



Dr Leyland Sheppard Consultant Psychiatrist

GMC: 3284315

Since 2005 Dr Sheppard has worked as a Consultant Adult Psychiatrist and Medical Psychotherapist in the NHS. Since 2008 he has reported extensively to the Family and Civil Courts on psychiatric diagnosis, risk assessment, causation and treatment including personal injury, clinical negligence and psychiatric cases referred to the Coroner. The quality of his reports has been externally verified, underwriting his membership of two external bodies for expert witnesses. He has recent experience of attending court in person and remotely.

AREAS OF EXPERTISE

- Adult Mental Health
- Depression
- Expert Witness Psychiatry
- Schizophrenia
- Personality Disorders
- Bipolar Disorder
- Relationships
- Medicolegal Reporting
- Impulsive Behaviour

PROFESSIONAL EDUCATION AND QUALIFICATIONS

1988: Undergraduate medical training, (University of Dundee): BMSc, MBChB
1989: Pre-registration house appointments (Dundee)
1991: Postgraduate Training in General Medicine (Newcastle upon Tyne): MRCP (UK)
1993: Postgraduate Training in Psychiatry (Cambridge)
1997: Higher Postgraduate Training in Psychiatry (Maudsley Hosp., London): MD, MRCPsych
2000: Clinical Research Fellow (University of Cambridge): PhD (Cantab.)
2001: Further Higher Postgraduate Training in Psychiatry (Cambridge)
2005: Postgraduate Training in Medical Psychotherapy (Nottingham)

PROFESSIONAL EMPLOYMENT

2005 - present: Consultant Adult Psychiatrist and Medical Psychotherapist, St. Anne's Hospital, Poole

CONSULTANT POST

Most of my adult psychiatry work as a consultant psychiatrist has been with in-patients having a range of treatment-refractory psychiatric disorders (mainly schizophrenia, bipolar disorder, depression and personality disorders) and challenging behaviours, often in the context of alcohol and drug misuse. I have been the only Medical Psychotherapist

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in the Trust whose remit has been to provide psychotherapy training and supervised experience for psychiatry trainees in line with national guidance, as well as holding a personal caseload. My clinical psychotherapy cases have been adults presenting with a range of difficulties with relationships, impulsive behaviours and managing work.

From October 2019, I moved to part-time NHS practice to increase my focus on medicolegal work. I no longer run an in-patient unit but continue to provide general adult psychiatry services for new admitted patients and on an emergency basis out of hours. I have also continued my medical psychotherapy role that includes consultation to, and supervision of, staff at all levels across the Trust.

MEDICOLEGAL WORK

I have carried out psychiatric medico-legal work since 1997. Since 2008, I have produced over 300 expert witness reports concerning the mental health of adults in the domains of clinical negligence, personal injury, family law, occupational incapacity and the coroner's court. I have recent experience of attending court both in person and remotely.

Since 2012, I have been certified as a member of The Expert Witness Institute (London) and since 2014, a member of the Faculty of Expert Witnesses for Doctors. I am in good standing for continuing professional development with the Royal College of Psychiatrists.

RESEARCH

At Cambridge University, I undertook original research investigating the relationship between thinking and emotion in depression and the changes in negative thinking associated with recovery from depression e.g. Sheppard L.C. and Teasdale J. D. (2004): How does dysfunctional thinking decrease during recovery from major depression? *Journal of Abnormal Psychology*, 113, 64-71.