



## Dr Sarah Dawes

BSc, ForenPsyD, CPsychol, EuroPsy

### Chartered Forensic Psychologist



Health Professions Council Registration: **PYL31113**  
British Psychological Society Membership: **222186**

Dr Sarah Dawes is a Forensic Psychologist who qualified in 2014. She is registered with the Health and Care Professions Council (HCPC), Chartered with the British Psychological Society (BPS) and she holds a European standards certification in psychology as well.

Sarah specialises in forensic mental health and has substantial experience working with both men and women involved with the criminal justice system, secure psychiatric hospitals, custodial settings, community services and those awaiting to attend court or family court.

Difficulties experienced by those she has worked with have often been complex by nature and included diagnoses of mental illness, personality disorder and learning disabilities. Presentation has often been complicated by co-occurring problems with substance use, self-harm, trauma and / or serious offence related behaviours (such as violence, arson, stalking and sexual offending). Despite the nature of work Sarah has often been able to develop a positive therapeutic rapport to establish a shared understanding of difficulties experienced and to support a collaborative process.

Sarah currently works as an independent practitioner and is able to carry out formal psychological assessments and assessments of risk. By gaining a more in-depth understanding of presenting difficulties it can be of value to provide information for clinical questions raised, inform treatment planning and aid decision making. She is accustomed to writing psychological reports detailing the outcome of assessments and assessment process ensuring the quality is to a high standard. She is also experienced in multi-agency working ensuring efficient communication with appropriate/relevant professionals involved in a person's care and management. Due to the nature of the work she has undertaken this provides a platform to competently apply knowledge and skills across settings.

#### Areas of Specialism:

- Assessment of risk of future violent offending (including arson)
- Assessment of risk of future sexual offending
- Risk assessment where a sexual offender denies their offence
- Risk assessment of non-contact internet sexual offending.
- Assessment of anger traits and anger management skills
- Assessment of risk of future stalking behaviour
- Assessment of risk of future cyberviolence
- Assessment of self-harm and suicidal ideation
- Assessment of trauma and the likely impact of trauma.
- Assessment of mental health and functional link to risk
- Personality assessment
- Assessment of cognitive functioning/intellectual impairment
- Substance misuse related reports (e.g.necessity for further psychological treatment)
- Screening assessments for neurodevelopment difficulties including ADHD and autism

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01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

## **PROFESSIONAL QUALIFICATIONS**

- 2014**      Doctorate in Forensic Psychology Practice – University of Birmingham  
**2006**      BSc (Hons) Psychology – University of Hull

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2022**      How to assess and manage cyberviolence, Protect International Risk and Safety Services  
**2022**      Risk for Sexual Violence Protocol update training (RSVPv2), Tully Forensic Psychology Ltd  
**2021**      Assessing and managing risk for stalking (SAM), Protect International Risk and Safety Services  
**2020**      Excellence in written evidence, Bond Solon  
**2020**      Management of those who sexually offend & internet offenders, Andrew Sims Centre  
**2019**      The clinical application of compassion, The National Institute for the Clinical Application of Behavioural Medicine  
**2019**      Expert strategies for working with anxiety, The National Institute for the Clinical Application of Behavioural Medicine  
**2019**      How to work with patterns that sustain depression, The National Institute for the Clinical Application of Behavioural Medicine  
**2018**      Mindfulness (BPS Approved Certificate), The Skills Development Service Ltd  
**2017**      Risk for Sexual Violence Protocol (RSVP), Tully Forensic Psychology Ltd  
**2017**      Why do people get stuck and how can we help them heal, The National Institute for the Clinical Application of Behavioural Medicine  
**2015**      Essential Supervision Skills (BPS Approved Certificate in Clinical Supervision), The Skills Development Service Ltd  
**2014**      CBT for OCD, Nottinghamshire Healthcare Trust  
**2013**      The brain, dissociation and intrusive images  
**2013**      Memory, schemata and cognitive therapy  
**2013**      The brain, emotion and cognitive therapy, Oxford Cognitive Therapy Centre  
**2013**      Introduction to trauma, Oxford Cognitive Therapy Centre  
**2009**      Dual focused schema therapy  
**2008**      Building client's self-esteem, The Skills Development Service Ltd  
**2008**      Emotional Intelligence, Rethink  
**2007**      Brief solution focused therapy, The Skills Development Service Ltd  
**2004**      Challenging behaviour and autism, The University of Hull

## **WORK HISTORY**

### **2016 – Present    Forensic Psychologist, Independent Practitioner**

- Providing expert witness reports, psychological assessments, psychological training and online therapy.

- 2017 – 20      Forensic Psychologist. Sessional practitioner for Cygnet Hospital Bierley, Bradford, Male and female low secure care, and female specialist personality disorder service**
- Provided psychological and forensic risk assessment, alongside short and long term therapy. Case consultation, reflective practice, staff supervision, and input at MDT reviews was also provided. I was established as the main psychologist for the male secure ward.
- 2016 – 17      Forensic Psychologist. Sessional practitioner for The Farndon Unit, Nottinghamshire, Women’s low secure service**
- Provided psychological and risk assessments for all newly admitted patients, alongside short-term therapeutic intervention..
- 2016 – 17      Practitioner Psychologist. Independent practitioner for The Online Rehab, Remote Service, Online substance misuse service**
- Initial psychological assessments provided via video link for substance related problems.
- 2016            Locum Forensic Psychologist - Leeds and York Partnership Foundation Trust, Newsam Centre, Women’s Low Secure Service**
- Worked as the primary psychologist for the women’s ward within this low secure service. Support was offered to help reduce risk to self and/ or others and to support them within their recovery journey. The range of work undertaken included psychological assessment, individual therapy, family therapy, and case consultation. Input at MDT meetings was also required.
- 2015 – 16      Locum Forensic Psychologist - Rotherham Doncaster and South Humber NHS Foundation Trust, Community Learning Disability Outpatient Service**
- Therapeutic intervention was provided for adults with learning disabilities. All corresponding risk assessments were also required to be completed. Presenting problems involved bereavement, trauma symptoms, attachment issues, sexually inappropriate behaviours and obsessive traits. Consultation and support was also offered to staff and carers.
- 2015            Honorary Lecturer - MSc Forensic Psychology, Nottingham Trent University**
- Lectures provided for MSc Forensic Psychology students to help them build knowledge and skills relevant for their development within psychological practice.
- 2015            Locum Forensic Psychologist - Cygnet Hospital Bierley, Male Low Secure Service and Female PICU Services**
- Worked on the male and female secure wards and in the female PICU service. Risk related behaviours often included violence, sexual offending, substance misuse and self-harm. I took a lead on ensuring risk assessment (i.e. HCR-20) procedures were in place and were completed and up to date, undertaking them in a collaborative manner with the patients and care team. Therapeutic intervention and input at ward rounds and care pathway meetings was also provided, identifying appropriate treatment pathways.
- 2009 – 15      Forensic Psychologist, Trainee Forensic Psychologist and Assistant Psychologist. (Continued working here as a qualified psychologist after working here for six years previous as an**
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**assistant and trainee). The Farndon Unit, Elysium Healthcare, Nottinghamshire, Women's Low Secure Service**

- In-depth psychological assessments were provided focusing on aspects such as risk, mental disorder, and cognitive capacity. Short term and long-term therapy input (individual and group) was also provided. I also supported mothers separated from their children and in the process of going through care proceedings.
- Regular contributions were made to MDT meetings and input at management meetings in relation to risk, policy and service provision was also offered.
- I also supported the care team to embed a Positive Behaviour Support (PBS) model on one of the wards. And regular staff supervision was offered alongside psychologically informed training on a variety of subjects on a regular basis.

2010 – 11      **Trainee Forensic Psychologist. Lincolnshire Partnership Foundation Trust, Community Forensic Mental Health Team**

- Undertook needs assessments and specialist risk assessments, in addition to specific psychological assessments of mental disorder and personality. Triage assessments for those attending court were also undertaken. I provided formulations to inform treatment which was then offered by myself, the service or referred on to the most appropriate placement for therapeutic input. Whilst the service was provided for adults, there was a need to assess a number of adolescents who were due to transition into adult services within upcoming months.
- Consultation, training and supervision was also provided to NHS staff.

## **RESEARCH EXPERIENCE**

- Doctorate in forensic psychology practice incorporating the masters in forensic psychology practice, The University of Birmingham- Required to produce an MSc dissertation (2011) and a Doctoral Thesis (2014). Having designed, prepared, analysed and written up two research projects throughout the course, the opportunity was taken to use both quantitative and qualitative analyses.
- BSc Psychology, The University of Hull- Research dissertation (2006). Designed the study, collected data, analysed statistics and prepared the dissertation.
- Data Analyst for Dr Bolsover 2004-2006. Supported clinical psychologist in longitudinal study in scoring research data and entering them into SPSS for analysis.

## **PUBLICATIONS**

- Coombes, P., & Dawes, S. (2010). Development and implementation of a gender specific psychological treatment pathway in low secure services within Raphael Healthcare. *Journal of Integrated Care Pathways*, 14, 166-171.