

Dr Peter Lydon

M.Sc, DClinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL29915**

Dr Peter Lydon has been qualified as a clinical psychologist since 2013, and has worked in the NHS in the field of child and family mental health for 15 years, across both inpatient and community settings. He has extensive experience of assessing and working with children, young people and adults with a range of mental health difficulties including anxiety conditions, depression, psychosis, PTSD, personality difficulties and self-harm and suicidal ideation. He has consistently delivered high quality, professional and compassionate services in his assessment, formulation, and intervention work, including working in highly stressful and complex situations and work settings.

Dr Lydon has worked extensively in Multi-Disciplinary Teams working alongside other professionals including Psychiatrists, Nurses, Social Workers, Occupational Therapists and Teachers, developing skills and experience in delivering holistic and comprehensive assessment, formulation and intervention plans. In addition to his core training in clinical psychology he has undertaken regular and extensive continued professional development, including comprehensive training in Eye Movement Desensitisation and Re-Processing (EMDR), Schema Therapy, and Attachment and Psychopathology;

Dr Lydon has undertaken medico legal assessments in the field of personal Injury with adults and children/young people for over 6 years, having completed over 300 assessments to date of children, young people and adults. He has also completed 8 assessments in the field of the child and family court, and have also completed 8 assessments in the field of criminal injury. He has completed training with Bond Solon (Excellence in Report Writing) and The Institute for Expert Witnesses (Civil Litigation for Registered Psychologists)

AREAS OF SPECIALISM

- Child and adolescent mental health
- Impact of trauma, abuse and neglect in children, adolescents and adults
- Assessment of children, young people, adults and families
- Social, emotional and behavioural issues
- Low mood, anxiety and depression
- OCT
- Family relations
- Emerging personality difficulties
- Social communication difficulties
- Cognitive assessments
- Assessment of violence in youth
- Risk assessment

PROFESSIONAL QUALIFICATIONS

2013 Doctorate in Clinical Psychology – Lancaster University

2009 MSc Research Methods in Psychology – University of Liverpool

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2006 BSc Psychology – University of Leeds

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2022 Civil Litigation for Registered Psychologists, The Expert Witness Institute
- 2022 Excellence in report writing in England and Wales, Bond Solon Training
- 2022 Attachment, Neurodevelopment, & Psychopathology, , Dr. Patricia Crittenden, The Tavistock and Portman NHS Foundation Trust
- 2020 Schema Therapy workshop 1, 3 days, Schema Therapy Institute (working towards accreditation as schema therapist)
- 2019 Adverse Childhood Experiences (ACEs) and Child Development
- 2018 Planning for quality improvement, 2 day training, Advancing Quality Alliance (AQuA)
- 2017 Specialist Sexualised Trauma, Domestic Abuse and Child Sexual Exploitation Training, Zoe Lodrick
- 2017 Eye movement desensitisation and reprocessing (EMDR), EMDR academy, Parts 1-3
- 2017 Eye movement desensitisation and reprocessing (EMDR), EMDR academy, Part 1 Child Training
- 2017 Schema therapy for children and adolescents, 3 day introductory workshop
- 2015 Best Practice in assessment of violence risk, University of Manchester, 1 day
- 2015 Short term assessment of risk and treatability (START) risk assessment training, University of Manchester
- 2015 Supervisor training, 3 days, Lancaster university
- 2015 University certificate in advanced practitioner topics with sex offenders, University of Central Lancashire, 2 days
- 2013 Dialectic behaviour therapy (DBT), 2 days, Alpha hospitals
- 2013 Institute of Narrative Therapy, Level 1 Training

RESEARCH

- 2013 Client Experience of Endings in Therapy, Doctoral Thesis Research, Lancaster university
- 2011 Parents' Experience of their child's admission to a Tier 4 inpatient service, Service Related Project, Lancaster University