



Dr James Spiers

DCounsPsy, CPsychol, AFBPsS, PGCert, BSc (Hons).

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL041625**
British Psychological Society Membership: **33141**

Dr James Spiers is a Counselling Psychologist, EMDR Europe-accredited practitioner, and RAPPS-registered clinical supervisor. He specialises in the assessment and treatment of trauma, chronic anxiety disorders, and functional neurological symptoms, using EMDR, Short-Term Dynamic Psychotherapy, and Cognitive Behavioural Therapy. As the director of Spiers Psychology Ltd, he works in full-time private practice based in Wakefield city centre, West Yorkshire. The premises include lift access and toilet facilities, with parking nearby and convenient access to main transport links.

AREAS OF SPECIALISM

- Diagnostic Assessment and Treatment: PTSD and complex PTSD
- Personality Disorder Assessment
- Treatment of Chronic/Complex Anxiety and Obsessive-Compulsive Related Disorders
- Functional Neurological Disorders, including Non-Epileptic Attack Disorder (NEAD)

PROFESSIONAL QUALIFICATIONS

- 2019 – 2022** Professional Doctorate in Counselling Psychology (DCounsPsy), York St John University
- 2016 – 2017** PGCert Low Intensity Psychological Interventions (IAPT), University of Sheffield
- 2013 – 2018** BSc (Hons) Psychology (First Class), The Open University.

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WORK HISTORY

2023 – Present Director – Spiers Psychology Ltd

Full-time independent practice specialising in the assessment and treatment of trauma and functional neurological symptoms for adults aged 18 and over. This includes the use of industry-standard measures: Clinician-Administered PTSD Scale (CAPS-5) and International Personality Disorder Examination (IPDE). Experience of contracted work through the local authority, which has included liaising with social care teams and submission of comprehensive treating clinician reporting to the family court as part of child care proceedings.

2022–2023 Counselling Psychologist – Healios Ltd

Working with adolescents and young adults aged 15–25 presenting with trauma-related difficulties, somatic symptoms, and functional neurological disorders. The role involved considerable multidisciplinary and multi-agency collaboration, including child and adult safeguarding responsibilities.

2019 – 2022 Counselling Psychologist in Training

Neurology – Sheffield Teaching Hospitals NHS Trust

A 12-month third-year supervised placement within a multidisciplinary NHS physical health setting, providing psychological assessment and intervention for people with complex overlapping functional neurological symptoms and trauma/adjustment difficulties.

Secondary Care Mental Health Team – Tees, Esk & Wear Valleys NHS Trust

Providing psychological assessment and therapy for adults with severe and enduring mental health problems. Presentations included psychosis, bipolar disorder, complex trauma, and personality disorder.

Primary Care Mental Health Team – Tees, Esk & Wear Valleys NHS Trust

The service operated as a gap between IAPT and secondary care, supporting those whose needs were too complex for brief intervention but below the threshold for secondary care input.

Combined placements involved gaining over 450 hours of supervised direct clinical assessment and treatment hours.

2016 – 2019 Low Intensity Practitioner – Sheffield Health & Social Care NHS Foundation Trust

Delivered over 1000 hours of psychological assessment, including PTSD screening, in addition to low-intensity CBT for adults with anxiety and depression based problems. Also, provided clinical supervision to trainees and qualified practitioners within the service.

2013 – 2016 Clinical Support Roles

- Community Mental Health (NHS)
- Forensic Inpatient Services (Cambian Group)

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2025 EMDR Accreditation – Consultant Supervised Practice

2024 EMDR Consultancy – Working with Suicide

2024 EMDR Consultancy – Advanced Workshop

2023 EMDR Standard Accredited Training (all parts)

2023 Clinical Supervision – British Psychological Society (RAPPS)

2022 Adapting Trauma Intervention for Young People – Healios Ltd

2021	Short-Term Dynamic Therapy for FND Masterclass – ISTD North
2020	Attachment-Based Workshop – ISTDP North
2020	Working with Enactments – ISTDP North
2019	Case Management Supervision – University of Sheffield.