



Dr Ayesha Roche
B.Sc., M.Res., D.Clin.Psych.
Clinical Psychologist



Health Professions Council Registration: **PYL34928**

Dr Ayesha Roche is a HCPC registered Clinical Psychologist with over ten years' experience in clinical and forensic mental health settings. Dr Roche specialises in the psychological assessment and treatment of individuals with complex mental health difficulties, personality disorder diagnoses and neurodevelopmental conditions.

Dr Roche has expertise in completing a wide range of psychometric tests and specialist risk assessment tools to support in her work completing high quality assessments as an expert witness.

AREAS OF SPECIALISM

- Complex trauma
- Personality disorder
- General violence risk assessment
- Intimate partner violence risk assessment
- Sexual violence risk assessment
- Autism spectrum disorder assessment
- Intellectual disability assessment
- Culturally sensitive risk assessment

PROFESSIONAL QUALIFICATIONS

- 2017** Doctorate In Clinical Psychology, University of Sheffield
- 2014** MRes in Clinical Psychology, University of Birmingham
- 2011** Bsc Psychology, University College London

WORK HISTORY

2021 – Present Clinical Psychologist & Clinical Lead, Community Forensic Team, Nottinghamshire Healthcare NHS Trust

Providing effective clinical leadership across a community forensic mental health team providing care to individuals with complex mental health difficulties and offending behaviours. Working with management and clinicians to support the delivery of evidence-based interventions and therapeutic approaches relevant to the service user population. The role also includes leading efforts to collaborate with partner agencies, supporting an effective multi-agency strategy and providing consultation and advice. The role also requires the delivery of specialist patient providing enhanced assessment, formulation, and treatment interventions to a complex patient group, informed by clinical and forensic expertise.

2017 – Present Clinical Psychologist & CYP Pathway Coordinator, Criminal Justice Liaison & Diversion Service, Nottinghamshire Healthcare NHS Foundation Trust (Part Time)

Completing specialist assessment, formulation, and intervention for adolescent and adult clients with a range of psychological vulnerabilities within the criminal justice system. Working

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with individuals presenting with a range of cognitive, psychological and developmental difficulties; including personality disorder diagnoses, complex post-traumatic stress conditions, intellectual disabilities and autism spectrum disorders. Using a trauma-informed approach and drawing on specialist therapeutic models including cognitive analytic therapy (CAT), compassion focused therapy (CFT) and EMDR, mentalization based therapy for adolescents and dyadic developmental psychotherapy. Providing advice and consultation to other professionals working social care and the youth justice service to inform psychosocial support provided to young people within the criminal justice system. The role also requires the completion of high-quality professional reports to assist the courts, and other criminal justice agencies, in decision making processes.

2020 – Present Clinical Psychologist, Community Forensic Team, Nottinghamshire Healthcare NHS Foundation Trust (Part Time)

Providing specialist assessment, formulation and intervention for individuals with complex and enduring mental health difficulties linked to offending behaviours. Applying evidence based psychological therapies to improve psychological wellbeing and reduce risk of re-offending; informed by CAT, EMDR and CFT. The role also provides opportunities to contribute to service development efforts as a member of the senior leadership team, which includes the following; development of organizational strategies and protocols; providing supervision and training to the wider team; providing consultancy to partner agencies.

2019 –2020 Senior Lecturer, Nottingham Trent University (Part Time)

Developing and delivering applied psychology teaching, primarily at postgraduate level on clinical and forensic psychology MSc courses. Conducting and supervising research to contribute to the field of applied psychology at local and national levels. Specialist areas of teaching include; conceptualizing psychological distress; assessment, formulation and treatment planning for offenders; clinical and forensic professional practice.

2019 – Present Clinical Psychologist, The Wells Road Low Secure Hospital, Nottinghamshire Healthcare NHS Foundation Trust

Specialist assessment, formulation and treatment of individuals with complex and enduring mental health difficulties and offending behaviours. Experience includes delivering psychological interventions with the aim of reducing risk of relapse and re-offending for service users with a range of offending and risk related behaviours, including; sexual offences; arson; violent offences and drug related crimes. Competence in forensic risk assessment is also required and informed by evidence based frameworks for assessing forensic risk.

2014 – 2017 Trainee Clinical Psychologist, Sheffield Health & Social Care NHS Trust

2013 – 2014 Assistant Psychologist, The Tamarind Centre Medium Secure Psychiatric Hospital, Birmingham & Solihull Mental Healthcare NHS Trust

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

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| 2022 | Cognitive Analytic Therapy Practitioner Training, Catalyse (ongoing 2022-2024) |
| 2021 | Working with Difference in the Supervisory Relationship, Association of Clinical Psychologists UK webinar |
| 2020 | Parts 1-3 of Eye Movement Desensitization Reprocessing (EMDR) therapy training, Sandi Richman |
| 2019 | Level One Dyadic Developmental Psychotherapy, Birmingham Children’s Trust |
| 2019 | Using Acceptance and Commitment Therapy and Compassion Focused Therapy with people who commit offences, Nottingham Trent University |

- 2018** Mentalization based therapy for Adolescents, Anna Freud Centre
- 2018** Using the Risk for Sexual Violence Protocol (RSVP) to assess and manage risk of sexual violence, Nottinghamshire Healthcare NHS Foundation Trust
- 2018** Supervision in Applied Psychological Practice (formerly STAR), University of Leicestershire
- 2017** 5 Session Cognitive Analytic Therapy Training: A brief intervention and consultation model, Catalyse