

Dr Amy Aston  
B.Sc, DClinPsych.  
**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL36244**

Dr Aston's primary interest is in the assessment and treatment of psychological trauma, including PTSD and complex trauma. She also has interest and experience in working with risk and forensic populations including violent and sexual offending. Her primary therapeutic intervention used for treatment of trauma is EMDR, though she has experience in a variety of psychological models and enjoys working integratively drawing on concepts from cognitive behaviour therapy, schema therapy, and compassion focused therapy.

#### **AREAS OF SPECIALISM**

- PTSD
- Complex Trauma
- Personality Disorder
- Self-harm
- Depression
- Anxiety
- Risk Assessment
- EMDR
- Trauma therapy

#### **PROFESSIONAL QUALIFICATIONS**

**2018**          Doctorate in Clinical Psychology – University of Lincoln

**2010**          BSc Psychology – University of Gloucestershire

#### **WORK HISTORY**

**2022 – Present**    **Clinical Psychologist – Adult Mental Health: Acute inpatient services, Highbury Hospital, Notts HC NHS Trust**

Male and Female Acute inpatient units. Assessment and formulation of mental health crises, psychological intervention, team consultation and supervision.

**2018 – Present**    **Clinical Psychologist – Forensic Services Rampton High Secure Hospital, Notts HC NHS Trust**

Men's Personality Disorder Directorate. Completing comprehensive risk assessments and formulations, and offering intervention aimed at enhancing interpersonal functioning and reducing risk.

**2021 – 22**          **Clinical Psychologist – Nottingham Centre for Transgender Health, Notts HC NHS Trust**

Working with individuals exploring their gender identity and transitioning, assessment and diagnosis, recommendation for gender affirming treatment, local teaching and training.

- 2020 - 21      Clinical Psychologist – Purple House Clinic, Loughborough**  
Working with adults to provide assessment and treatment for a range of mental health difficulties, namely trauma/PTSD, anxiety, and depression.
- 2015 – 18      Trainee Clinical Psychologist – Lincolnshire Partnerships NHS Foundation Trust**  
Placements completed in a community forensic service, intellectual disability community service, child and adolescent community service, inpatient organic assessment ward, and adult community service (trauma-focus).
- 2013 – 15      Assistant Psychologist – St Andrews Healthcare, Nottinghamshire**  
Medium/Low secure unit for men on the autism spectrum. Role included completing risk assessments, attending MDT meetings, assessment, formulation and intervention under supervision of a qualified psychologist.

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

- Eye Movement Desensitization and Reprocessing 3 parts (EMDR)
- Radically Open Dialectical Behaviour Therapy (RO-DBT; 10-days training)
- Schema Therapy in Forensic Settings (2 days) training
- International Personality Disorder Examination (IPDE) assessment
- Historical Clinical Risk Assessment v3 (HCR-20)
- Essential Supervisor Training (Eligible for RAPPS; Register of Applied Psychology Practice Supervisors)
- Advanced Supervisor Training

### **PUBLICATIONS**

- Bush, A., Whitaker, Z. & Aston, A. (2015). Positive and Proactive Care: setting standards for care plans and auditing in a secure hospital setting. *Division of Clinical Psychology: The Bulletin of the Faculty for People with Intellectual Disabilities*, 13(2), 5-14
- Aston, A., Smith, S., De Boos, D., & Tickle, A. (2020). Do clinical psychologists have a role in clients' use of psychotropic medication? A mixed methods investigation exploring current forms of involvement. *Psychology and Psychotherapy: Theory, Research and Practice*, 94(2), 359-377 doi:10.1111/papt.12281