

Dr Sarah Buckley

B.A H.Dip Psych M.A DCLinPsy.

Clinical Psychologist



Health Professions Council Registration: **PYL35285**

Dr Sarah Buckley has over ten years' experience working in mental health. She currently works as a clinical psychologist in an NHS major trauma centre. Over the past six years she has worked in community mental health services supporting adults from a wide range of backgrounds with severe and enduring mental health difficulties, such as psychosis, complex trauma, OCD, depression and anxiety. She developed and delivered the psychological care pathway in an NHS service for adults with ADHD and is trained in the assessment of ADHD in adults. Dr Buckley also works with a non-profit organisation offering medico-legal reports for individuals who have experienced traumatic events and are seeking asylum in the UK.

AREAS OF SPECIALISM

- Assessment of adult mental health and recommendations
- Assessment of adult ADHD
- Assessment of trauma and PTSD

PROFESSIONAL QUALIFICATIONS

2017	D.ClinPsych University of Edinburgh
2011	M.A in Applied Psychology University College Cork
2010	Higher Diploma in Psychology (1.1) National University of Ireland, Galway
2008	B.A Philosophy, Sociology & Political Science (2.1) National University of Ireland, Galway

WORK HISTORY

2023 – Present Clinical Psychologist (B8A); Major Trauma Centre, Royal London Hospital

Providing psychological input to individuals who have experienced a major trauma, their families and support system, and staff.

2023 Senior Clinical Psychologist (B8A); Lambeth Early Onset; South London and Maudsley NHS Trust

Provide specialist assessment, formulation and psychological intervention with individuals, families and carers experiencing a first episode of psychosis. Main models of intervention include cognitive behavioural therapy for psychosis (CBTp), compassion focussed therapy (CFT), eye movement desensitisation re-processing (EMDR), and acceptance and commitment therapy (ACT). Support a large multi-disciplinary team with psychological consultation, training and joint working. Supervise psychologists.

2022 – Present Medico-legal report writer; Helen Bamber Foundation

I provide medico-legal court reports for asylum seekers who have experienced traumatic events and are claiming refugee status within the UK. This involves a thorough psychological and risk

assessment (using psychometrics and clinical interview), often through an interpreter, taking into account cultural factors.

2021 – Present Dr Sarah Buckley Psychology; Private practice

Provide assessment, formulation and treatment for individuals experiencing mental health difficulties such as anxiety, depression, low self esteem, OCD, ADHD, PTSD.

2018 – 2021 Clinical Psychologist (B7 / B8A); North Hackney Recovery CMHT; East London Foundation Trust

Assessment, formulation and intervention with individuals experiencing severe and enduring mental health difficulties including psychosis, trauma, high suicidal risk. Interventions include CBT and CFT (individual and groups) and EMDR. Work systemically and offer consultation and formulation sessions, as well as teaching to the multi-disciplinary team. Supervise colleagues and trainees.

2018 – 2020 Clinical Psychologist (B7); City & Hackney Adult ADHD Team; East London Foundation Trust

Developed the psychological care service for adults with a diagnosis of ADHD. Piloted a group programme designed in response to service user feedback. Completed a service evaluation and engaged clients with people participation. Provided individual psychological intervention and consultation to the wider team and supervised assistant psychologists.

2018 Clinical Psychologist; OCD specialist service; Priory Hospital North London

Provided CBT with an emphasis on exposure and response prevention for adults and adolescents admitted with OCD in a specialist OCD service. Worked systemically offering home visits. Facilitated a CBT group programme. Liaised with local teams to coordinate planned discharges.

2014 – 2017 Trainee Clinical Psychologist; University of Edinburgh; NHS Lothian

Completed training across the lifespan developing skills in assessment, formulation and intervention. Completed a service evaluation project, audit and developed a pilot site for an international research study.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2023 Schema Therapy with complex cases; Schema Therapy Associates

2022 Narrative therapy Level One; The Institute of Narrative Therapy

2021 Relating therapy in psychosis; South London and Maudsley NHS Trust

Gender dysphoria; South London and Maudsley NHS Trust

CBT supervision; North Thames Clinical Training Programme

2020 Medico-legal report writing; Helen Bamber Foundation

2019 CBT for people who have been abused in childhood; Oxford Cognitive Therapy Centre

Debrief Training; East London Foundation Trust

Behaviour Family Therapy; Meriden

EMDR (all levels); EMDR Works

CBTp top up training; University College London (UCL)

2018 Assessment and diagnosis of adult ADHD; UKAAN

2017 IPT Level A; National Education for Scotland

2016 Cognitive Behavioural Analysis System of Psychotherapy; NHS Lothian

2014 The RAID Course; The Association for Psychological Therapies
Solihull Approach Foundation training; NHS Homerton

2010 Applied Suicide Intervention Skills Training; National University of Ireland, Galway

PUBLICATIONS, PRESENTATIONS AND AWARDS

2021 Buckley, S., Davidson, W., & Sacks, M. (2021). Service evaluation of a new psychological care pathway within a specialist adult ADHD service. *Clinical Psychology Forum*, 340.

2019 Awarded “Employee of the month: September 2019” by East London Foundation Trust.

2019 Poster presentation “Attachment style and reflective functioning in cognitive behavioural analysis system of psychotherapy (CBASP): A case series study” at the CBASP International Conference in 2019.

2017 Awarded “Highest Graded Doctoral Thesis in Clinical Psychology” in October 2017 by University of Edinburgh.

2016 Breen, J., & Buckley, S. (2016). Autistic spectrum disorder post-diagnostic support group: Model outline and parental experiences. *Clinical Psychology Forum*, 283.