



Dr Paul Lewis B.Sc., M.Sc., D.Psych.  
**Chartered Counselling Psychologist**



Health Professions Council Registration: **PYL32040**  
British Psychological Society Membership: **252559**

Dr Paul Lewis is a Counselling Psychologist specialising in the assessment and treatment of adults and adolescents with mental health, behavioural or health related difficulties. He has extensive experience of working with individuals who have experienced trauma or catastrophic life events and are suffering post-traumatic stress disorder (PTSD). He has trained across a broad range of therapeutic models including person centred counselling, integrative therapy and cognitive behaviour therapy (CBT). He works in IAPT services as well as running a busy private practice offering interventions for individuals involved in accidents.

### **CIVIL LAW EXPERTISE**

- Dr Lewis presents evidence to the Civil Courts in cases of personal injury, medical negligence or other catastrophic events.
- He specialises in evidence-based assessments of trauma and PTSD.
- He offers assessments for employers and employment tribunals involving work related difficulties.
- He has extensive experience of neuropsychological assessment and provides assessments of mental capacity within the civil, criminal and family courts.
- He is highly experienced in therapeutic interventions for trauma and associated mental health difficulties.

### **THERAPEUTIC EXPERTISE**

- Dr Lewis specialises in the psychological treatment of complex mental health and personality difficulties
- He specialises in the psychological treatment of trauma and PTSD in acute adult trauma.
- He offers interventions for work-related difficulties including stress and bullying.
- He is trained in a broad range of therapeutic interventions including person centred counselling, cognitive behaviour therapy (CBT) and trauma focused CBT.

### **WORK HISTORY**

**2013-Now High Intensity CBT Therapist, Haringey IAPT, Whittington Hospital NHS Trust.**  
He is responsible for the provision of psychological therapies including CBT and appropriate integrated with 3<sup>rd</sup> wave therapies, ACT, Person-Centred work. Assessment, formulation based treatment, risk management, follow-up and referral of patients with generalised anxiety, depression, OCD, panic, social phobia, PTSD, trichotillomania and other disorders.

**2015-Now Independent Counselling Psychologist**  
He provides psychological therapies for private individuals, insurance companies and legal parties specialising in PTSD, mental health problems and eating difficulties.

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- 2015**      **Counsellor, Youth & Community Service, London Borough of Barnet.**  
He provided long-term youth counselling and integrative therapeutic work.
- 2012-13**    **Counselling Psychologist in Training, Staff Psychological and Welfare Service, University College London Hospitals NHS Foundation Trust.**  
He offered psychological interventions for workplace-related issues such as stress, bullying or redundancy and their associated mental health problems.
- 2011-12**    **Counselling Psychologist in Training, Letchworth Centre for Healthy Living.**  
Integrative work using CBT, Person-Centred, and Existential Therapy at low cost counselling service, up to 25 weeks with clients.
- 2007-10**    **Psychology Assistant. South London and Maudsley, Neuropsychology Department**  
Cognitive testing/assessment. Using interviews and WAIS inventory plus interpretation of data supervised by consultant neuropsychologist.
- 2007-08**    **Islington PCT, childhood obesity programme, Family Based Behavioural Management.**  
Attendee management, sub-group management.
- 2007**      **Assistant Psychologist**  
Production of Pain Management DVD with Consultant Psychologist, University College London Hospital.
- 2006**      **Research Assistant Islington PCT Child and Adolescent Mental Health Service.**  
Researching the outcomes of child mental health interventions, conducting research interviews and reporting on results.

### **PROFESSIONAL QUALIFICATIONS**

- 2011-15**    **Professional Doctorate in Counselling Psychology**  
City University London
- 2010**      **Certificate in Counselling**  
Manor House Centre, Finchley
- 2006-08**    **MSc Psychology of Education**  
Institute of Education
- 1989-91**    **National Council for the Training of Journalists, Darlington College of Arts**  
Proficiency Examination

### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2017**      PTSD Masterclass
- 2014-15**    CBT for Anxiety Disorders and Depression
- 2010-13**    Person Centred Therapy
- 2015**      Existential Therapy
- 2015**      Compassion Focused Therapy
- 2013**      Acceptance and Commitment Therapy
- 2015**      Psychopathology
- 2014**      Psychometrics Testing
- 2013**      Suicide Prevention and Risk Management
- 2013**      CBT for insomnia