



2 Harley St, London, W1G 9PA • Phone: 020 8150 7563 • Mobile: 07434 585472  
E-Mail: [info@privatetherapyclinic.com](mailto:info@privatetherapyclinic.com) Web: <https://theprivatetherapyclinic.co.uk>

## **Dr. Becky Spelman**

HCPC Registered Counselling Psychologist  
BABCP Accredited Cognitive Behavioural Psychotherapist

### **Academic Qualifications**

Doctor of Counselling Psychology – University of Teesside (2009)  
PGDip Cognitive Behavioural Therapy - Royal Holloway (2010)  
PGDip Counselling Psychology (2007) – University of Teesside (2009)  
BSc Psychology - American College Dublin (2006)

### **Professional Qualifications & Memberships**

Registered Psychologist, Health Professions Council  
Accredited member, British Association for Behavioural & Cognitive Psychotherapies  
Eye movement desensitization and reprocessing (EMDR) practitioner

### **Expert Witness Training**

Court Room Skills – Bond Solon (2012)  
Excellence in Report Writing – Bond Solon (2012)  
Appearing in court as an expert witness – Alan Winthrop, University of Teesside (2009)

### **Clinical Experience**

- Clinical Director, leading a team of therapists in a private practice setting.
- Provision of psychological assessment and therapy to individuals with complex mental health problems
- Conducting therapeutic interventions including cognitive behavioural therapy (CBT) & Eye Movement desensitisation and reprocessing (EMDR).
- Providing treatment for depression, anxiety, trauma, addictions and personality disorders (specialist areas).
- Supervision of Counselling Psychologists and Psychotherapists Training and Consultation to professionals



2 .Harley St, London, W1G 9PA • Phone: 020 8150 7563 • Mobile: 075 1111 6565  
E-Mail: info@privatetherapyclinic.com Web: www.theprivatetherapyclinic.co.uk

- Design, implementation and manage service projects
- Coordinating medico legal cases for Psychiatry and Psychology.
- Interviewing and recruitment of staff

#### **Expert Witness Experience:**

2011 - Present: **Independent Expert Witness**

#### **Areas of Expertise:**

Dr Spelman specialises both in the assessment of adults in the context of Family Proceedings and Private Law disputes. Dr Spelman also undertakes Personal Injury work and has appeared in court as an expert witness.

Dr Spelman has undergone training as a Health Professional Expert Witness” with Bond Solon. Dr Spelman has extensive experience of assessing a wide range of mental health problems by psychometric objective assessments and by clinical interview.

#### **Family & Capacity:**

- Cognitive functioning
- Substance misuse
- Assessment of anger traits and anger management skills
- Behavioural Issues/Behavioural Management Personality disorders and clinical syndromes
- Affective conditions (e.g. PTSD, anxiety disorders etc)
- Parenting capacity

#### **Criminal:**

- Substance Misuse
- Mental Capacity
- Personality Assessments



2 Harley St, London, W1G 9PA • Phone: 020 8150 7563 • Mobile: 075 1111 6565  
E-Mail: info@privatetherapyclinic.com Web: www.theprivatetherapyclinic.co.uk

- Needle Phobia

#### **Civil/Personal Injury:**

- Deportation Assessments
- Post Traumatic Stress Disorder
- Disability Discrimination
- Employment Tribunals
- Sexual Difficulties
- Mitigating circumstances for educational purposes.

#### **Other assessments.**

- Duty of care for Tv and Film.
- Gun licence Psych assessments.

#### **Employment History**

**2011 – Present: Private Therapy Clinic Ltd., 2 Harley St. W1G 9PA.  
Clinical Director and Psychologist in Private Practice**

Provision of psychological assessment and therapy to individuals with mild-severe mental health problems particularly specialising in depression, anxiety, trauma, addictions and personality disorders.

Supervision of Psychologists and Psychotherapists.

**2011 -Present: Harley Therapy, 1-7 Harley St., London  
Psychologist:**

Providing assessment, formulation and a variety of evidenced-based psychological therapies for people presenting with a wide range of mental health needs, relationship difficulties, and stress management. Long and short-term models of therapy offered including: Cognitive Behavioural and Mindfulness

**2009-2011: South West London & St. Georges NHS Trust, Wandsworth London**



2 .Harley St, London, W1G 9PA • Phone: 020 8150 7563 • Mobile: 075 1111 6565  
E-Mail: [info@privatetherapyclinic.com](mailto:info@privatetherapyclinic.com) Web: [www.theprivatetherapyclinic.co.uk](http://www.theprivatetherapyclinic.co.uk)

## **Psychologist & Cognitive Behavioural Therapist**

Providing assessment, formulation and Cognitive Behavioural Therapy to patients with depression and anxiety related disorders

### **Additional Information:**

Recent DBS Check

Personal professional indemnity insurance.

Clean driver's license.

Experience of working with an interpreter