



**Dr Stephen Smith**  
DClinPsy, DPsychol, DipSW, BSc (Hons)  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL29765**  
British Psychological Society Membership: **531810**

Dr Stephen Smith has been working in the field of Adult Mental Health since 2013, specialising in the assessment, diagnosis and treatment of moderate to severe mental health disorders including PTSD, personality disorders, anxiety disorders (Generalised Anxiety, Health Anxiety, Panic, Specific Phobias, Social Anxiety, Performance Anxiety), mood disorders (Depression, Bipolar Affective Disorder, Premenstrual Dysphoric Disorder) and Obsessive Compulsive Disorder. He has specialist expertise in the diagnosis and treatment of Alcohol Related Brain Damage and of ADHD and ASD in adults. Dr Smith has extensive experience of preparing expert psychological reports for tribunals and courts. He is also an experienced supervisor and have written national training programmes on the subject of supervision of psychological therapies for individuals, groups and peers.

#### **AREAS OF SPECIALISM**

- Adult mental health
- Alcohol Related Brain Damage
- ADHD
- ASD
- Cognitive Assessment
- Complex PTSD
- Criminal Injuries

#### **PROFESSIONAL QUALIFICATIONS**

- 2013**          Doctorate in Clinical Psychology  
**2010**          Psychology (Hons) First Class  
**2001**          PG Dip in Social Work & Social Policy

#### **WORK HISTORY**

**2021 – Present    Clinical Director – Private Practice**

Expert Witness reports  
ADHD and ASD assessment and treatment  
Individual therapy for Personality disorders; Complex PTSD; Childhood and Adult Sexual Abuse; Anxiety and Mood disorders

**2020 – Present    Clinical Psychologist Consultant to CICA – Ministry of Justice**

Preparation of expert psychological reports for the purposes of compensation for victims of violent crimes.

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**2015 – Present    Principal Clinical Psychologist**

Alcohol Related Brain Damage Unit: Neuropsychological assessment and treatment for adults with ARBD

**2013 – 2021    Principal Clinical Psychologist**

Adult Mental Health: specializing in Anxiety and Mood Disorders, Personality Disorder, PTSD, Complex PTSD, Neurodevelopmental Disorders and Supervision

Rivers Centre for Traumatic Stress, Specialist Assessor for Trauma-Related mental health problems

**2000 – 13    Trainee Clinical Psychologist – Northumberland Tyne & Wear NHS Trust****2004 – 07    Senior Training Officer – CALM Training Services Ltd****2001 – 04    Social Worker (Children & Families)****1999 – 2001    Trainee Social Worker****1995 – 99    Assistant Unit Manager – Sense Scotland****SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- EMDR Level 2
- DIVA 5: Assessment of Attention Deficit Hyperactivity Disorder in Adults
- Dialectic Behaviour Therapy
- Cognitive Behavioural Analysis System of Psychotherapy
- Interpersonal and Social Rhythm Therapy
- Cognitive Behavioural Therapy for Autism Spectrum Disorders
- Cognitive Behavioural Therapy for Personality Disorder
- Interpersonal Neurobiology
- Supervision of Cognitive Behavioural Therapy