



**Dr Victoria Ross**  
CPsychol, DClinPsy. MSc, BSc, PgCert  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL34596**  
British Psychological Society Membership: **458861**

Dr Victoria Ross has extensive clinical experience in the NHS and independent practice providing assessment and treatment for complex mental health conditions across the lifespan. Over the past ten years she has delivered evidence-based psychological therapies within community-based, inpatient and outpatient NHS settings and in independent practice.

Dr Ross has worked in highly specialist services across both mental health and physical health. The main therapeutic modalities she uses include cognitive behaviour therapy (CBT), eye movement desensitisation reprocessing (EMDR) therapy, Acceptance & Commitment Therapy (ACT), Compassion Focussed Therapy (CFT) as well as being informed by attachment theory and mindfulness approaches. She has experience in treating a wide range of psychological conditions including, depression, anxiety, post-traumatic stress disorder, complicated grief, addiction, somatisation disorders and complex PTSD. She has provided psychological therapy to individuals, couples and groups.

As part of developing new services, Dr Ross has been heavily involved in service design and implementing care pathways. She has acted as an 'expert witness' to the Courts in the area of personal injury claims; mainly in relation to the psychological effects of a road traffic accident. She also has significant experience in supporting other healthcare professionals to provide psychological therapy through clinical supervision, teaching and training. She has delivered teaching at undergraduate, postgraduate and doctoral level as well as to various health professionals including consultant level medical staff.

Dr Ross holds honorary clinical lecturer status and have delivered workshops and presentations at both local and international conferences.

### **PROFESSIONAL QUALIFICATIONS**

- 2020** PgCert in Online Therapy (Distinction), Academy for Online Therapy
- 2017** Doctorate in Clinical Psychology, University of Edinburgh
- 2013** MSc Psychological Therapies in Primary Care, University of Stirling/Dundee
- 2009** BSc Psychology, University of Glasgow

### **WORK HISTORY**

- 2021 – Present** **Clinical Psychologist, Naytal Ltd**
- 2020 – Present** **Director, Dr Victoria Ross - Psychological Services**
- 2018 – 21** **Honorary Clinical Lecturer, University of Aberdeen**
- 2017 – 21** **Clinical Psychologist, Sexual Health & HIV, (0.2) NHS Grampian**
- 2017 – 20** **Clinical Psychologist - Diabetes (0.8) NHSG (0.8)**
- 2019 – 20** **Clinical Psychologist (0.2) - Gender Identity, NHS Grampian**

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<b>2019 – 20</b>	<b>Clinical Psychologist (locum) - Forensic Mental Health, NHS Grampian</b>
<b>2014 – 17</b>	<b>Trainee Clinical Psychologist, NHSG Greater Glasgow &amp; Clyde</b>
<b>2012 – 14</b>	<b>Mental Health Therapist (CBT), NHS Greater Glasgow &amp; Clyde</b>
<b>2012 – 13</b>	<b>Trainee Clinical Associate in Applied Psychology (CBT), GG&amp;C</b>
<b>2011</b>	<b>Team Leader, Scottish Association for Mental Health</b>

#### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- Expert Witness Essentials – Expert Witness Institute
- Eye Movement Desensitisation and Reprocessing (EMDR) Part 1, 2 & 3 (Sandi Richman, UK)
- Compassion Focussed Therapy (CFT) - Advanced Skills, Trauma, Complex Cases (Compassionate Mind, Paul Gilbert) CFT for Physical Health (Balanced Minds)
- Acceptance & Commitment Therapy (ACT) for Trauma (Psych Wire) Intermediate Skills; Physical Health; ACT for Greif, ACT for OCD (Contextual Consulting)
- Expert Witness Essentials (Expert Witness Institute)
- Generic and Specialist Clinical Supervision, Transformative Conversations (NES)
- Mindfulness Based Cognitive Therapy (MBCT) (Oxford Mindfulness Centre, Mark Williams)
- Chair Work – Cognitive Behavioural Therapy (Tobyn Bell & Matt Pugh)
- Behavioural Activation (NHS GG&C)
- Quality Improvement (NHS Grampian)
- Complicated Grief (University of Glasgow, Chris White)
- Integrated Behavioural Couples Therapy (Andrew Christensen)