

Dr Rachael Wheatley

B.Sc (HONS), M.Sc, D.Psych, C.Psychol, FMBPsS(DFP), AFBPsS, CSci,
EuroPsy.

Forensic Psychologist

Health Professions Council Registration: **PYL05144**
British Psychological Society Membership: **093164**

Dr Rachael Wheatley is a HCPC Registered Practitioner (Forensic) Psychologist and a BPS Chartered Psychologist, with full membership of the Division of Forensic Psychology. Dr Wheatley is on the current BPS Expert Witness Register, has attained the Expert Witness Certificate (Bond Solon and Cardiff University, 2009), is a Member of the Register of Applied Psychology Practice Supervisors (RAPPS), is an Associate Fellow of the BPS (AFBPsS), a Recognised Chartered Scientist (BPS), and holds the European Certificate in Psychology (EuroPsy: EFPA).

Due to her extensive training and experience, Dr Wheatley can provide a range of services such as forensic psychology risk and/or needs assessments (such as for violence, stalking, autism, ADHD, IQ, personality difficulties, etc.), as well as therapeutic interventions for a range of common psychological issues, using Acceptance and Commitment Therapy (ACT), Focussed ACT (FACT), Eye Movement Desensitisation Reprocessing (EMDR).

Dr Wheatley has over 20 years' experience in working with adults who have been in, or are at risk of coming into, contact with the criminal justice system, having previously spent 21 years working for HMPPS, and more recently with the police. Dr Wheatley continues to be active in research and in publishing, particularly related to stalking topics, and is a confident and effective trainer and consultant. Dr Wheatley is an experienced, efficient, effective, fair and ethical professional witness, having been providing written and verbal evidence within parole board reviews for over 20 years, with consistent excellent feedback on her high standard of reports and in providing oral evidence within formal settings..

AREAS OF SPECIALISM

- Forensic psychology risk assessments with adults and formulating cases to advise on treatment and risk management planning.
- Forensic psychology risk assessments for future risk of violence, intimate partner abuse/violence, stalking, sexual offending, etc., and assessing for protective factors.
- Working with those who have been, or are at risk of, stalking others.
- Assessing personality difficulties, including psychopathy.
- Assessing IQ, with a developing specialism in assessing and working with those with Autism and /or ADHD.
- Intervention approaches using Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitisation and Reprocessing (EMDR).

PROFESSIONAL QUALIFICATIONS

Sept 2022 – Present **Professional Psychology Practice Programme Manager, Researcher, and consultant, University of Derby.**

- Developed, authored and now leading on the Forensic Psychologist Practitioner Programme (PgDip), providing senior management oversight of taught and online forensic psychology programmes,

supervising independent research studies (at MSc, PgDip & PhD level), and leading on research and consultancy activity related to stalking.

Sept 2022 – Present Independent practitioner

- Associate Forensic Psychologist providing prison law assessments and reports, training, treatment interventions in person and online (ACT, fACT & EMDR), consultancy and supervision within a forensic contexts. Specialising in working with those who engage in stalking. Completing Autism and ADHD assessments and report writing.

Jul 2001 – Sept 2022 Forensic Psychologist, HMPPS Psychology Services Group (PSG)

- Undertaking a wide variety of forensic risk, cognitive, needs, and personality assessments, for parole board and sentence planning purposes and to plan therapeutic interventions. Delivering therapeutic interventions (individual, group, and manualised offending behaviour group work, including treatment management), and managing service delivery into different category prisons across the midlands. Active in consultancy, research, and supervision across this time, I also developed the PSG national strategy to address stalking, and regional strategies on conducting research and on progressive management of IPPs, in the latter years as Cluster Psychology Lead (senior leadership for six years). I trained large numbers of different professionals in compassionate leadership, professional witness skills, and in using the HCR-20v3, as examples. From 2010, I specialised in the assessment, treatment and risk management interventions for men and women who had stalked, or who continued to stalk, and have built strong national and international relationships with fellow experts in this field.

Apr 2000 – Jul 2001 Substance Misuse Worker, CARAT service by Compass

- Providing specialist support to people in prison with substance misuse problems, delivering assessments, interventions, group work and auricular acupuncture, to promote desistence and harm reduction. Attending MDT care planning meetings and developing MDT referrals to community service providers, such as rehabilitation centres.

1998 – April 2000 Resettlement Worker, NACRO

- Providing support to adolescents and young adults in contact with statutory agencies or the criminal justice system, who were homeless and in need of holistic resettlement support upon release. Support continued in the community, bespoke to individual needs.

1997 – 1998 Occupational Therapy Assistant, NHS

- Working under the supervision of a qualified Occupational Therapist to address the physical, social, and emotional support needs of elderly patients with chronic depression and/or dementia.

Relevant Experience

For the last 25 years I have been working with people who have committed offences, with varying presenting problems and needs, and within different category prisons, both within male and female estate, and with those in the community. Since 2001 I have formally trained and am experienced in using a range of specialist psychological risk assessments and ability assessments. These include: the HCR-20v3 (Violence Risk Assessment Tool), SARAv2 (Spousal Assault Risk Assessment guide), the START (Short Term Assessment of Risk and Treatability), RSVPv2 (Sexual Risk Assessment Tool), Women's Sex Offender (assessment and intervention) framework (WSO), the Stalking Risk Profile (SRP), the WASI-II (abbreviated IQ assessment), WAIS-IV (full IQ assessment), and assessments for Autism and ADHD (ADOS, ADI-R, ACIA, DIVA). I am also formally trained and experienced in the use of personality assessments, including the PCL-R (Psychopathy Checklist- Revised; certificated and IRR status achieved), IPDE (International Personality Disorder Examination) and the MCMI-III (Millon Clinical Multiaxial Inventory –III). I am Level A test trained. I have experience in the use of structured tools to review protective factors, such as the SAPROF. I provide high standard reports and I am experienced in providing oral evidence within formal settings. I have received formal training in Compassion-Focussed

Therapy, Dialectical Behaviour Therapy, Schema (mode focussed) Therapy, Focussed Acceptance and Commitment Therapy, and I am Acceptance and Commitment Therapy and EMDR therapy competent. I remain active in delivering therapy with forensic and non-forensic clients, both in person and online.

Areas of Expertise

For over 15 years I have specialised in the assessment and management of stalking cases, and provide therapy intervention. I have provided risk management consultancy and training for other professionals and agencies. I have on specific invitation provided evidence and opinion for policy or legislative change (Home Office, Suzy Lamplugh Trust and Alice Ruggles Trust consultations), provided consultation for strategic responses to stalking as an Independent Advisor - Forensic Psychologist (Midlands Police forces), peer supervision consultation (Probation service), have supported campaigns to improve stalking responses through creating multi-media resources and was commissioned to lead author a BPS guidance document for psychologists working with those who stalk, and I continue to conduct VAWG and stalking related research. Following my own doctoral level research, I have published widely on stalking, I co-developed the world's first Early Awareness Stalking Intervention (EASI) project with West Midlands Police and deliver Focussed Acceptance and Commitment Therapy to men and women charged with stalking, provided CPD webinars to BPS members, Probation and NHS colleagues, and have led on the authoring of the BPS resource for psychologists working with those who stalk.

Relevant Training

I have provided teaching and training activities related to forensic psychology topics since 2001, in a variety of settings, for different organisations, using a variety of media/methods, with differing audiences. For example, I have delivered training workshops to operational and psychology colleagues specifically around Being a Professional Witness, Becoming a Negotiations Advisor, Compassionate Leadership, and Working with People who Stalk. I am experienced in designing blended and interactive sessions for several postgraduate levels programme students (e.g., Universities of Birmingham and Manchester). I have delivered many invited masterclasses and keynotes (in person and online) at national and international conferences, and to Universities, Probation, Police services, CPS lawyers, and Forensic Psychologist practitioners. I am also external examiner to the University of Lincoln MSc in Forensic Psychology. I continue to provide training and remain responsive to the audience, considering responsivity needs, and applying pedagogical principles, ending the cycle with evaluation and improvements. I completed my own qualification in forensic psychology practice in 2004, which included showing competence in teaching and training others, have supervised trainees to achieve this for over 15 years, and am working towards achievement of the SFHEA. Since 2008, I have been directly supervising trainee forensic psychologists to qualification largely through the BPS route and am on the Register for Applied Psychology Practitioner Supervisors (RAPPs).

Research

I have a wealth of experience in designing, undertaking and supervising research projects. I have undertaken my own Doctor of Psychology degree investigating '*What drives men who commit stalking offences and how practitioners can best respond to their needs*'. As part of this programme, I undertook a systematic review and mixed methods research study, utilising IPA and repertory grids. I have over 15 years' experience of supervising Forensic Psychologists in Training (doctoral level standard and producing unpublished research reports), and more recently MSc students (postgraduate level) in undertaking research projects. I have completed a Doctoral Research Supervisor Training Programme (University of Derby) to supervise high-level research, and currently am first supervisor for a PhD level study in stalking desistance factors. I was formerly the regional lead for research, sitting on the national research board for HMPPS PSG and worked closely with the MOJ National Research Committee (previously as Deputy Chair). I was also the leader assessor for the BPS Qualification in Forensic Psychology on core role 2 (research). I am currently involved in several research collaborations nationally and internationally, aiming to improve UK responses to stalking, having captured grant funding for numerous projects, and building upon existing, and creating new, expert collaborations.

Evidence of Ongoing Continuing Professional Development (CPD)

I am active in continuing professional development activity related to forensic risk assessment, forensic psychology practice, pedagogy, research excellence and therapeutic interventions. I engage regularly and consistently in individual and group supervision related to these areas, to continue reflective practice. My professional development has focussed on consolidating my clinical skills and knowledge. This both fulfils my obligations to maintain registration as a forensic psychologist, and has direct relevance to my practice, research, teaching, and supervisory roles. My CPD log pertaining HCPC regulations is up to date.

Other Relevant Information

- I have enhanced DBS clearance
- I hold personal professional indemnity insurance
- I am registered with the Information Commissioners Office
- I am committed to CPD and ethical practice as per the HCPC standards
- I hold a clean driver's licence
- BPS number 093164
- HCPC number PYL05144

PROFESSIONAL QUALIFICATIONS & REGISTRATIONS

Expert Witness Certificate, Bond Solon and Cardiff University, 2009

Member of the Register of Applied Psychology Practice Supervisors (RAPPS)

Associate Fellow of the BPS (AFBPsS) and Recognised Chartered Scientist (BPS)

European Certificate in Psychology (EuroPsy: EFPA)

Advanced Certificate in Therapeutic Counselling (CPCAB)