

Rachel Healey

B.Sc., M.Sc., C.Psychol.

Principal Forensic Psychologist



Health Professions Council Registration: **PYL34599**

Ms Rachel Healey is an experienced Chartered and HCPC Registered Forensic Psychologist, fully qualified since 2017, with a forensic career spanning back to 2008. Throughout this time, she has predominantly worked with indeterminate sentenced individuals in custodial settings, specialising in the assessment and treatment of those convicted of sexual, violent, and general offending, including individuals with learning difficulties.

She is trained in the use of a range of risk assessment tools for both sexual and violent offending. She has extensive experience producing expert witness reports and giving evidence in Parole Hearings. She has over 12 years' experience in delivering, supervising, and managing high-intensity accredited offending behaviour programmes within the prison estate. Additionally, she has over three years' experience leading a Psychologically Informed Planned Environment (PIPE) within the Offender Personality Disorder (OPD) pathway, supporting men with complex personality, emotional and relational difficulties.

More recently, she has gained over two years' experience working within forensic mental health services, delivering psychological assessments and therapeutic interventions for individuals presenting with a wide range of mental health disorders, such as anxiety, depression, PTSD, personality related difficulties and psychosis.

Rachel's specific interests and expertise lie within the area of sexual offending risk, in particular assessing and working with men who have offence related sexual interests. She also has extensive experience and interest working with people suffering with trauma and complex emotional and relational needs.

AREAS OF SPECIALISM

- Sexual offending
- Violent offending
- Adult Mental Health
- Personality Disorder
- Relationship Difficulties
- Trauma and PTSD
- Psychological Therapeutic Interventions, including EMDR, Compassion Focused Therapy (CFT) and Dialectical Behaviour Therapy skills (DBT).

PROFESSIONAL QUALIFICATIONS

2017	BPS Qualification in Forensic Psychology	British Psychological Society
2012	MSc Degree	University of York
		Applied Forensic Psychology
2007	BSc (Hons) Degree	University of Hull

WORK HISTORY

July 2023 – Present Principal Forensic Psychologist, NHS based within HMP Mental Health teams

In my current role I am responsible for overseeing the delivery of psychological services across two prison based mental health teams. This includes the provision of psychological assessment and intervention for individuals experiencing a range of mental health difficulties, with a focus on identifying treatment goals and delivering evidence-based therapeutic interventions. I lead on service development initiatives, including data collection, outcome monitoring, and service evaluation.

In addition, I design and deliver training to multidisciplinary colleagues across the establishments and provide psychological consultation to a range of multidisciplinary teams. I also lead on continuing professional development (CPD) within the psychology teams and contribute to the strategic leadership of the wider mental health service.

I also continue to conduct forensic risk assessments and provide professional opinion at parole hearings.

Nov 2019 – Jul 2023 Chartered and Registered Forensic Psychologist, PIPE Clinical Lead, HMPPS Psychology Service

In my previous role, I served as Clinical Lead for a Psychologically Informed Planned Environment (PIPE), supporting men with complex personality difficulties. My responsibilities included creating and sustaining a psychologically safe and therapeutic environment, overseeing the delivery of the core PIPE components (structured groups, socially creative sessions, and key work), and ensuring fidelity to the model's theoretical principles. I provided clinical supervision, training, and support to staff; made clinical decisions regarding referrals and resident progression; contributed to ongoing service development; and offered psychological input to the Senior Management Team. I also supervised and managed a trainee psychologist through Stage 2 of their qualification.

During the COVID-19 pandemic, I led the implementation of the prison's Psychological Staff Wellbeing Strategy. This involved coordinating and delivering individual and group support sessions, and collaborating with senior leaders and the Staff Care Team to identify and prioritise staff wellbeing needs.

In addition, I managed the delivery of the specialised Healthy Sex Programme. This included assessing individual suitability, providing clinical supervision to trainee psychologists, offering consultation to colleagues, and ensuring the programme adhered to audit and quality standards.

Aug 2017 – Nov 2019 Chartered and Registered Forensic Psychologist, HMPPS Psychology Service

I established and led the implementation of a high-intensity, accredited offending behaviour programme for men predominantly convicted of sexual offences. This involved overseeing the full referral process, including the review and clinical decision-making for complex cases, and providing expert advice on treatment suitability. I supervised and supported intervention facilitators, psychology staff, and prison personnel to ensure the effective delivery of the programme and adherence to national treatment standards. I also collaborated with senior management to support strategic delivery and contributed to national training through the facilitation of the Programmes Need Assessment training course.

In addition, I held a lead role in Safer Custody work, providing psychological consultation to senior leaders on the management of high-risk and complex individuals. This involved influencing risk management strategies and promoting psychologically informed approaches to enhance safety and wellbeing across the establishment.

I also completed risk assessments, delivered one to one interventions and attended Parole Boards.

Apr 2010 – Jul 2017 Forensic Psychologist in Training, HMPPS Psychology Service

I provided clinical support within a Psychologically Informed Planned Environment (PIPE) for men convicted of sexual offences with co-occurring personality difficulties. My responsibilities included leading service development projects to enhance the PIPE model, managing referrals, contributing to local policy development, and supporting staff through psychologically informed supervision and consultation. I designed and delivered training, co-facilitated structured therapeutic and socially creative sessions, and worked collaboratively with key

stakeholders and the national PIPE team. I also led data collection and management processes and contributed to research related to the Knowledge and Understanding Framework (KUF).

Notably, I played a key role in the PIPE becoming the first prison unit to receive the Enabling Environment Award, which subsequently led to a leadership role providing psychological consultancy to Senior Management Teams across multiple prisons, supporting the development of Enabling Environments.

In addition to this, I conducted psychological assessments and interventions, prepared reports for the Parole Board, held treatment management responsibilities for the Core Sex Offender Treatment Programme (SOTP), and line managed intervention facilitators.

Jan 2008 – Apr 2010 Psychological Assistant, HMPPS Psychology Service

Delivering interventions; completing risk and psychological assessments.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2024	Compassion Focussed Therapy ATP
2024	Schema Therapy for Complex Trauma and Borderline Presentations
2024	DBT skills
2024	Flash training and the Dream completion technique
2024	EMDR therapy; as required by EMDR Europe Association (currently working towards Accreditation)
2023	Safeguarding
2023	Mental Health Act
2023	SCID-5-CV
2020	KUF Module on Formulation & Therapeutic Approaches to Personality Disorder
	Coordinating supervisor training (BPS)
2020	KUF Awareness training
2020	KUF Module on Responding to Issues of Complexity and Risk
2019	International Personality Disorder Examination (IPDE)
2018	Negotiation Advisor Training
2018	Fire-Setting Intervention Programme for Prisoners (FIPP)
2017	Programmes Need Assessments, including delivery of this National training
2017	Accredited Sexual Offender Interventions (Enhanced Thinking Skills Programme; Thinking Skills Programme; Core SOTP; Becoming New Me; Living as New Me; Extended SOTP; Healthy Sex Programme; and Kaizen)
2008 - 2017	
2016	Structured assessment of general violence (HCR-20)
2016	Structured Assessment of Protective Factors (SAPROF)
2016	Structured assessment of Intimate Partner Violence (SARA-v3)
2012	Enabling Environments
2012	Structured assessment of psychopathy (PCL-r) and inter-rater reliability (ongoing)
2011	Assessing intellectual functioning (WASI and WAIS-IV)
2011	Structured assessment of risk and need for sexual offenders (RM2000 & RSFA/SARN)