



Dr Sarah Swan
BSc, MSc, DClinPsych.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL23005**
British Psychological Society Membership: **071848**

Dr Sarah Swan is an HCPC registered and BPS Chartered Clinical Psychologist who qualified in 2000. She has worked extensively with adults with a range of presenting difficulties including post-traumatic stress disorder, personality disorders and substance misuse issues. She consults to a range of organisations in relation to employee wellbeing as well as to the Association of Clinical Psychologists. When in the NHS, Sarah worked in a senior leadership role which included training of staff and strategic work across the organisation to improve safety and quality of care.

AREAS OF SPECIALISM

- Assessment of a range of mental health presentations in adults
- Extensive experience of working with clients with complex presentations and high levels of risk
- Trauma, PTSD, complex trauma and abuse
- Personality Disorders
- Substance misuse
- Self-harm/suicidal ideation
- Capacity/motivation to change
- Parent assessments

PROFESSIONAL QUALIFICATIONS

- 2015** MSc Personality Disorders: Developing Services and Extending Practice – Open University
- 2000** DClinPsy Clinical Psychology – University of London
- 1993** BSc (Hons) Behavioural Sciences – University of Huddersfield

WORK HISTORY

2016 – Present Private Practice

- Individual psychological therapy to people experiencing a range of difficulties including, stress, anxiety, depression, physical health issues, alcohol problems and eating disorders.
- Mental health training and consultancy to a range of public and private sector organisations
- Medico-legal work, carrying out psychological assessments of parents for the family court, report writing and court appearances as required

2012 – Present Consultant Clinical Psychologist in Mental Health – Surrey & Borders Partnership NHS Foundation Trust

- Assessment and individual therapy for people with a range of mental health problems
- Clinical and professional leadership of psychology and psychological therapies within secondary mental health community services

01273 381468

admin@psychologyexperts.org

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- Implementation of a Trust-wide strategy for transforming services for people with PD and their carers
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- Staff training and development e.g. training non-psychology staff in the use of basic psychological principles and skills, including positive risk-taking approaches
- Leading multi-agency meetings to develop management plans for complex and high-risk individuals who are high users of services across the health and criminal justice system
- Business development including identification of potential areas for development, providing clinical advice and leadership, engaging and developing relationships with potential partners and bid writing
- Development of new services, e.g. a Recovery College for people with a range of mental and physical health problems and their carers

2019 – 22 Association of Clinical Psychologists UK

- Director for England, representing psychologists working in the UK and supporting the strategic development of the profession.

2006 - 12 Consultant Clinical Psychologist In Substance Misuse – Central & North West London NHS Foundation Trust

- Professional leadership of psychology and psychological therapies within a Substance Misuse Service
- Supervision of psychologists, psychological therapists and MDT staff
- Overseeing the development and delivery of group therapies based on current evidence
- Assessment and individual therapy
- Developing and delivering training for MDT and third sector staff on psychological interventions such as motivational interviewing and relapse prevention

2009 – 10 Consultant Clinical Psychologist and Head of Psychology and Psychotherapy

- Clinical and professional leadership of psychology and psychotherapy for adult services within the Croydon Borough
- Professional (and in some cases line management) responsibility for a team of Consultant Clinical Psychologists
- Part of the Croydon multi-disciplinary leadership team
- Development of Borough-wide multi-disciplinary risk management forum
- Led on the community services re-design process

2001 – 06 Senior Clinical Psychologist in Mental Health and Substance Misuse – West London Mental Health Trust

- Assessment and individual psychological therapy for people with mental health and substance misuse problems
- Supervision of Band 7 psychologists and trainee clinical psychologists
- Development and delivery of a service specific to those using stimulant drugs
- Delivery of group-based interventions, e.g., Relapse prevention for those with alcohol problems
- Developing and delivering training for MDT staff

- Audit and evaluation
- Providing group and individual dialectical behaviour therapy (DBT)

2000 – 01 Clinical Psychologist in Mental Health – Hounslow & Spelthorne NHS Trust

- Assessment and psychological interventions for people with a range of moderate to severe mental health problems
- Delivery of brief interventions within primary care
- Supervision of assistant psychologists and trainee clinical psychologists
- Audit and evaluation

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2019	EMDR
2018	Assessment and treatment of Complex Dissociative Disorders
2017	SJP Law Expert witness work for Clinical Psychologists
2016	Leadership development
2015	MSc Personality Disorders: developing services and extending practice
2005	Schema therapy for personality disorders
2002	Dialectical behaviour therapy training for borderline personality disorder

PUBLICATIONS

- Swan, S. & Andrews, B. (2003). The relationship between shame, eating disorders and disclosure in treatment. *British Journal of Clinical Psychology*, 42, pp367-78.
- Brown, D., Shaw-Taylor, M. & Swan, S. (2016). Positive Behaviour Support: its application to people with personality disorders. *Clinical Psychology Forum Special Edition*.
- Swan, S. (2018). The development and evaluation of a staff consultation forum for complex clients with personality disorders. *Clinical Psychology Forum*.