

Dr Selina Tour

BSc, MSc, DCLinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL36122**

Dr Selina Tour works as a Principal Clinical Psychologist within prison mental health alongside her independent practice. She has over 10 years experience in the mental health sector, across a broad range of services including community, inpatient and secure settings. Of note, over 3 years working with children and adolescents and over 3 years working within specialist forensic services. Selina has experience of working with families, children and adolescents and foster carers within Child and Adolescent services and specialist Looked After Children services and experience of working with forensic inpatients and prisoners within a prison context. Selina has experience of conducting specialist assessments including risk assessments, personality functioning, attachment, trauma, neuropsychological assessments and mental health difficulties across contexts. She has written professional psychological reports to support local authority, parole board and tribunal hearing panels in decision making.

Selina has experience of working with individuals with a variety of different presentations including mental health, personality functioning, risk of violence, suicide, self-harm and neurodevelopmental diagnoses including autism and attention deficit hyperactive disorder. She has a good understanding of mental health, forensic and family law contexts and has offered psychological advice to professionals from an array of backgrounds to support the understanding of psychological need of the people we work with including social workers, foster carers and probation officers. She has also received an award for her role in enhancing equality and inclusion in psychology prison services to think about cultural relevance, bias and power dynamics within assessment of minority client groups.

AREAS OF SPECIALISM

- Adult mental health assessment
- Risk of violence assessments
- Trauma and impact on daily functioning and relationships
- Personality functioning
- Culturally sensitive assessment

PROFESSIONAL QUALIFICATIONS

Doctorate in Clinical Psychology – University of Birmingham

Masters in Psychological Research Methods– University of Nottingham

Bachelor of Science in Psychology and Cognitive Neuroscience – University of Nottingham

WORK HISTORY

Present

Private Practice

Working with professionals and clients, I currently offer:

- Reflective practice to psychologists focusing on inclusion, equality and group dynamics
- Workshops on somatic and culturally sensitive mental health approaches
- Individual client therapy across a wide range of presenting difficulties including relationships, identity, trauma, mood disorders and adjustment difficulties

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- Family and Criminal Expert witness reports

2021 – Present Principal Clinical Psychologist – North Staffordshire Combined Healthcare Trust

As lead Psychologist for prison mental health services within HMP Stoke Heath, this role involves:

- Leading on the psychological development of service pathways including cultural change transformation and training of the workforce
- Supervision, consultancy and reflective spaces to psychological and other professions to enhance psychological approaches to forensic mental health
- Specialist psychological assessment and intervention for individuals with complex mental health needs
- Liaison with the wider prison team to collaborate on prisoner care
- Service evaluation and research to enhance the effectiveness of the mental health team practice

2020 – 21 Senior Clinical Psychologist – Black Country Healthcare Foundation Trust

Working across two inpatient wards, clinical responsibilities of this role include:

- Collaborating with the patient and the multidisciplinary team to plan care towards discharge by offering a psychological perspective to understand reasons for admission and focus on initial steps towards stabilisation of current crisis
- Offering reflective practice, staff development and training programmes to nursing staff to enhance psychological thinking and skills within the team
- Offering supervision and wellbeing workshops to nursing team colleagues
- Liaising with community teams to ensure continuity of patient care
- Conducting specialist assessments if appropriate including HCR-20 V3 and neuropsychological assessments
- Engaging with wider service level projects including equality and diversity and service evaluation
- Supervising trainee and assistant psychologists
- Service evaluation and research to improve service quality

2018 – 20 Clinical Psychologist - Her Majesty's Prison and Probation Service

Working across public sector prisons, clinical responsibilities of this role have included:

- Developing and rolling out a new service to meet the needs of men having difficulty in progressing forwards in their sentence
- Building networks and liaising with colleagues across disciplines to raise awareness of the new service and its role within the current system
- Conducting assessment, formulation, intervention and evaluations within individual client sessions including the use of personality, neurodevelopmental and trauma assessment tools and an integrative, relational approach. This including using psychological models such as compassion focused therapy, dialectical behavioural therapy, cognitive behavioural therapy
- Conducting consultation and supervision to colleagues in other disciplines
- Writing collaborative reports for parole purposes and wider dissemination
- Offering psychological advice into a working group to support cultural change
- Undertaking the role of research ethics reviewer and offering research support to colleagues within region for qualitative research and systematic reviews
- Diversity lead for the region, shaping regional approaches to overcome racial discrimination and unconscious bias

2018 Clinical Psychologist in Training – Black Country Partnership Foundation Trust

Working under the supervision within a community adult mental health team, clinical responsibilities included:

- Drawing on cultural change principles to implement a service level project to align treatment groups with a recovery focused ethos
- Evaluating the psychology contribution to the service to evaluate the output of psychology relative to psychological need
- Offering consultation and advice to team managers to support effective delivery of treatment and manage psychology resource
- Leading on training for experts by experience which included teaching recovery focused principles
- Conducting assessment, formulation, intervention and evaluation of individual adult cases presenting to the team and running cognitive behavioural groups with expert by experiences

2017 – 18 Clinical Psychologist in Training – Black Country Partnership Foundation Trust

Working under supervision within a Child and Adolescent Mental health service, clinical responsibilities included:

- Conducting clinical interviews with children, young people, families and carers.
- Administering, scoring and interpreting an array of psychometric measures.
- Assessing intellectual functioning, clinical need and interpersonal functioning.
- Drawing upon a range of models for psychological formulation to inform treatment recommendations.
- Delivering attachment focused interventions to children with traumatic histories.
- Delivering consultation to staff and attachment focused training to carers
- Building and maintaining positive professional working relationships on behalf of the organisation.
- Working systemically to meet the needs of young people within the social care system

2017 Clinical Psychologist in Training – Birmingham Community Healthcare Trust

Working under supervision within an older adult learning disability team, clinical responsibilities included:

- Conducting formal neuropsychological assessments
- Conducting psychological assessments of presenting difficulties
- Devising collaborative psychological formulations with clients and families/carers, and devising treatment recommendations.
- Delivering staff consultations and team supervisions to support indirect interventions
- Providing supervision to Assistant Psychologists.
- Disseminating psychological reports to other professionals and offering treatment recommendations.
- Evaluating the delivery of a new service model through audit.
- Working within a multi-disciplinary team to aid the differential diagnosis process

2016 – 17 Clinical Psychologist in Training – Black Country Partnership Foundation Trust

Working under supervision, clinical responsibilities include:

- Conducting clinical interviews with children, young people, families and carers to assess difficulties
- Administering, scoring and interpreting an array of psychometric measures.

- Assessing for the presence of autism spectrum disorder within a specialist clinic using neuropsychological tests, clinical interview and diagnostic manuals
- Drawing upon a range of models for psychological formulation to inform treatment recommendations.
- Delivering interventions to children including family therapy and CBT interventions for an array of difficulties including self-harm, anxiety, depression and trauma
- Leading peer supervision groups for assistant and training psychologists
- Building and maintaining positive professional working relationships on behalf of the organisation.

2015 – 16 Clinical Psychologist in Training – Birmingham and Solihull Mental Health NHS Foundation Trust

Working under supervision in a medium secure forensic service for women with mental illness and diagnoses of personality disorder, clinical responsibilities included:

- Administering, scoring and interpreting an array of psychometric measures.
- Assessing personality and interpersonal functioning.
- Conducting collaborative risk assessments.
- Sharing specialist psychology assessment reports with the multidisciplinary team
- Drawing upon a range of models for psychological and risk formulation to inform treatment recommendations.
- Delivering individual interventions and co-facilitating high intensity Cognitive Behavioural Therapy group interventions targeting habitual aggression (Life Minus Violence)
- Creating and facilitating a trauma group

2014 – 15 Interventions Facilitator – HMP Whitemoor

Working within a forensic psychology department of a high security prison for male offenders. Clinical responsibilities included:

- Assessing readiness for change of offenders and suitability for group treatment
- Conducting assessments of violence history
- Co-facilitating a high intensity group treatment programme (Self-Change Programme)
- Assessing and reporting risk
- Participating in group supervision and professional meetings
- Writing reports to summarise psychological progress of offenders

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Bond Solon Excellence in Report writing
- Bond Solon Courtroom skills training
- Bond Solon Family Law and Procedure
- Historical Clinical Risk Management-20, Version 3 (HCR-20 V3)
- Structured Assessment of Protective Factors for Violence Risk
- Debriefing survivors of major incidents
- Negotiator Advisor Training
- Solution Focused Hypnotherapy
- Group Analysis Foundation course
- Eye Movement Desensitisation and Reprocessing (EMDR)
- Sensorimotor Psychotherapy Level 1