

Ms Jo West

PGdip, B.Sc, M.Sc.

Forensic Psychologist



Health Professions Council Registration: **PYL36839**

Jo West is a forensic psychologist registered with the Health and Care professions Council (HCPC). She holds current employment in a low secure mental health hospital for women, where she completes mental health assessments and delivers therapy to support women with a range of presenting mental health problems including, but not limited to, Post Traumatic Stress Disorder (PTSD), psychosis, depression, anxiety, suicidal ideation/self-harm and dissociation. She is experienced in a range of therapeutic models including Dialectical Behaviour Therapy (DBT), Compassion Focused Therapy (CFT), Narrative Therapy, and Eye Movement Desensitisation Reprocessing (EMDR).

Jo has previous experience in leadership roles in the offender personality disorder pathway (NHS) and in the prison service, working with both male and female service users. Jo is competent in formulation and intervention to address presenting issues such as violence, self-harm, sexual violence and mental health. Jo has worked as an expert witness since 2015, conducting structured assessments of personality, risk and mental health for parole reports, and more recently completing pre-sentence reports.

AREAS OF SPECIALISM

- Sexual offending
- Violent offending
- Adult mental Health
- Working with women
- Trauma interventions including Cognitive Processing Therapy and EMDR

PROFESSIONAL QUALIFICATIONS

2019 Postgraduate Diploma in Practitioner Forensic Psychology, Cardiff Metropolitan University

2014 MSC in applied forensic Psychology, University of York

2007 BSC in Psychology, University of Lancaster

EXPERT WITNESS EXPERIENCE

I regularly complete psychological assessment reports for individuals awaiting sentencing including assessing:

- Substance misuse
- Mental health including assessments of Post Traumatic Stress Disorder
- Cognitive functioning
- Risk of violence and/or sexual offending

In addition, I conduct psychological risk assessments for Parole Board hearings for Life and IPP sentenced prisoners. Psychological reports have included the assessment of:

- Sexual offenders (RSVP)
- Violent offenders (HCR-20v3)
- Substance misuse

- Cognitive assessments (WAIS-IV)
- Personality disorder

CLINICAL EXPERIENCE

Waterloo Manor Hospital (August 2022 to current)

I am currently employed in a low secure mental health hospital for women. I complete mental health assessments and provide therapy to support women with a range of presenting mental health problems including, but not limited to, Post Traumatic Stress Disorder, psychosis, depression, anxiety, suicidal ideation/self-harm and dissociation. I am competent in designing and providing interventions that are informed by principles of Cognitive Behaviour Therapy, Dialectical Behaviour Therapy and Narrative Therapy. I also support women to manage their risk of harm to self and others, substance use and offending behaviour. I provide staff support and consultancy to ensure the wellbeing of staff and patients. I have experience formulating a range of presenting issues including personality traits, sexual and violent offending, self-harm and trauma with male, female, and transgender service users.

NHS – Offender Personality Disorder Pathway (November 2021- August 2022)

I have previously held employment as a clinical lead in the Offender Personality Disorder pathway PIPE service (psychologically Informed Planned Environment). This service is for those whose personality is functionally linked to their offending. This leadership role involved providing guidance, consultancy, and individual and group supervision to a team of 15 colleagues to ensure the team psychologically. I also contributed to policy development to ensure the aims and remit of the service was defined for other stakeholders.

HMPPS (November 2010 – November 2021).

I worked in various prison establishments in HMPPS for a period of 10 years (including a category A high security prison). This involved supporting men and women, (with personality traits, substance use and complex mental health problems), in custody to address their risk of violence, self-harm, sexual violence and to manage their emotional and wellbeing needs. In addition, I conducted psychological assessments to contribute to parole board decisions. During my time in this employment, I worked as a senior forensic psychologist (establishment lead psychologist). This involved overseeing and ensuring effective delivery of women's estate psychology services in a custodial setting.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Structured Clinical Interview for DSM-5 Disorders (2024)
- Expert Essentials (2024)
- Cognitive processing therapy for PTSD (2023)
- Eye Movement Desensitization Therapy - EMDR (2023)
- Cognitive Behaviour Therapy Essentials (2023)
- Compassion Focused Therapy (2022)
- Autism in Forensic Settings (2022)
- Dialectical Behaviour Therapy (2021)
- International Personality Disorder Examination (2021)
- Fire Setting Intervention (2021)
- Narrative Therapy (Level 1) – 2017
- Psychopathy Checklist Revised (PCL-R) - 2016
- HCR-20V3 (2016)
- Wechsler Adult Intelligence Scale (2015)