

CURRICULUM VITAE

Dr Sarah Hartley (née Birch)

Qualifications

- 1991 - 1994** **Nottingham University**
BA (Hons) Psychology: 2.1
- 1997 - 1999** **Surrey University**
MSc Research Methods and Psychological Assessment:
Distinction
- 1999 - 2002** **Salomons Centre, Affiliated to University of Canterbury**
PsychD in Clinical Psychology
- 2003** **Chartered by the British Psychological Society**
- 2003 - 2004** **Institute of Family Therapy**
Postgraduate Diploma in Systemic Practice with Families &
Couples: Merit
- 2009** **Registered by the Health & Care Professions Council**
- 2015** **I completed training with EMDR Works to obtain registration as a practitioner in Eye Movement Desensitisation Reprocessing treatment. I am a member of EMDR Association UK & Ireland.**
- 2019** **I completed the Mentalisation-Based Treatment: Basic Training.**

I am a member of the Expert Witness Institute (EWI)

Work experience

January 2015 onwards: Psychologie Ltd

I am the Director of Psychologie Ltd, which was set up to provide good-quality and timely assessments and treatment of adults. My areas of special interest in psychological treatment are *trauma*, and I am trained in **EMDR**. I am registered with BUPA and AXA. I was until recently the Treasurer for the British Rorschach Society.

I continue to provide assessments for the Courts, and my particular areas of specialty in this regard are assessing people with *personality disorder, trauma*, and within child protection cases I have a particular interest in *non-accidental injury* and *failure to thrive*. I have prepared over ninety reports in *personal injury* cases including medical negligence, accident compensation claims, and other cases where an assessment of *post traumatic stress disorder* symptoms is required. I have completed over three hundred reports in family cases which have related to child protection and I have acted as expert in many criminal cases including those concerning *fitness to plead/stand trial*. I have also completed many assessments in private law cases involving *parental alienation*. I have given evidence in Court many times, including at the High Court.

September 2007 – February 2015: Carstairs Psychological Associates Ltd.

I was employed as an Associate with Carstairs Psychological Associates Ltd., a company that provides psychological assessments for the Courts in civil, criminal and family cases, and short and long-term psychotherapy.

2005 – 2012: Women’s Service, Sussex Partnership NHS Trust

I was employed as a Senior Clinical Psychologist in a Specialist Women’s Service, which spans forensic and specialist care. The women referred to the service have complex mental health needs, often including a diagnosis of personality disorder, and they present a significant level of risk to either themselves or others. My job involved providing assessments, therapy, consultation and supervision to three staff teams, and I had managerial responsibility for a team of three psychologists.

2005-2012: University of Sussex

I had a yearly commitment to provide two lectures to undergraduates in psychology at the University of Sussex. The topics varied and included the assessment and treatment of personality disorder.

2003 – 2005: CMHT/Psychological Therapies Service

I was employed as a Clinical Psychologist working in a Community Mental Health Team and a Psychological Therapies Service. I worked with individuals on a range of issues such as depression, anxiety, OCD, trauma, eating difficulties and personality difficulties, using an integrated approach to therapy.

2002 – 2003: Specialist Medium Secure Service for Women

I worked as a Clinical Psychologist at The Dene which is a specialist medium-secure unit for women run by a private organisation for NHS patients. In my time there I gained further experience in a forensic setting with people who have suffered from severe trauma and who often attract a diagnosis of personality disorder.

Placements in training

As well as my four core placements, I completed two elective placements in adult mental health in an Assertive Outreach Team, an acute psychiatric ward, and in a primary care service.

Career History Prior to Training

March 1997 – August 1999: St. Helier NHS Trust, Henderson Hospital, Sutton.

I was employed as a **Researcher** in this specialist tertiary service for adults with personality disorder.

May 1996 - March 1997: Horizon NHS Trust, Eric Shepherd Unit, Abbots Langley, Herts.

I was employed as an **Assistant Psychologist** within a multidisciplinary team, working with **adults with learning disabilities in a secure environment.**

August 1995 - May 1996: Milton Keynes NHS Trust, Marlborough House, Milton Keynes.

I was employed as a **Psychology Assistant** in a **Medium Secure Unit for Adults with Mental Health Needs.**

June 1994 - August 1995

I was employed as a Community Healthcare Assistant working with adults with learning

disabilities and challenging behaviour, and then as a Nursing Assistant on an acute ward for adults with mental health needs.

Publications & presentations

- Carstairs, K., Hartley, S., Peden, A., McCarthy Woods, J., van Graan, A., Andronikof, A. & Fontan, P. (2018)** A normative study in England with the Rorschach Comprehensive System. *Rorschachiana*. 39, 105-134.
- Birch, S. (2015)** Workshop presentation: Assessing the adult's capacity to change. Presented at a study day entitled "assessing a parent's capacity to change in the timescales of their child". St Catherine's College, Oxford, 14th October 2015.
- Birch, S. (2015)** Factors that demonstrate change or potential change in parenting capacity. In Bryn Williams, Emma Peart & Roger Young (Eds.) *Understanding and assessing a parent's capacity to change within the timescales of the child*. London: Jordan Publishing.
- Carstairs, Kari & Birch, Sarah (2015)**. Assessing a parent's capacity to change in psychotherapy: The use of the Rorschach and the MMPI-2. In Bryn Williams, Emma Peart & Roger Young (Eds.) *Understanding and assessing a parent's capacity to change within the timescales of the child*. London: Jordan Publishing.
- Birch, S. (2014)**. Why I use the Rorschach in court reports. *Your Witness*, 29, 37-38.
- Birch, S. (2013)**. A therapist's responses to self harm. *Clinical Psychology Forum*, 248, 12-15.
- Birch, S. (2013)**. What makes a good quality psychological report. *The Expert Witness Journal*, 1, 64-66.
- Birch, S. (2013)**. Using an interpreter when conducting cognitive evaluations in parenting assessments. *The Expert Witness Journal*, 1, 56-59.
- Birch, S. & Carstairs, K. (2012)**. Poster presentation: Assessment of personality in parenting capacity cases. Presented at the annual conference for the Society for Personality Assessment, Chicago, 16th March 2012.
- Birch, S. (2012)**. The See-Saw of Recovery in Women's Secure Care. In *Secure Recovery*, G. Drennan & D. Alred (Eds). Oxford Medical publications.
- Birch, S. (2011)**. I want you to be able to see it. Diogenes and Pathological Hoarding. *Psychodynamic Practice*, 17, 331-334.
- Birch, S., Cole, S., & Hunt, K. (2011)**. Self harm and Positive Risk-Taking. Can being able to think about the possibility of harm reduce the frequency of actual harm? *Journal of Mental Health*. 20, 293-303.
- Birch, S. (2010)**. Conference presentation: Pathological Hoarding. Presented at the Association of Forensic Psychotherapy Conference, March 2010.
- Birch, S. & Lavender, T. (2003)**. The physical healthcare experiences of women with enduring mental health problems. Status versus stigma. *Journal of Mental Health*. 14, 61-72.
- Dunstan, F. & Birch, S. (2003)**. What Makes a TC? A Comparative Study of Ideal Values. In *A Culture of Enquiry. Research Evidence and the Therapeutic Community*. J. Lees, N. Manning, D. Menzies, & N. Morant (Eds.). Jessica Kingsley Publishers.
- Blount, C., Birch, S., Evans, C. & Warren, F. (2002)**. A qualitative evaluation of outcome measures of personality disorder. *Journal of Medical Psychology*, 75, 151-164.
- Birch, S., Dunstan, F. & Warren, F. (1999)**. Democratisation, reality confrontation, permissiveness, and communalism. Themes or anachronisms? An Examination of Therapeutic Agents Using Factor Analysis. *Therapeutic Communities*, 20, 43-59.

Research

(1) My dissertation for the M.Sc. at Surrey University was on the **gender bias in the measurement of personality disorder**, for which I gained a distinction.

(2) My dissertation for the Psych.D. at Salomons Centre focused on the **physical healthcare experiences of women with enduring mental health problems**, for which I gained a merit.

(3) My research into treatment approaches to self-harm was published in an audit paper in 2011: this paper forms part of the NICE review of treatment for self-harm.

(4) I have been involved in a pilot project gathering UK normative data on the Rorschach – the initial results of this have now been accepted for publication.

Continuing professional education

- October 2018 – attended an advanced seminar in assessing mental capacity.
- 2017/2018 - Four day training on using the Marschak Interaction Method (MIM) which is a structured technique for assessing the quality and nature of relationship between caregivers and a child.
- Yearly attendance at Bond Solon Expert Witness Conference
- Workshop on Compassionate mindfulness
- Training in EMDR
- Psychoanalytic Psychotherapy Training (completed two years 2011- 2013).
- Portman Course on being an expert witness in family cases
- Two day training in Cognitive Analytic Therapy
- Rorschach Administration, Scoring and Interpretation
- Bond Solon Course: “Giving evidence for Expert Witnesses”.
- Supervisors training and advanced supervisors training
- Introduction to psychodynamic psychotherapy (one week at the Tavistock centre)
- Psychopathy Checklist Training Course and HCR-20 course