

## Dr Sarah Dawes

BSc, ForenPsyD, CPsychol, EuroPsy

### Chartered Forensic Psychologist



Health Professions Council Registration: **PYL31113**  
British Psychological Society Membership: **222186**

Dr Sarah Dawes is a Forensic Psychologist who qualified in 2014. She is registered with the Health and Care Professions Council (HCPC), Chartered with the British Psychological Society (BPS) and she holds a European standards certification in psychology as well. Sarah specialises in forensic mental health and has substantial experience working with both men and women involved with the criminal justice system, secure psychiatric hospitals and community services. She has worked intensively with those who suffer a range of complex needs and diagnoses including mental illness, personality disorder and learning disabilities. Difficulties experienced by those she has worked with are often complicated by co-occurring problems with substance use, self-harm, trauma and / or serious offence related behaviours (such as violence, arson, stalking and sexual offending). Despite the nature of work Sarah has often been able to develop a positive therapeutic rapport to establish a shared understanding of difficulties experienced and to support a collaborative process.

Sarah currently works as an independent practitioner and is able to carry out formal psychological assessments, including assessments of forensic risk (violence and sexual risk) using structured professional judgment methods, alongside assessments of mental health, trauma, personality disorder and cognitive functioning. By gaining a more in-depth understanding of presenting difficulties it can be of value to provide information for clinical questions raised, inform treatment planning and aid decision making. She is accustomed to writing psychological reports detailing the outcome of assessments and assessment process ensuring the quality is to a high standard.

#### Areas of Specialism:

- Assessment of risk of future violent offending (e.g. HCR-20 version 3).
- Assessment of risk of future sexual offending (e.g. RSVP).
- Risk assessment of non-contact internet sexual offending.
- Assessment of the impact of trauma and PTSD.
- Personality assessment (e.g. MCMI-IV).
- Treatment recommendations to address mental health and risk needs.
- Assessment of cognitive functioning/intellectual impairment (e.g. WAIS-IV).
- Substance misuse related reports.

#### PROFESSIONAL QUALIFICATIONS

**2014** Doctorate in Forensic Psychology Practice – University of Birmingham

**2006** BSc (Hons) Psychology – University of Hull

#### SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

**2020** Excellence in written evidence, Bond Solon

**2020** Management of those who sexually offend & internet offenders, Andrew Sims Centre

**2019** The clinical application of compassion, The National Institute for the Clinical Application of Behavioural Medicine

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2019	Expert strategies for working with anxiety, The National Institute for the Clinical Application of Behavioural Medicine
2019	How to work with patterns that sustain depression, The National Institute for the Clinical Application of Behavioural Medicine
2018	Mindfulness (BPS Approved Certificate), The Skills Development Service Ltd
2017	Risk for Sexual Violence Protocol (RSVP), Tully Forensic Psychology Ltd
2017	Why do people get stuck and how can we help them heal, The National Institute for the Clinical Application of Behavioural Medicine
2015	Essential Supervision Skills (BPS Approved Certificate in Clinical Supervision), The Skills Development Service Ltd
2014	CBT for OCD, Nottinghamshire Healthcare Trust
2013	The brain, dissociation and intrusive images
2013	Memory, schemata and cognitive therapy
2013	The brain, emotion and cognitive therapy, Oxford Cognitive Therapy Centre
2013	Introduction to trauma, Oxford Cognitive Therapy Centre
2009	Dual focused schema therapy
2008	Building client's self-esteem, The Skills Development Service Ltd
2008	Emotional Intelligence, Rethink
2007	Brief solution focused therapy, The Skills Development Service Ltd
2004	Challenging behaviour and autism, The University of Hull

## WORK HISTORY

### 2015 – Present Practitioner Psychologist

- **Tully Forensic Psychology Ltd** (Flexible referrals) (April 2020- present)  
Taking referrals for forensic risk assessments and formulation.
- **White Rose Psychology Practice** (Flexible referrals) (April 2020- present)  
Currently taking referrals for forensic risk assessment and remote therapy.
- **Cygnets Hospital Bierley, Bradford** (2-4 days a week) - *Male and female low secure care, and female specialist personality disorder service* (Jan 2017-March 2020).  
Provided psychological and forensic risk assessment, alongside short and long term therapeutic intervention to improve wellbeing, aid rehabilitation and reduce risk towards self and others. Presenting problems included violence risk, sexual offending, interpersonal difficulties, psychosis, identification of trauma, substance use and emotion regulation. Case consultations, reflective practice, staff supervision and input at MDT reviews was also provided. Established as the main psychologist for the male secure ward.
- **Training Event** (June 2019): Provided psychologically informed training for aesthetic and cosmetic treatment settings regarding body dysmorphic disorder to enhance awareness and ethical working practice.
- **The Farndon Unit, Nottinghamshire** (2 days a week)- *Women's low secure service* (Dec 2016-July 2017).  
Provided psychological and risk assessment for all newly admitted patients, alongside short term therapeutic intervention. Primary diagnosis was of mental illness or personality disorder often complicated by learning difficulties, offending behaviour, past trauma and/ or substance misuse.

- **Regional Fostering Agency, London** (May 2017).  
Provided psychologically informed training regarding wellbeing at work.
- **The Online Rehab, Remote Service** - *Online substance misuse service* (August 2016- December 2017). Initial psychological assessments provided via video link.
- **Private online therapy-** (January 2015- present).

**2016**                    **Locum Forensic Psychologist - Leeds and York Partnership Foundation Trust, Newsam Centre, Women's Low Secure Service**

- Worked as the primary psychologist for the women's ward within this low secure service. Service users were over the age of 18 and had a history of offending, substance misuse or trauma. Diagnoses included mental illness, personality disorder and learning disability. Support was offered to help reduce risk to self and/ or others and to support them within their recovery journey. The range of work undertaken included offering psychological assessment, individual therapy, family therapy and case consultation. Input at MDT meetings was also required.

**2015 – 16**                    **Locum Forensic Psychologist - Rotherham Doncaster and South Humber NHS Foundation Trust, Community Learning Disability Outpatient Service**

- Therapeutic intervention provided for adults with learning disabilities. All corresponding risk assessments also required to be completed. Presenting problems involved bereavement, trauma symptoms, attachment issues, sexually inappropriate behaviours and obsessive traits. Consultation and support was also offered to staff and carers.

**2015**                    **Honorary Lecturer - MSc Forensic Psychology Course, College of Business, Law & Social Sciences, Nottingham Trent University**

- Lectures provided for MSc Forensic Psychology students to help them build knowledge and skills relevant for their development within psychological practice.

**2015**                    **Locum Forensic Psychologist - Cygnet Hospital Bierley, Male Low Secure Service and Female PICU Services**

- Worked on the male and female secure wards and in the female PICU service with individuals diagnosed with mental illness, personality disorder and learning disability. Risk related behaviours often included violence, sexual offending, substance misuse and self-harm. Took a lead on ensuring risk assessment (i.e. HCR-20) procedures were in place and were completed and up to date, undertaking them in a collaborative manner with the patients and care team. Therapeutic intervention, input at ward rounds and CPA's also provided, identifying appropriate treatment pathways.

**2014 – 15**                    **Elysium Healthcare, The Farndon Unit, Women's Low Secure Service (continued working here as a qualified psychologist after working here for six years previous as an assistant and trainee)**

- Worked with women diagnosed with personality disorder, mental illness, autistic spectrum disorders, attention deficit and hyperactivity disorder and intellectual disabilities who demonstrated significant risk behaviours towards self and/ or others and supported them to help

aid recovery. In-depth psychological assessments were provided focusing on aspects such as risk, mental disorder and cognitive capacity. The primary focus of interventions within this role was with regards to complex trauma and PTSD, female sexual offending, eating disorders, body dysmorphia, self-harm and aggression.

- Regular contributions were made to MDT meetings and input at management meetings in relation to risk, policy and service provision was also offered.
- On some of the wards a Positive Behaviour Support (PBS) model was in place, whereby support was required to help staff and patients understand this concept and help them implement it. Regular staff supervision was offered alongside psychologically informed training on a variety of subjects was provided on a regular basis.

**2009 – 14      Forensic Psychologist in Training - Elysium Healthcare, The Farndon Unit, Women's Low Secure Service**

- Provided specialist care for women within a low secure unit detained under the mental health act and assessed as having complex needs. Primary diagnosis was of mental illness or personality disorder often complicated by learning difficulties, offending behaviour and/ or substance misuse. Within this post psychological assessments were completed and therapeutic intervention was provided on a one to one or group basis. MDT meetings were attended regularly alongside providing staff training on aspects such as personality disorder, HCR-20, boundaries, self-harm and suicide. I continued to work within this hospital post qualification.

**2010 – 11      Forensic Psychologist in Training - Community Forensic Mental Health Team, Specialist Services, Lincolnshire Partnership Foundation Trust**

- Undertook core needs assessments and specialist risk assessments, in addition to specific psychological assessments of mental disorder and personality. These formed the basis of psychological formulations, which aimed to provide a functional link between the persons mental health needs and their risk to others (or self). Formulations were used to inform treatment which were provided by myself, the service or referred on to the most appropriate placement. Client group included both male and females who had offence histories with a range of psychological needs including personality disorder, autistic spectrum disorders and other mental health issues. Whilst the service was provided for adults, there was a need to assess a number of adolescents who were due to transition into adult services within upcoming months.
- Therapeutic intervention focused on addressing underlying personality difficulties, trauma, emotion regulation and work to reduce the risk of sexual offending, violence, stalking and self-harm. In addition to direct clinical work, consultation, training and supervision was provided to NHS staff.

**2008 – 09      Assistant Psychologist - Elysium Healthcare, The Farndon Unit, Women's Low Secure Service**

- Psychological assessments were undertaken to aid formulation and identification of appropriate treatment pathways. Individual and group therapy was also offered, whilst ensuring that good communication with the MDT about clients' progress and risk was maintained. Regular audits for the psychology department were also undertaken

**2006 – 08      Community Mental Health Worker - Rethink, Supported Housing Service**

- A person centred approach was used to support males and females with mental disorders living in the community. Support was offered to help maintain daily living skills, enhance interpersonal skills and aid independent living, building effective communication links within the community. Developing care packages and providing input at CPA meetings was also an essential part of the job role.

**RESEARCH EXPERIENCE**

- Doctorate in forensic psychology practice incorporating the masters in forensic psychology practice, The University of Birmingham- Required to produce an MSc dissertation (2011) and a Doctoral Thesis (2014). Having designed, prepared, analysed and written up two research projects throughout the course, the opportunity was taken to use both quantitative and qualitative analyses.
- BSc Psychology, The University of Hull- Research dissertation (2006). Designed the study, collected data, analysed statistics and prepared the dissertation.
- Data Analyst for Dr Bolsover 2004-2006. Supported clinical psychologist in longitudinal study in scoring research data and entering them into SPSS for analysis.

**PUBLICATIONS**

- Coombes, P., & Dawes, S. (2010). Development and implementation of a gender specific psychological treatment pathway in low secure services within Raphael Healthcare. *Journal of Integrated Care Pathways*, 14, 166-171.