

**Dr Ayesha Prout**  
BSc., D.Foren.Psy.  
**Forensic Psychologist**



Health Professions Council Registration: **PYL32254**

Dr Ayesha Prout is an HCPC registered Forensic Psychologist with over 10 years' experience, in both the U.K. and Trinidad and Tobago. She has had the opportunity to have worked with a wide range of clients and service users, from various multicultural, ethnic and socio-economic backgrounds, placing emphasis on trauma-focussed care and practice in the work she undertakes. She has worked with adults and children in both community and in-patient mental health settings. She is currently the Head of Psychology in a private mental service, providing psychological support on a secure ward for individuals experiencing acute distress and mental health problems.

Dr Prout has extensive experience in undertaking various psychological assessments and completing high standard reports for the purpose of legal proceedings, for both children and adults. She is proficient in administering, interpreting and reporting on a wide battery of assessments for cognitive functioning, personality functioning, psychopathology, violent and sexual risks and neurodiversity, and utilises formulations alongside these assessments to guide intervention. Dr Prout is also a trained EMDR therapist.

#### **AREAS OF SPECIALISM**

- Cognitive functioning
- Risk assessment and risk management
- Adult Mental Health Problems
- Childhood Mental Health Problems
- Complex trauma
- Offending behaviours
- Personality disorders

#### **PROFESSIONAL QUALIFICATIONS**

**2007 - 2010** Professional Doctorate in Forensic Psychology (D.FOREN.PSY), University of Nottingham

*Thesis Title: "The Relationship between Attachment and Psychopathy"*

**2006 – 2007** B.Sc. (HONS) Psychology, The University of the West Indies, St. Augustine, Trinidad

*Minor: International Relations*

#### **WORK HISTORY**

**2021 – Present** Head of Psychology, Cygnet Hospital, Maidstone

- Oversee the psychology department within the hospital, managing a team of professionals to provide high-quality care to service users with complex needs and mental health difficulties.
- Lead Psychologist for the provision of evidenced-based interventions in a PICU-setting
- Collaborate with the multidisciplinary team to develop comprehensive and individualised care plans for patients.
- Evaluate the service and contribute to its development by implementing evidence-based practices and innovative approaches.
- Provision of clinical supervision for qualified and assistant psychologists and psychotherapist

- Provision of reflective practice sessions across the hospital
- Undertake psychological assessments, including MCMI, PAI, WAIS, Vineland
- Undertake risk assessments, including HCR-20, START, PARA and SAM
- Delivery of training packages to staff of various disciplines
- Provision of professional and clinical leadership, influencing organisational thinking regarding the delivery of psychologically informed healthcare in a mental health setting.
- BPS-approved Coordinating Supervisor.

**2015 – 2021      Psychologist, Children's Authority of Trinidad and Tobago, Trinidad**

- Administration and interpretation of psychological assessments with children and adolescents for the purpose of safeguarding as well as those with complex mental health needs to arrive at formulation-driven opinion on the psychosocial needs of the child.
- Administration and interpretation of psychological assessments with adults to understand their psychological needs and aide in decisions regarding placement of their children.
- Completion of formulation-driven psychological reports which guides the multidisciplinary treatment plan submitted for court proceedings.
- Coordinated sensitization sessions with key stakeholders for the purpose of safeguarding children.
- Conducted Forensic Interviews to support the Trinidad and Tobago Police Service (TTPS) in their investigation and legal processes through obtaining disclosures from children and adolescents who report incidents of abuse.
- Trained junior psychologists in psychological assessments administration and interpretation.
- Trained non-clinical staff members in understanding the use of psychological assessments.
- Aided general practitioners and other specialists with the management of complex cases through consultation regarding psychological diagnoses and treatments.

**2014 – 2015      Forensic Psychologist, St. Ann's Psychiatric Hospital, Trinidad**

Adult forensic male care stream in the country's primary mental health care hospital

- Tasked with the risk assessment and risk management of clients.
- Developed individual and group interventions targeted towards risk reduction and risk management of the client.
- Undertook in depth psychological assessments, including psychological and neuropsychological tests, self-report measures, observation and semi-structured interviews, to assist in the formulation of client's care plans for treatment intervention.
- Provided court reports to assist in decisions regarding fitness for trial.
- Prepared and maintained confidential case records and files.
- Case conferencing with multi-disciplinary team members to enhance coordination of care and maintain professional judgements concerning appropriate interventions.

**2011 – 2013      Trainee Forensic Psychologist**

*Arnold Lodge (NHS), Leicester, U.K. (May – Oct 2013)*

Adult male mental illness care stream in a forensic medium secure unit

- Individual psychological interventions focused on violence risk reduction and risk management, improving self-esteem and self-efficacy within the context of mental illness
- Provided early warning signs and relapse prevention interventions
- Coordinated and executed group treatment interventions focused on mental health awareness and social problem-solving
- Undertook risk assessments, including HCR-20 V3 and RSVP
- Developed formulations based in cognitive and behavioural theories as well as psychodynamic theory.

*The Ansel Clinic, Nottingham U.K. (April 2012 – April 2013)*

Low secure residential mental health service for adult men with personality disorders and complex mental health needs

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- Administration and interpretation of various personality assessments on service users to aide in care plan development.
- Administration and interpretation of staff-rated assessments for audit purposes.
- Completion of structured professional judgement risk assessments on service users.
- Developed formulation for service users based in interpersonal theories.
- Co-facilitated group-based intervention “Stop & Think!” An Interpersonal Perspective-Taking
- Provided individual psychological interventions under supervision.

*Child & Adolescent Mental health Service (CAMHS), Nottingham, U.K. (Oct 2011 – April 2012)*

- Provision of support within the community for children and adolescents with a variety of social and emotional difficulties, as well as their families.
- Initiation of psychological assessments and creation of initial formulations.
- Coordinated strengths-based, time-limited systemic interventions focused on emotional regulation, social skills development, and problem-solving skills development.
- Managed Inter-agency and inter-disciplinary coordination of services to provide the most effective support for the child or adolescent.
- Conducted outcome evaluations on interventions provided.

## CONFERENCE PRESENTATIONS

- Prout, A. (2016). Causes of childhood deviant behaviours and treatment. *14th International Psychiatric Conference, 13 Nov, 2016, Trinidad*
- Prout, A. & Hosein-Cadogan, S. (2014). Forensic Psychology: A new frontier in Trinidad & Tobago. *13th International Psychiatric Conference, 09 Nov, 2014, Trinidad.*
- Renwick, S. J. D., Halford, C., Molongwame-Bass, M., Prout, A. & Heron, R. (2013). STOPPING AND THINKING ABOUT ‘STOP AND THINK’. An examination of the therapeutic utility of a Problem-Solving Skills Intervention within a Personality Disordered Offender Population. *13th Annual Conference British & Irish Group for the Study of Personality (BIGSPD), 20-22 Feb 2013, Belfast.*
- Renwick, S. J. D., Molongwame-Bass, M., Heron, R., Prout, A. & Beryl, R. (2013). An exploration of the value of anger treatment in addressing the forensic and clinical needs of Male Personality Disordered Offender Population. *13th Annual Conference British & Irish Group for the Study of Personality (BIGSPD), 20-22 Feb 2013, Belfast.*
- Renwick, S. J. D., Molongwame-Bass, M., Heron, R., Prout, A. & Beryl, R. (2013). The development and application of an interpersonally-based multi-modal intervention for the treatment of personality-disordered offenders. *13th Annual Conference British & Irish Group for the Study of Personality (BIGSPD), 20-22 Feb 2013, Belfast*

## TRAINING

**2024** – Foundations of Management

**2023** – Introduction to ADOS-2 (Hogrefe)

**2022** – Stalking Assessment and Management (SAM) training

**2022** – SDS Essential Supervision Skills (BPS Approved)

**2022** – Eye Movement Desensitization & Reprocessing (EMDR) Therapy, accredited by EMDR Europe Association

**2018** – Green Cross Trauma Training – Treating Sexual Trauma

**2015** – Youth Level of Service/Case Management Inventory (YLS/CMI)

**2015** – Corner House Basic Forensic Interviewing Training