

**Dr Maja Jankowska**

Ph.D, CPsychol, AFBPsS, PGDiP CBT, MA Applied Psychology.

**Clinical Psychologist**



Health Professions Council Registration: **PYL040928**  
British Psychological Society Membership: **325886**

Dr Jankowska is an experienced HCPC registered Clinical Psychologist and a visiting lecturer for a Doctorate in Clinical Psychology programme. She has worked in academia (research and teaching) for many years and completed her PhD in 2014.

Dr Jankowska obtained my first degree in Psychology at University of Lodz, Poland (5-year intensive Masters in Applied Psychology programme) and a PhD in Psychology from University of Bedfordshire and a postgraduate Diploma in Cognitive Behavioural Therapy from Buckinghamshire New University. She is a Chartered Psychologist and Associate Fellow of British Psychological Society. She can be found on the BPS expert witness directory.

Dr Jankowska has been in private practice since 2018, specialising in trauma (working for a specialist trauma clinic), as well as and other mental health conditions.

She specialises in the presentation of complex emotional and behavioural difficulties in adults. She has specific expertise in the assessment and formulation of mental health problems (including comorbid and complex presentations), post-traumatic stress disorder (PTSD) and complex PTSD. She has experience of working within mental health services including NHS primary care services, voluntary sector and as an associate to private clinics.

Dr Jankowska has a specialist interest in trauma and has carried out psychological (including medico-legal) assessments and treatment for post-traumatic stress disorder (PTSD) and complex PTSD, and general impact upon mental health following road traffic accidents, workplace and public place accidents, medical negligence, traumatic birth, assault, domestic violence, war, torture and historic childhood abuse and sexual abuse.

She can provide assessment in the Polish language (this eliminates the need for interpreters and minimises the risk of errors that often occur in translation), but she also has experience of working through interpreters.

Dr Jankowska takes instruction for the preparation of Expert Witness Court Reports for adults presenting with a wide range of psychological difficulties in the aftermath of a traumatic experiences, in particular:

Personal injury relating to:

- Psychological adjustment and psychiatric injury related to stressful or traumatic events such as road traffic accidents, work-related accidents, sexual assaults or medical events
- Adjustment to physical injury or disability
- Persistent/chronic pain conditions (e.g. lower back pain, widespread pain, amputations, chronic regional pain syndrome and long-term pain caused by injuries and fibromyalgia)
- Civil assessment of injury for childhood abuse or victims of crime
- Complex PTSD, including victims of crime and historical abuse and how this affects their current day-to-day life
- Workplace stress or trauma
- Adjustment Disorder
- Post-Traumatic Stress Disorder (PTSD)

- Anxiety and mood disorders
- Stress

Clinical negligence relating to:

- Surgery and psychological surgery trauma (i.e. the impact and psychological consequences of medical intervention or unexpected turn of events either in surgery or immediate aftermath).
- Birth trauma – the impact of psychologically traumatic labour or birth (i.e. surgery process, medical intervention required in the birthing process and the impact on the mother/father, impact of infant illness on the parents).

I take instruction for: criminal and civil cases (for both the prosecution and the defence); immigration and asylum appeals; CICA tribunals and insurance cases (e.g. for income benefit appeals).

#### **AREAS OF SPECIALISM**

- PTSD & C-PTSD (especially in the aftermath of traumatic events such as RTA, accidents and personal injuries, torture, sexual assault, childhood abuse, domestic violence, displacement, traumatic loss and bereavement, and war and combat-related experiences)
- Performance-related injuries (performing arts)
- Wellbeing at work, including mental health assessments
- Common mental health disorders (e.g. all anxiety disorders such as GAD, social anxiety, health anxiety, phobias, etc.)
- Migrant and minorities' mental health (e.g. racial traumas)

#### **PROFESSIONAL QUALIFICATIONS**

**2015 – 2018** PGDip Cognitive Behavioural Therapy, Buckinghamshire New University

**2007 – 2014** PhD in Psychology, University of Bedfordshire

**1996 – 2001** MA Applied Psychology, University of Lodz, Poland, equivalent of 1st class..

#### **EXPERT WITNESS TRAINING**

**Mar 2024** **British Psychological Society**

Essential knowledge for the expert witness: Full series including: Roles and responsibilities, Contracting and instructions, The assessment, The expert report, Post report activity including experts' meeting, Presenting courtroom evidence, Psychometrics in court, Current case law for psychologists.

**Sep 2020** **Bond Solon**

Excellence in Report Writing (part of Expert Witness training focusing on the key skills to produce court compliant reports).

#### **PUBLICATIONS**

- Beck, A., Naz, S., Brooks, M. & Jankowska, M. (2019). Improving Access to Psychological Therapies (IAPT) Black, Asian and Minority Ethnic Positive Practice Guide 2019. NHS England, NHS Improvement. Publishing Approval Reference: 000334. Full and short versions available at <https://www.babcp.com/About/Documents.aspx>
- Beck, A., Naz, S., Brooks, M. & Jankowska, M. (2019) The IAPT Black, Asian and Minority Ethnic Positive Practice Guide, CBT Today, 42, 2, 12-13
- Jankowska, M. (2019). Cultural modifications of Cognitive-Behavioural treatment of social anxiety among culturally diverse clients, Cognitive Behavioural Therapist.