



Dr Jo Stevenson  
DClinPsych.  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL20997**  
British Psychological Society Membership: **038942**

Dr Jo Stevenson qualified in 1998 and has been working with both adults and children since, with a specialism of Developmental trauma (child abuse and neglect), adult trauma (PTSD, domestic abuse) and family crises (Parental alienation, adoption, reconstituted families). She has worked in the NHS for 20 years and has been a clinical lead for a range of directorates including Looked After Children, Adoption Services, Young Offenders Institutions, Substance Misuse services, Alcohol Misuse Services and Specialist Learning disability services. She has also worked in Paediatric Medicine and Behavioural Medicine with complex cases such as fabricated illness, chronic health complaints, and chronic pain.

Dr. Stevenson has experience assessing and providing interventions for those with a range of mental health difficulties including depression, anger, anxiety, PTSD, complex trauma, attachment difficulties, personality disorder, substance misuse disorders, neurodevelopment disorders (ADHD, ASD, socio-communication disorders and specific learning disorders). Dr. Stevenson has worked within the NHS but also as a clinical lead in children's services for a Local Authority and as a Clinical Commissioner for children's services helping support complex cases for families in need and Safeguarding. The case work has included working in a range of settings including homes, schools, residential facilities, safe houses (Child Sexual Exploitation and Child Criminal Exploitation), prisons and young offender institutions.

Dr Stevenson has been providing medic-legal assessments in the field of family public law and family private law, as well as some in the criminal court due to the complex nature of the cases concerned. She works with individuals but also 2 and 3 generation complex cases regarding cases in the family and criminal court.

#### **AREAS OF SPECIALISM**

- Child and Adult Family assessments
- Developmental Trauma and Adult Trauma
- Cognitive Assessments
- Attachment / Relationship style assessments
- Mental Health and Personality Assessments
- Child Sexual Exploitation and Child Criminal Exploitation
- Substance / Alcohol Misuse
- Adoption
- Parental Alienation

#### **PROFESSIONAL QUALIFICATIONS**

- 1998**      Doctorate in Clinical Psychology – University of Surrey  
                 Bachelor of Science Psychology with Sociology - University of Bath

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## **WORK HISTORY**

### **2015 – Present Director and Lead Consultant Clinical Psychologist – Private Practice**

Lead Clinician, medico-legal reports, assessments and therapeutic work regarding developmental trauma, adults, families and children. Development of business plan and care pathways. National training, skills training, consultation and Honorary Lecturer at the University of East Anglia.

### **2008 – Present Consultant and Expert Witness – Independent Practice**

Provision of a range of services including assessments, consultation, training and service development.

### **2012 – 15 Senior Consultant Clinical Psychologist and Development Adviser – Norfolk County Council**

Clinical assessments of young people and their families with complex need on the edge of care and accommodated by the Local Authority. Heading a multi-disciplinary team and developing new flexible services. Providing and Commissioning services as required for complexity of need as bespoke packages of care. Strategic role developing the workforce and integrating health with social care.

### **2009 – 12 Senior Consultant Clinical Psychologist and Development Adviser – Suffolk Mental Health Partnership NHS Trust**

Strategic and Corporate role regarding development of Substance Misuse Services and Complex cases service. Developed governance structures and models of care in business plans. Clinical work regarding developmental trauma and personality disorder. Clinical supervisor.

### **2004 - 09 Clinical Lead and Consultant Clinical Psychologist – Suffolk Mental Health Partnership NHS Trust**

Liaise with Commissioners, develop business plans, strategic work, develop policies, clinical supervisor, assessor, specialist clinical consultations, manager.

### **2001 – 04 Lead Clinical Psychologist for Looked after and adopted children – Norfolk County Council / Norwich Primary Care Trust**

Pilot psychological services across looked after child and adoption sector, assessor, specialist Consultation, therapist, trainer, supervisor.

### **1998 – 2001 Clinical Psychologist – Kings Lynn and Wisbech Hospitals NHS Trust**

Individual therapy, assessor, couple / family work, researcher, trainer, service evaluation.

### **1995 – 98 Trainee Clinical Psychologist – Merton and Sutton NHS Trust**

Doctoral level training, clinical academic and research work.

### **1994 – 95 Project manager and Psychologist – Bowman Gray School of Medicine USA**

Manager of psychology team, researcher (child and adolescent outcome study), clinical lead, supervisor.

### **1992 – 93 Assistant Psychologist / Researcher – Harvard Medical School**

Assessor, researcher, group facilitator, trainer, academic, support assistant on inpatient ward.

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**2011** Foundations in Dual Diagnosis (Mental Health and Substance Misuse)

### **PUBLICATIONS**

- Stevenson, J. (2020) She had a whim of iron. New Law Journal, Family-Legal Update – 17.01.20.
- Stevenson, J. (2016) Knowing Something About the Bird: Formulating developmental trauma, its various relationships to substance misuse problems and service implications. Clinical Psychology Forum 278, February pp 44-48. Shortlisted for national BPS award 2016.
- Goldberg, K., Taylor, J., Thorp, D., Berger, M. and Stevenson, J. (2004) Briefing paper: Looked After Children-Improving the psychological well-being of children in care of the Looked After System. A guide for Clinical Psychologists working with or considering the development of psychological services for Looked after children and their carers. British Psychological Society.