



Dr Sarah Whittaker-Howe
DClinPsych.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL29467**
British Psychological Society Membership: **238589**

Dr Whittaker is expert in the psychological assessment and treatment of victims of organised violence. She has provided expert witness for over a hundred cases, including a large-scale war crimes investigation and for the UK Asylum Tribunal and Family Courts. Sarah has worked extensively within specialist trauma services in the NHS and charity sector, most notably with survivors of torture and sexual violence and with Veterans. She has international experience working in active and post-conflict settings, including Iraq, Democratic Republic of Congo, Sri Lanka, and South Sudan and therefore has a unique understanding of cultural considerations within the clinical context.

AREAS OF SPECIALISM

- Post-traumatic Stress Disorder
- Torture
- Sexual Assault and Rape Trafficking
- Domestic Violence
- War and Terrorism
- Refuge and Asylum
- Serious Accidents
- Serious Assault

PROFESSIONAL QUALIFICATIONS

- 2013** Doctorate in Clinical Psychology – Royal Holloway, University of London
2008 Psychology (1st Class Honours) – Oxford Brookes University

WORK HISTORY

2015 – Present Medical Legal Consultant, Criterion A Psychology Service

I provide psychological expert witness reports in a variety of contexts including the International Criminal Court, Asylum Tribunals and Family Courts. The majority of my work is focused on providing an expert opinion on alleged victims of human right abuses, in particular torture, sexual violence and human trafficking. I also provide evidence-based treatment for psychological difficulties as a result of traumatic experiences.

2015 – Present Acting Director of Clinical Services – Trauma Treatment International

I oversee and contribute to the project development and implementation of comprehensive trauma treatment programmes for victims of organised violence, worldwide, and look after both the professional development and care for our Associates. I build relationships with our partners and contribute to funding proposals/applications.

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I also carry out trauma-informed assessments for organisation and staff who work with victims of organised violence and develop tailored programmes of support for the organisation and its staff.

2014 - Present Senior Clinical Psychologist – Combat Stress (3 periods of employment in 2014, 2017 – 20 and 2021)

Combat Stress in the UK's leading mental health service for British Veterans. I previously psychological assessment and evidence-based treatment to Veterans with complex PTSD and other mental health difficulties arising from their military experiences. This included both individual therapy and group work. I currently provide clinical supervision to their team of Psychologists in Scotland.

2019 – Present Consultant Clinical Psychologist – Nobody's Listening Project

Nobody's Listening is an exhibition that documents the Yazidi genocide using virtual reality and art. I am responsible for the psychological care of the Yazidi survivors who are involved in the project and provide consultation on the psychological aspects on the exhibition.

2013 – Present Consultant Clinical Psychologist – Justice Rising

Justice Rising is a non-profit organisation working in the Democratic Republic of Congo and currently developing out into the Middle East. I have worked in the DRC developing psychological responses to the mental health needs of war-affected communities. I contribute to the strategic functioning of the organisation and project development. I also provide clinical support to our international staff.

2004 – 15 Clinical Psychologist – The Havens

The Havens is a specialist NHS centre for victims of rape. I provided evidence-based psychological therapy to survivors and worked in partnership with the Crown Prosecution Service, which included providing expert reports/documentation for trial.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- **International Experience**

In my capacity as a Clinical Psychologist, I have worked alongside a number of organisations and institutions providing clinical support, consultation and training, including in Iraq, Jordan, Sri Lanka, Democratic Republic of Congo and Kenya. Further details on request.

- **Trainee Clinical Psychologist - Camden and Islington NHS Trust & Royal Holloway University of London**

Doctoral level training covering the core clinical competencies required to work with individuals across the lifespan (adults, older adults, children/young people and people with learning disabilities) with a range of mental health problems, providing evidence based psychological assessment, formulation and intervention (including cognitive behavioural, psychodynamic and systemic). Particular interest and experience in Complex Trauma. Training included a 12 month placement at The Forced Migration Trauma Service, providing trauma treatment for refugees and asylum seekers and a six month placement at an Early Intervention Service for Psychosis.

PUBLICATIONS AND TEACHING

Publications

- Whittaker-Howe, S (2016). The Storytelling Movement: A trauma recovery intervention for war affected communities *The Clinical Forum* (April 2016).
- The psychological health of remote area medics in Iraq. S Whittaker-Howe, G Brown, V Williamson, N

Greenberg. Occupational Medicine 67 (9), 666-671, 2017.

- A Grounded Theory Analysis of the Psychological Effects of Covert Digital Surveillance on Civil Society Actors (in publication)

Teaching

- Guest lecturer on the Doctorate of Clinical Psychology course, Royal Holloway University of London