



Dr Daisy Walton-Ellis
B.Sc., M.Sc., D.Clin.Psych.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL37663**

Dr Daisy Walton-Ellis qualified in 2019 and has worked in various mental health settings since 2012. She has worked extensively in forensic settings, completing assessments and psychological treatment with high risk violent and sexual offenders. She has also worked in mental health services with people with severe and enduring mental health conditions. She provides comprehensive and evidenced based assessments of mental health, particularly of trauma and personality and their impact on decision making and offending behaviour.

Dr Daisy Walton-Ellis currently leads a cardiac psychology service within the NHS, working with patients experiencing anxiety, distress, and symptoms of PTSD linked with their physical health and associated medical procedures.

AREAS OF SPECIALISM

- Adult mental health:
- Depression
- Anxiety Disorders
- PTSD
- Personality Disorders
- Forensics
- Psychological Impact of Physical Health Conditions
- Cognitive Assessments

PROFESSIONAL QUALIFICATIONS

- 2019** Doctorate Clinical Psychology, University of Leeds
- 2015** MSc Clinical Psychology and Healthcare, Goldsmiths, University of London, 2015. Pass with Merit.
- 2012** BSc Psychology, Essex University 2012. First Class.

WORK HISTORY

2025 – Present Highly Specialised Clinical Psychologist

Working as a highly specialised clinical psychologist, providing psychological services within the cardiovascular rehabilitation team. This role includes providing specialist psychological assessment, and therapy to individuals struggling with the psychological impact of cardiovascular conditions, including Cognitive Behavioural Therapy (CBT), Schema Therapy, Eye Movement Desensitisation Reprocessing (EMDR) therapy, Acceptance and Commitment Therapy (ACT) and Compassion Focused Therapy (CFT). The role also involves providing specialist psychological consultation, supervision and training to medical staff working within this population.

2022 – Present Clinical Psychologist in Private Practice

Providing psychological services in independent practice. This includes individual psychological therapy, specialising in working with individuals experiencing difficulties related to trauma. I have worked as an Expert Witness since March 2025 and have been instructed on a range of cases for the Criminal and Family Court. These

01273 381468

admin@psychologyexperts.org

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have included assessments of mental health and neurodevelopmental conditions, cognitive assessment and diagnostic assessment of learning disability, assessments of decision-making and risk, extradition cases, parenting assessments for the Family Court.

2022 – 2025 Highly Specialised Clinical Psychologist

Worked as a senior clinician within a secondary care community mental health team, with individuals presenting with complex and severe mental health difficulties including anxiety, depression, trauma, and personality disorder, as well as neurodevelopmental conditions such as ASD and ADHD. Completing specialist psychological assessments, formulation, treatment planning and delivering psychological therapy including Eye Movement Desensitization Reprocessing (EMDR), Compassion Focused therapy, (CFT), Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), and Structured Clinical Management (SCM).

2019 – 2022 Clinical Psychologist

Worked on the Offender Personality Disorder Pathway with prison leavers presenting with high level of risk of sexual and/or violent offending and personality disorders. A key part of the role was completing specialist psychological assessments of risk (such as HCR-20) personality, and treatment needs. I was also responsible for delivering psychological therapy, offering psychological consultation and expert psychological opinion to colleagues from the National Probation Service.

2016 – 2019 Psychologist in Clinical Training

I completed Doctoral level programme of study in clinical psychology. I developed the skills and competencies required of clinical psychologists, including psychological assessment, psychometric assessment, cognitive assessment (WAIS) psychological formulation, therapy, teaching, training, and doctoral level research. I completed a range of placements, including in a secondary care psychological therapies service, paediatric health, adult learning disability, and adult physical health. I completed a one-year elective placement working within community forensic and women's inpatient personality disorder services. I completed an evaluation of group I co-facilitated during this placement, which was disseminated at the The British and Irish Group for the Study of Personality Disorder conference, as well as in the Association for Cognitive Analytic Therapy's in house publication.

2015 – 2016 Assistant Psychologist

I worked as an assistant psychologist within an Improving Access to Psychological Therapies (IAPT) service. Here I was responsible for completing psychological assessments to determine treatment pathways and delivering individual and group-based CBT interventions for common mental health problems such as depression and anxiety.

2013 – 2015 Student Psychologist

I completed a paid psychology placement as a Master of Science (MSc) student, in a medium secure forensic hospital ward and a personality disorder unit within a category B prison. My role included gathering information to complete structured risk assessments such as the HCR-20, completing assessment screenings of prisoners referred to the unit, delivering individual and group interventions on topics such as mindfulness, understanding personality, and managing emotions.

2012 – 2013 Support worker

Worked as a support worker, in a community mental health support team where I was responsible for completing risk assessments, support plans and providing person centred support to individuals with serious mental health problems in the community; as well as in a supported accommodation setting for adults with learning disabilities.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

EMDR Europe Accredited Training. Parts 1, 2 and 3 (all levels), EMDR Masterclass.

ISST Approved Schema Therapy Training. Workshops 1, 2a, 2b, and 2c (all levels), Schema Therapy Associates.

Introduction to ADOS-2 (Autism Diagnostic Observation Schedule), Hogrefe.

DBT Skills Training, The Association for Psychological Therapies.

Attachment Focussed EMDR, PESI.

Adaptive Mentalization Based Integrative Treatment, The Anna Freud Centre.

Structured Clinical Management, The Anna Freud Centre