



Dr Sonia Borghino

Doctorate, MSc.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL32254**
British Psychological Society Membership: **151959**

I am a Licensed Psychologist licensed approved by the British Psychological Society (BPS) and the Health Professions Council (HCPC). I am an Associate Fellow of the British Psychological Society (BPS) and a Criminologist, registered with the British Criminological Society (Advisory Council). I have an MSc Degree in Investigative Psychology from the University of Liverpool, UK (accredited by the BPS), a Postgraduate Degree in Criminology from the International Centre of Criminology and a Doctorate in Applied Sciences from The University of Milan, Italy. I have completed a Mental Health Counselling qualification with Capella University for licensure with the FL board, USA (LMHC, Mental Health Counselling). I have worked in a clinical setting for over 24 years including prisons, community, outpatient and inpatient care hospitals, the NHS and the Probation Service. I have a role as the Head of Psychology across two Priory sites (Burgess Hill Hospital & Dorking Hospital). I also work at Chadwick Lodge, Elysium Healthcare in Milton Keynes in the LSU ward as a Consultant Psychologist. I previously worked at Priory Mildmay Oaks Hospital, a low secure and locked rehabilitation service for males and females with learning disabilities and autistic spectrum disorders (ASDs). I worked for the NHS, Eric Shepherd Unit (MSU) in the UK, Hertfordshire Partnership NHS Foundation Trust (HPFT). I had a position as a Senior Forensic Psychologist at Cygnet Psychiatric Hospital Stevenage for approximately 6 years. I have extensive experience in the assessment and treatment of clients with complex needs including offending behaviour, mental illness and/or mental disorder, trauma, specializing in clinical and forensic psychological interventions and the neurodevelopmental disorder ADD and ADHD. I have provided psychological assessment and therapy to a diverse range of clients presenting with psychological difficulties, varying in severity and complexity, including depression, anxiety, obsessive compulsive disorder, Eating disorder (ED) anger, deliberate self-harm, trauma, bereavement, psychosis and personality disorders. I am a qualified Risk Assessment Specialist and I provide high specialist assessments of personality, risk of violence and sexual violence. I have sub-specialist skills in the psychological assessment, treatment and management of life sentenced prisoners, sex offenders, violent offenders and individuals who present with severe personality disorders and complex mental health difficulties. This work has included the use of threat assessment tools which incorporate the evaluations of multiple sources of information to corroborate findings. This has included case formulations and the development of treatment plans. I have experience of psychological interventions with patients on both a group and individual basis. These have been CBT, Schema Therapy and EMDR (accredited) based treatments, designed to assist with a range of problems such as trauma, personality disorders, emotional regulation, substance misuse, offending behaviour and violence. I have served as an expert witness in a number legal cases instructed by defence solicitors, Prosecution Service and the Home Office. I am accredited by the National Offender Management Service (NOMS) to undertake Psychological Risk Assessment Reports for the for Parole Board I work as a Proxy Psychologist for the Prison Service (NOMS).

Within my private practice and provide highly specialized services to various organisations. I provide training on the awareness of various aspects of forensic psychology including Schema Therapy, Risk assessment and Neurofeedback. I have provided consultancy work to the Prison Service and to various Mental Health Services including commissioners. I have assisted numerous Psychiatric Hospitals and Prisons in the UK to implement Neurofeedback interventions and Bioregulation Technologies. I have been involved in a research project using Neurofeedback in a Maximum Security Prison (the Fens Unit, HMP Whitemoor). I have designed, delivered and successfully implemented offending behavioural programs for rehabilitating criminal offenders within the UK criminal justice system and Mental Health System. I have been employed as a Treatment Manager by the Prison

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

Service and I have managed a team of ten Psychologists. As part of my previous role, I have set up accredited Offending Behavioural programs from scratch across several prisons and taken these programs through to the accreditation process with NOMS. I have been involved in the evaluation and the audit for these programs in psychiatric units and collaborated with the Institute of Psychiatry at Kings College, London, and participated in the Steering Committee to research the effectiveness of the R&R2 offender treatment program, which has been developed for mentally disordered offenders. Findings have been published in the journal BMC Psychiatry. In addition to my clinical work, I teach and supervise qualified and trainee Psychologists. I am an Honorary Lecturer at The University of Kent, for the MSc in Forensic Psychology. I am a qualified Neurofeedback (EGG Biofeedback) practitioner and trained in the US Florida, Jupiter. This is a scientific non-invasive technique to teach the brain to be more adaptive, efficient and effective. With this technique, I treat a variety of symptoms which can interfere with life satisfaction such as stress, conduct disorder, anxiety, depression, insomnia, addiction, relationships problems, ADD/ADHD, PTSD, Autism and Brain Injury. Neuro-feedback training improves attention, mood, learning ability and cognitive functioning. I have published a paper titled "Exploring the use of Neurofeedback with an Adult Male with an Autistic Spectrum Condition and a History of Sexual Offending: A Single Case Study in the Journal of Forensic Psychology Research and Practice. I have carried out research in the area of Offender Profiling in various Canadian Police Forces in Vancouver, Canada.

AREAS OF SPECIALISM

- Assessment of adults
- Criminal and Mental Health reports
- Risk assessments:
 - Risk of violence
 - Anger control (including expression and management)
 - Cognitive ability (LD), ADHD, ASD
 - Trauma, mental health and co-occurring disorders
- Cognitive ability e.g. WAIS-IV and capacity
- Self harm/self injurious behaviour and intervention
- Adult mental health
- Personality disorders including forensic settings
- Assessment of psychopathy (PCL-R)
- Anger management
- Anxiety, depression, Obsessive Compulsive Disorder (OCD) and other psychological problems
- Substance abuse (alcohol and drug), dependence and therapeutic intervention
- Post Traumatic Stress Disorder; assessment of and therapeutic intervention.

PROFESSIONAL QUALIFICATIONS

2001	MSc Investigative Psychology, The University of Liverpool (BPS and HCPC Accredited)
1999	Doctor in Applied Sciences & Criminology University of Milan
2019	Mental Health Counselling, (LMHC), USA, FL Capella University, Licensure FL state
1996	Post Graduate Diploma in Criminology – International Centre of Criminology, Milan

WORK HISTORY

Apr 2023 – Present Head of Psychology, Priory Dorking Hospitals

PICU-ACUTE Mental Health services (step-down) working with males of working age, experiencing acute mental health episodes, providing the necessary Psychological Interventions on a group and individual basis. Provision of psychological assessments. Supervision of trainee psychologist, Reflective Practice, psychological evaluations, Neurofeedback; ADHD Assessment and diagnosis.

Jul 2024 – Dec 2024 Principal Psychologist Locum, Elysium Healthcare Chadwick Lodge

Low secure and acute services providing specialist treatment programmes for patients who have been detained under the Mental Health Act 1983 (amended 2007) and have a history of offending behaviour. Risk Assessment Trainer for trainers

Jul 2023 – Jul 2024 Head of Psychology, Priory Burgess Hill

PICU-ACUTE Mental Health services (step-down) working with males of working age, experiencing acute mental health episodes, providing the necessary Psychological Interventions on a group and individual basis. Provision of psychological assessments. Supervision of trainee psychologist, Reflective Practice, psychological evaluations, Neurofeedback

Jul 2021 Locum Psychologist, Priory Mild May Oaks Hospital

Low secure and locked rehabilitation service for males and females with learning disabilities & ASD.

Provision of specialist psychological assessments and therapies (risk assessments, (HCR-20; RSVP; SARA, PCLR, Autism assessments ADIR, ADOS. Personality Assessments, MCMI, IPDE, psychometric tests. Therapies include Neurofeedback, Bioregulation Therapy (BRT); EMDR, Schema Therapy and CBT for a low secure and locked rehabilitation service for males and females with learning disabilities and autistic spectrum disorders (ASDs).

July 2012 – Present Private Practice, Director Engi Psychology Ltd

Engi Psychology Ltd provides a variety of highly specialised Psychological services in the UK and USA. We work in conjunction with a network of experts with considerable experience in the field of Forensic and Clinical Psychology, Psychiatry, medicine and other related disciplines. We specialise in Forensic and Clinical Psychology Services and we offer assessments, management and treatment for complex cases. We also provide trainings to private Hospitals across the UK on Risk Assessment and Psychological Principles. We provide independent Expert Witness services in relation to a range of clients including the Crown Prosecution Service (CPS), Police, Courts, Mental Health Review Tribunals (MHRT/MHT), Local Authority (LA), Parole Board Hearings, Prisons, Health Services, Solicitors and Barristers. Additionally we provide expert reports for both the defence and prosecution.

Jun 2017 – Present (Part Time – NHS Bank) Forensic/Clinical Psychologist (Band 8b), Hertfordshire NHS Partnership Trust | Specialist Learning Disability and Forensic Services LOCUM

Address: Office Unit 1, Midshires Business Park, Smeaton Close, Aylesbury, Bucks HP19 8HL

Address: Eric Shepherd Forensic Services – Warren Court – Medium Secure Uni Community Assessment & Treatment Service Offending Behaviour Intervention Service

Provision of specialist psychological assessment (including psychological assessments, risk assessments, autism assessments (HCR-20; RSVP, PCLR, ADOS) and assessments of learning disability (WAIS, ABAS), formulation and intervention for adults with learning disabilities with mental health difficulties including anxiety, low mood, complex trauma response following abuse, obsessions and compulsions; and interventions for families, residential staff teams and health/social care professionals. Psychological models used include Positive Behaviour Support; Systemic Family Therapy, Cognitive Behavioural Therapy, Trauma-Focused CBT; Acceptance and Commitment Therapy and Narrative Therapy. Provision of psychological consultation and team formulation to other professionals within and outside of the organisation, including social care and voluntary sectors. Involved in service development project: implementation of a pathway for people who have a dual diagnosis of learning disability and personality disorder, leading on systematic review of psychological approaches to this population to develop service model. Supervision of assistant psychologist for assessment of learning disability/autism, and co-supervision of trainee clinical psychologist.

Sep 2015 – Feb 2017 – Consultant Forensic Psychologist, Nouvita Group – Baldock Manor

Clinical: Psychological assessment (interview, neuropsychological assessments, psychometric tests and functional analysis); formulation and intervention with adults with chronic mental health conditions, LD offending behaviour including Sex Offending. CPA and Mental Health Tribunal reports preparation Service Development: As part of this role, I have been involved in developing a substance misuse program for the Hospital. I set up the provision of neurological therapy using Neurofeedback.

Apr 2010 – Nov 2016 Psychologist- Senior Psychologist (NHS Band 8b), Cygnet Hospital MSU (Universal Health Services, UHS, USA),

Clinical: Forensic Psychological assessment and Interventions. Treatment and management of criminally insane adults, psychopaths, sex offenders, violent offenders and individuals who present with severe personality disorders and complex mental health difficulties including ADD and ADHD. This has included case formulations and the development of treatment plans. I have undertaken highly specialist psychological assessment including personality assessments (e.g. MCMI-III, IPDE, PCL-R, WAIS IV) and structured risk assessment of violence (e.g. HCR-20 - START) and sexual violence (e.g. RSVP & SVR-20, SARN). I provided psychological therapy to a diverse range of clients and I have helped patients to overcome their life traps and to identify and achieve their treatment targets up to discharge. I used schema therapy and cognitive behavioural therapeutic models to inform my clinical work. I have set up various Open Psychology groups and Accredited Offending Behavioural Programs i.e. Reason & Rehabilitation (R&R2 for youths and adults whose offending behaviour is associated with mental health problems or severe mental disorder) Healthy Relationships program (HRP); substance Misuse Programs etc. I completed CPA reports and Tribunal reports and conveyed key findings of psychological assessments, formulation and treatment outcome to CPA meetings. This has includes giving evidence in formal settings i.e. Oral Hearings, Court, Parole Board. I provided Neurofeedback therapy to patients suffering from depression, Anxiety, ADHD, PTSD, Addiction, Trauma Stress, Autism and other conditions.

Feb 2008 – Mar 2010 Psychologist in-Training, PRISON – HMP NEW HALL Flockton – Yorkshire*Responsibilities and Achievements*

- Act as the named psychologist for a caseload of life sentence prisoners, complete LSP documents.
- Psychological risk assessment. Prepare for and attend oral hearings as required.
- Attend and contribute to Lifer / OASys review boards and Public Protection Meetings (MAPPA/MALRAP)
- Conduct appropriately identified intervention work
- Act as the Treatment Manager for the F.O.R (Focusing on Resettlement) programme
- Act as the line manager of Psychological Assistants
- Provide sufficient monthly cover as duty ACCT assessor (Risk of Suicide and Self Harm)
- Responsible for the Anti-bullying Exit Survey as part of the Prison's Violent Reduction Strategy.
- Cognitive assessments, Psycho educational groups
- Working with non-statutory services e.g. voluntary sector organisations and other professional agencies to implement resettlement strategies

Dec 2006 – Feb 2008 Psychologist in-Training, PRISON – HMP NORTH WEST – HMP Wymott, HMP Styal, HMOP Risley;*Responsibilities and Achievements*

- ETS (Enhanced Thinking Skills) and A2Z facilitator.
- Complete prisoner pre- and post-programme psychometrics and semi-structured interviews.
- Deliver ETS (Enhanced Thinking Skills), F.O.R (Focusing on resettlement) and the A to Z programmes to Male/Female Prisoners in accordance with audit requirements and principles of effective delivery.
- To support the TM in meeting the audit requirements through the completion of other Sex Offender Treatment Programmes tasks.
- To complete high quality post programme reports (PPR) according to deadline / attend Case Reviews.
- To contribute to research and other developmental projects.
- Awareness Trainings on Personality Disorders, Motivational Interviewing, Mental Health
- Multi-disciplinary working
- Effective delivery of the
- Contribute to the effective resettlement of the offender
- Audits procedures

Oct 2003 – Jun 2005 Supervisor, Merseyside Probation Service*Responsibilities and Achievements*

- Working with offenders in the community

- Supervise of individuals serving sentences in the community.
- Help individuals understanding their offending behaviour and associated risks.
- Assist in monitoring and reviewing their progress.
- Help individuals address their offending behaviour and change it positively.
- Support individuals experiencing difficulties and identify factors contributing to individuals' difficulties.
- Support individuals who are substance users and contribute to the protection of individuals from abuse
- Contribute to the prevention and management of abusive and aggressive behaviour.
- Provide and obtain information from Court hearings.
- Plan, prepare and evaluate agreed group activities with other members of the team.

Apr 2001 – 2007**POLICE WORK, Merseyside POLICE, Canadian Police Forces**

Merseyside Police (2003/2007). I served 4 years with Merseyside Police Force dealing with challenging situations & crime prevention to reduce antisocial behaviour.

Merseyside Police - Public Protection Unit. (Feb. 2005)

Merseyside Police, Crime Scene Investigation (CSI). I have attended several crime scenes including Robbery, Assaults, Burglary and vehicle crime. I have assessed and examined the scenes for fingerprint and forensic evidence and reviewed the recovery, packaging and submission of such evidence, which included various types of CSI and photograph equipment. I attended two post-mortems examinations, the Fingerprint Bureau and the Forensic Imaging Unit.

Canadian Police Forces (RCMP) C.I.D: Vancouver Police, New Westminster Police, Delta Police, Victoria Police, West Vancouver Police. April 2001

I have carried out research within the Criminal Profiling Unit and Geographic Profiling Unit of RCMP. I have conducted homicides investigation of several murder cases. I interviewed several forensic technicians responsible for key evidence key to prosecution within the Violent Linkage Crime Analysis System Unit, (VICLAS) for research purposes. I have attended a homicide trial at the Vancouver Supreme Court and carried out case study analysis. I have tested the canonical criminal profiling equation **A**(ctions)->**C**(haracteristics) and collected data for my study that was empirically tested.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**Professional Achievements**

- EMDR Accredited Trauma Therapist (EMDRIA)
- Zengar Certified NEUROFEEDBACK NeurOptimal & BrainPaint Neurofeedback
- Registered Clinical Supervisor with the British Psychological Society
- UK Licensed Psychologist, Chartered Psychologist, CPsychol (BPS)
- HCPC Registered Forensic Psychologist License no. PYL24276 SONIA GAVOTTI
- British Psychological Society (BPS) membership no. 175206
- British Society of Criminology (BSC) membership no.1330
- Division of Forensic Psychology (British Psychological Society)
- Awarded Associate Fellow, AFBPsS (British Psychological Society)
- Awarded Membership of the Expert Witness Institute (EWI)
- Graduate Member of the British Psychological Society UK
- Honorary Lecturer – University of Kent - MSc Forensic Psychology - UK
- Member of the International Institute of Schema Therapy

Professional Trainings

- Eye Movement Desensitization and Reprocessing (EMDR)
- Expert Witness trainings – Bond Solon, London
- IPDE (Personality Disorder Examination)
- HCR-20 (Risk for Violence)
- PCL-R Advanced (Psychopathy Assessment, Excellent Rated)

- RSVP (Risk of Sexual Violence Protocol)
- SARA (Spousal Assault Risk Assessment)
- WAIS IV (Cognitive Assessments - Wechsler Adult Intelligence Scale)
- EQi:2.0 (Emotional Intelligence assessment)
- Sex Offenders Treatment and Risk Assessment (SARN)
- Anger, Anxiety & Depression assessments (BDI, DBI STAXI-2)
- Schema Therapy (ISST)
- Cognitive Behavioural Therapy (CBT)
- Autism Assessment ADIR - ADOS.

PUBLICATIONS AND PRESENTATIONS

- **Borghino S, Gallacher M, Lawrence D, (2022)** Exploring the Use of Neurofeedback with an Adult Male with an Autistic Spectrum Condition and a History of Sexual Offending: A Single Case Study. *Journal of Forensic Psychology Research and Practice*, DOI: 10.1080/24732850.2022.2130736 To link to this article: <https://doi.org/10.1080/24732850.2022.2130736>