

Dr Peter Isebor

B.Sc., M.Sc., D.Clin.Psych

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL36138**

Dr Isebor's work as a clinical psychologist has predominately been in adult mental health services working with people who have experienced common and complex mental health problems. This has been across a range of settings including inpatient and community. His training, experience and current work serve the grounding for his skills of psychological assessment of mental health. He has experience in assessing individuals who have had single and multiple traumatic events and understanding the impact of these events using evidence-based psychological theory and instruments. This may involve completing psychometric measures, or cognitive assessments in addition to clinical interviews. This has been with both young people and adults.

Dr Isebor's current clinical work in the NHS has largely involved working with adults or families where one adult is living with psychosis or psychosis-like symptoms. When living with psychosis, it is not unusual for people to experience additional or other mental health problems in relation to psychosis such as anxiety, low mood or depression, post-traumatic stress, or lowered self-esteem. This work is largely framed using cognitive therapy, however, his clinical training and experience mean that he draws from additional therapeutic models. Namely psychodynamic or relational approaches, compassion- focused therapy, and systemic therapy. He combines his use of these approaches with an understanding of the impact of trauma on psychological and emotional development, and this underpins all of my clinical practice.

In addition to his clinical experience largely being adult mental health, he has a special interest in the mental health and treatment of people from racially minoritized communities (in particular Black African and Caribbean individuals). He has an interest in understanding how race interacts with people's access to services, and how issues relating to mental health can often be misunderstood in these communities.

Areas of Specialism

- Assessment of trauma and psychosis
- Assessment of common mental health problems
- Assessment of issues related to race, ethnicity and culture
- Attachment
- Complex trauma
- Parenting capacity

PROFESSIONAL QUALIFICATIONS

2018	Doctorate in Clinical Psychology – University of Sheffield
2014	MSc Mental Health Studies – King's College London
2010	BSc in Psychology – Lancaster University

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2022	Expert Witness Institute Core Training
-------------	--

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- 2021** Psychotherapy for Psychosis
- 2020** Anticipating Suicide (Harry Guntrip Psychotherapy Trust)
- 2020** Therapeutic Relationships with Patients in Mental Health Settings (Institute of Psychoanalysis)
- 2020** CBTp Shorter Top Up CPD Course (University of Manchester)
- 2020** Introductory Supervisor Workshop (University of Sheffield)

WORK HISTORY

- 2018 – Present** Clinical Psychologist, Sheffield EIS – Sheffield Health and Social Care NHS Foundation Trust - Sheffield
- 2020 – 21** Chair, BAME Staff Network Group – Sheffield Health and Social Care NHS Foundation Trust - Sheffield
- 2019 – 2020** Clinical Psychologist, Sheffield Inpatient Ward – Sheffield Health and Social Care NHS Foundation Trust - Sheffield.
- 2018 – 19** Chair, Widening Access to Clinical Psychology for BAME graduates – University of Sheffield, DClin - Sheffield

PUBLICATIONS

- 2018** Nussey, C., & Isebor, P. (2018). STARTing Well: A systemic contribution to the delivery of a manualised intervention for carers of people with dementia. Psychology of Older People: FPOP Bulletin, 142, 42–48.

TEACHING, WORKSHOPS AND PRESENTATIONS

- 2019** “Introducing difference and diversity – ethnicity and culture” – (a day teaching), University of Sheffield Doctorate in Clinical Psychology, February 2021, March 2020, November 2019. 2015 UKCP Research Conference, London
- 2016** “Building inclusivity in relation to clinical psychology training and supervision” – (1.5 hour workshop), SHSC Psychological Services away day. November 2016.