



Carleen Saffrey

BSc (Hons), MSc, C.Psychol.

Chartered Forensic Psychologist



Health Professions Council Registration: **PYL38472**
British Psychological Society Membership: **238088**

Carleen has 15 years of experience working in HMPPS in the Forensic Psychology field, assessing and treating individuals from various prison populations (young people, adolescents, adults) and providing specialist forensic psychological advice, guidance and consultation to senior and junior professionals (including the police, probation, senior prison management). She has also line managed, supervised staff and trainee psychologists and led on various research and policy projects. Carleen has been frequently called upon for her knowledge in sexual offending. She is experienced in delivering and supervising Sex Offender Treatment Programmes and risk assessing individuals with sexual convictions. She has also nationally trained senior and junior prison and probation staff to work with the same client group.

Following HMPPS, Carleen has worked within private and NHS mental health settings. Her last employed role was working full time as a locum Principal Psychologist in Acute Mental Health Services within the West London NHS Trust. Her role has involved directing and providing psychological services to staff and patients across a hospital site, supporting service development and supervising clinical and counselling psychologists. She still holds a bank contract there.

Currently, Carleen works in private practice providing individual therapy, writes expert witness reports for Family and Criminal Courts and the Parole Board, where her advice has been well received. She also provides consultancy to family/social work teams within local authorities.

AREAS OF SPECIALISM

- Forensic psychology reports for legal proceedings
- General offending
- Sexual offending
- Intimate Partner Violence/Domestic Abuse
- Cognitive functioning
- Personality Disorder
- Trauma

PROFESSIONAL QUALIFICATIONS

- MSc Forensic Psychology - Middlesex University
- BSc (Hons) Psychology with Criminology - Middlesex University
- BPS Doctorate level qualification in Forensic Psychology

WORK HISTORY

2021 – Present Principal Psychologist, West London NHS Trust, Acute Adult Mental Health Services
2020 – Present Director and Clinical Lead, Chrysalis Psychology and Legal Services Limited
2020 Chartered Psychologist, Cabinet Office Policy Advisor

01273 381468

admin@psychologyexperts.org
www.psychologyexperts.org

2012 – 2020	Forensic Psychologist in Training, HMPPS London Psychology Services
2011	Guest Speaker, Psychology MSc students, University of Westminster
2008 – 2012	Forensic Psychologist in Training, Sex Offender Treatment Programme (SOTP) Facilitator, Treatment Manager and National SOTP Trainer, HMP Wandsworth, Category B Male
2006 – 2012	Psychological Assistant, Enhanced Thinking Skills (TSP), HMP Wandsworth

OTHER RELEVANT EXPERIENCE

Forensic Settings

- Provided written and oral evidence at parole boards on a regular basis as an expert witness
- Experience in using specialist forensic risk assessments (actuarial, clinical, structure professional judgement and functional assessments) to assess general violence, sexual violence and intimate partner/domestic violence and a variety of psychometric measures to aid the assessment process.
- Experience in the completion of cognitive functioning assessments
- Have provided numerous reports on individuals with personality disorder (PD) and/or PD traits including antisocial, borderline and psychopathic personalities
- Developed personality profiles and case formulations for high-risk complex cases
- Offered specialist assessments of offence related protective factors and analysis of an individual's capacity and motivation to change
- Advised on offenders convicted under the Terrorism Act at specialist meetings; Consulted on policies; Regularly attends Home Office workshops regarding current extremism movements
- Written and supervised psychological reports. Have also provided training and policies to assist psychologists with writing psychological reports.
- Been responsible for delivering and treatment managing accredited interventions targeting sexual offending and thinking deficits to accreditation standard and meeting Key Performance Indicators for delivery targets
- Nationally trained staff to deliver accredited interventions targeting sexual offending
- Provided policies to aid with assessing medium and high-risk individuals who have been convicted of sexual offending.
- Provided specialist psychological advice, guidance and consultation to other professionals (including the police, probation, senior prison management) at various multi-agency risk management meetings to advise well co-ordinated approaches to the risk management, assessment and treatment needs of clients with complex needs. Example of needs are, personality disorder, mental health diagnosis, cognitive functioning, substance misuse and violent (general, sexual and/or intimate partner violence) offending.
- Delivered tailored one-to one therapeutic interventions to high risk individuals who pose a serious risk of harm to themselves and others

Mental Health Settings

- Supervised Trainee Clinical and Counselling Psychologists and assistant psychologists
- Co-ordinated appropriate allocation of the psychology resource across a hospital site.
- Provided psychology service to two wards and providing clinical leadership to other psychologists working on the same hospital site.
- Formulated and implemented plans for the formal psychological treatment and management of service users mental health problems and risk behaviours.
- Delivered tailored one-to one therapeutic interventions to service users
- Implemented a range of psychological interventions for individuals and groups across the hospital site
- Provided specialist psychological advice, guidance and consultation to other professionals across the Trust and our partnership agencies, including the police.
- Advised on both service and professional management on psychological and clinical aspects of the service

- Led on implementing a MDT model of care for the acute wards and supporting co-production in service developments.

Cabinet Office

- Provided advice to be given to Ministers and the Prime Minister; Written Commissions to Cross Government organisations to prepare advice to Ministers, Chancellor of the Duchy of Lancaster and Prime Minister; Advised on public policy; Supporting the join up of cross government organisations to implement public policy; Advised on workshops/training and bespoke interventions to staff who are working within potential crisis settings (e.g. Cabinet Office COVID-19 Taskforce); Member of the CORE Executive Committee and COVID-19 Taskforce People Group in support of Diversity and Inclusion agendas.

SPECIALIST TRAINING

- Essential Supervision Skills (BPS Approved Certificate in Clinical Supervision)
- Risk Matrix 2000 (RM2000)
- Historical, Clinical and Risk Assessment (HCR-20)
- HCR-20 FAM (Female Assessment Manual)
- Spousal Assault Risk Assessment (SARA)
- Risk of Sexual Violence protocol (RSVP)
- Sexual Violence Risk Assessment (SVR-20)
- Knowledge and Understanding Framework (KUF)
- Short Term Assessment of Risk and Treatability (START)
- Wechsler Abbreviated Scale of Intelligence (WASI-II)
- State –Trait Anger Expression Inventory 2 (STAXI-2)
- Acceptance and Commitment Therapy (ACT)
- International Personality Disorder Examination (IPDE)
- Wechsler Adult Intelligence Scale (WAIS-IV)
- Risk of Sexual Violence Protocol (RSVP)
- Structured Assessment of Risk and Need (SARN)
- Structured Assessment of Violence Risk in Youth (SAVRY)
- Dialectical Behavioural Therapy (DBT)
- Expert Witness Training
- Structured Assessment of Protective Factors for Violence (SAPROF)
- Assessment of Psychopathy (PCL-R)