnership Trust**

Main roles included conducting psychological assessments and interventions to service users within the service (across varying levels of secure psychiatric provision and community services). Carrying a specialist caseload of complex clients and providing advice and consultancy to patients and professionals. Clinical leadership, coordination and supervision for staff attached to the Pathfinder Service. Clinical Governance of the Pathfinder, FIND, and MBT services. Multiagency and multi-disciplinary working, particularly liaising with MAPPA, PDP, Police, Probation, Prisons, and Housing. Contributing to management of psychologists within the secure services.

**2012 – 15      Principal Clinical Psychologist, Lee Mill Low Secure Service, Livewell Southwest**

Working as part of a multidisciplinary team in assessing and treating a specialist caseload of 12 male service users, referred from Acute Adult Mental Health Inpatient services, Early Intervention, Community Forensic Services and Assertive Outreach Services in Plymouth. Working with services users, their families and professionals within the services and in other services to support understanding of psychological formulations of mental health difficulties and associated offending/risk behaviour. Development of group psychological interventions for the service. Clinical supervision of staff and provision of reflective practice. Writing MHRT reports where required. Responsible for ensuring all services users had relevant risk assessments completed in line with service targets. Lead EMDR therapist for Livewell Southwest providing supervision to EMDR therapists in other parts of the organisation.

**2011 – 2012      Principal Clinical Psychologist, Heatherwood Court Low Secure Service in South Wales**

Lead of Men's Psychological Service. Responsibilities involved overseeing the psychological provision for 24 male patients. Development of individual and group therapies across two wards, line management of psychological therapies staff, completion and supervision of relevant risk assessments, regular attendance at MDT meetings, risk planning meetings and transition meetings. Liaison with community services and staff training in psychological approaches. Promoting psychological thinking regarding mental health difficulties and offending behaviour and how the ward environments and staff approach could be altered to reduce high expressed emotions and high number of restraints.

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**2008**      Primary and Advanced Certificates in Rational Emotive Behaviour Therapy, University of Birmingham

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- 2010** Parts 1, 2, and 3 EMDR obtained in April, July and September 2008 respectively and EMDR Accredited Practitioner
- 2014** Accredited EMDR Consultant EMDR Europe
- 2018** on-going EMDR Facilitator Training - Sandi Richman Training
- 2019** Re-accredited EMDR Consultant EMDR Europe
- 2019** Level 5 Diploma in Equine Facilitated Psychotherapy Specialist Training
- 2007** HCR-20 Training Version 2
- 2014** Healing Complex Trauma and Dissociation with Ego State Therapy and EMDR
- 2015** HCR-20 Training Version 3
- 2015** Risk of Sexual Violence Protocol RSVP Training University of Kent
- 2015** EMDR and Neurobiology
- 2016** EMDR, Complex Trauma and Dissociation
- 2016** Working with Veterans using EMDR
- 2016** Treating Anger, Resentment and Revenge with EMDR
- 2017** 2-day International Personality Disorder Examination (IPDE) Caroline Logan
- 2017** Psychopathy Checklist Revised (PCL-R) training Caroline Logan
- 2017** Mentalisation Based Therapy training 3-day course at Anna Freud Centre, London
- 2018** Motivational Interviewing Training 1 day – Stephen Rollnick, Cardiff
- 2018** British Isles DBT skills-based training 2 days
- 2018** 2-day Using EMDR with Children and Adolescents Level 1
- 2019** 2-day Recent Traumatic Events and Group EMDR treatment protocols, Wales
- 2019** Flash Technique for EMDR, London
- 2019** First Aid at Work Training - relevant to the Equine Assisted Psychotherapy
- 2020** Excellence in Report Writing - Expert Witness with Bond Solon, London