

**NAME:** Sami Timimi

## **EDUCATION AND FURTHER QUALIFICATIONS**

- 1988, MBChB from Dundee University.
- 1992, MRCPsych from Royal College of Psychiatrists.
- 1997, CCST in Child and Adolescent Psychiatry from Royal College of Psychiatrists.
- 2007, appointed as Visiting Professor to Lincoln University.
- 2008, appointed as Senior Fellow of the Institute of Mental Health.
- 2010, Elected as Fellow of the Royal College of Psychiatrists.

## **EMPLOYMENT**

### ***September 2019 to August 2025***

Part-time (3 days a week) Community Consultant Child and Adolescent Psychiatrist in LPFT

### ***March 2016 to April 2019***

Training Programme Director for East Midlands Child and Adolescent Psychiatry training scheme

### ***December 2007 to July 2019***

Director of Medical Education for Lincolnshire Partnership NHS Foundation Trust (LPFT).

### ***December 2008 to August 2019***

Consultant Child and Adolescent Psychiatrist for community teams in LPFT.

### ***April 2002 to December 2008***

Consultant Child and Adolescent Psychiatrist for the Lincolnshire in-patient Adolescent Unit, and community team in LPFT.

### ***May 2000 to March 2002***

Consultant Child and Adolescent Psychiatrist for community teams in LPFT.

***October 1997 to April 2000***

Consultant Child and Adolescent Psychiatrist in the London borough of Newham and Honorary Senior Lecturer to St. Barts. Medical school.

***June 1994 to September 1997***

Senior Registrar in Child and Adolescent Psychiatry based on the Great Ormond Street training rotation.

***August 1993 to May 1994***

Clinical Research Fellow in Child and Adolescent Psychiatry Based at the Department of Child and Adolescent Psychiatry in Hounslow.

***May 1990 to August 1993***

Senior House Officer and Registrar based on the Charing Cross training scheme in London.

***August 1989 to April 1990***

Senior House Officer in psychiatry based on the Dundee training scheme.

***August 1988 to July 1989***

House Officer in Orthopaedics and Traumatology at Bridge of Earn Hospital - February 1989 to July 1989.

House Officer in General Medicine, at Stonehouse Hospital - August 1988 to January 1989.

**EXPERIENCE**

I have broad experience in outpatient and Inpatient work and all aspects of child and adolescent psychiatry including liaison, forensic, and cross-cultural. I use a variety of treatment modalities including psychodynamic psychotherapy, family therapy, systemic therapy, brief therapies, group therapy, cognitive and behaviour therapy, hypnosis, and pharmacotherapy. I have been involved in many service development projects including setting up of ADHD clinics, diabetic liaison clinic, bi-lingual health advocates project, Asian family counselling service, Client Directed Outcome Informed (CDOI) approaches, Multi-family groups, parenting groups, new models of in-patient working and the development of whole service models such as the Outcome Orientated CAMHS (OO-CAMHS), which was runner up in the Mental Health Team of The Year at the 2015 national British Medical Journal Awards. Recently I led the development of a post-covid team developmental project that won the 2023 Team of the Year (Child and Adolescent) at the Royal College of Psychiatrists annual awards.

I have completed a two-year course in group therapy. I have a certificate in psychodynamic multi-ethnic psychotherapy awarded by Birkbeck College (passed with distinction). I completed

the ‘psychodynamic psychotherapy for child and adolescent psychiatrists’ course based at the Tavistock Clinic. I have completed in-service family therapy training at the Marlborough Family Service in London. I obtained an Intermediate level qualification in Ericksonian psycho/hypnotherapy from the National School of Hypnosis and Psychotherapy in London and from the Milton Erickson Foundation in Phoenix. I am qualified as a trainer in Client Directed Outcome Informed (CDOI) approaches.

I was the Director of Medical Education for Lincolnshire Partnership NHS Foundation Trust from 2007 to 2019, where I took responsibility for all aspects of postgraduate medical training (for both junior and senior medical staff) and had overall responsibility for undergraduate medical training in the trust. I headed the Medical Education department and managed a departmental budget. We were regularly rated as the best Trust for training in the East Midlands based on the feedback from the national training survey.

I was Training Programme Director for East Midlands Child and Adolescent Psychiatry from March 2016 until April 2019. When I was first appointed the scheme was under special measures and monitoring by the GMC (low recruitment rates, negative outlier on national trainee feedback, and accusations of bullying). By the time I finished in that role, the scheme had become the one with the most consistent positive feedback, with innovations such as ‘open events’ (bringing together trainees and consultants from the region) and a rolling academic programme that made it a model for other psychiatry training schemes to copy.

I have been regularly involved in teaching medical students, junior doctors, and other health and non-health professionals. I have been involved in devising a curriculum, teaching, setting exams, and marking exams for postgraduate degree courses and international PhD students. I have developed and taught a one-year course in ‘Brief and Systemic Therapy’, which included an online e-learning platform that I developed. The course recognised and accredited by the British Psychological Society. I also co-developed a one year ‘Train the Trainer’ course for training clinicians to become trainers in outcome orientated approaches to mental health, a course that was also accredited by the British Psychological Society.

I regularly present as keynote speaker at local, national, and international seminars, workshops and conferences and am regularly interviewed by local and national media, including in TV documentaries. I act as a reviewer for many journals. I have been involved in submitting written and oral evidence and acting as a reviewer to National Institute of Clinical Excellence (NICE) guidelines development groups on childhood depression and on ADHD, the Scottish SIGN guidelines on ADHD, and the Australian Clinical Practice Guidelines on ADHD. I was from April 2022 to July 2025 a member of the Executive Committee for the Faculty of Child and Adolescent Psychiatry at the Royal College of Psychiatrists.

I have been involved in many research projects including; mothers of children with eating disorders, regional cerebral blood flow in children with anorexia nervosa, children with selective eating, cross-cultural perspectives, neurodevelopmental perspectives, outcome focussed services, withdrawal from anti-depressants, and skills based parent groups. I am part of a national group developing models for teaching generalist skills to all doctors. I continue to research all aspects

of mental health through reading of cross-disciplinary literature and writing of books and manuscripts that build on multi-perspectives.

I Have developed several research teams and innovations including:

- Outcome Orientated-Child and Adolescent Mental Health Services,
- Multi-Family Group treatment including biofeedback for ADHD,
- Heart Rate Variability as a physiological marker,
- Prescribing and de-prescribing Antidepressants in Primary Care
- The Relational Awareness Programme (RAP) brief group psychotherapy model for parents and teachers of children with challenging behaviour.

I was lead applicant for:

- Outcome Orientated CAMHS (OO-CAMHS) innovation which won an East Midlands Regional Innovation Fund 2010-2011 award
- Outcome Orientated Approaches to Mental Health Services (OO-AMHS) an E-learning package, which won a Health, Education and Innovation Clusters 2011 grant award
- An implementation award with a further grant in 2012, to support implementation with a new national counselling service developed by the NSPCC.
- Medipex healthcare ‘innovation champion’ for Yorkshire and the East Midlands in October 2012
- Medipex healthcare ‘innovation champion’ in October 2015 in the ‘Mental Health and Wellbeing’ category.
- Runner-up in the BMJ awards 2015 for ‘Mental Health Team of the year’ for the Lincoln Outcome Orientated CAMHS.
- Winner of The Royal College of Psychiatrists 2023 ‘Team of the year: Children and Adolescents’ for the Lincoln Core Community CAMHS team.

## GRANTS

- East Midlands Regional Innovation Fund 2010-2011 award, project lead for Outcome Orientated Child and Adolescent Mental Health (OO-CAMHS) whole service transformation: £45,000.
- Health, Education and Innovation Clusters 2011 award, project lead for Outcome Orientated Approaches to Mental Health Services (OO-AMHS) an E-learning package: £35,000.
- Health, Education and Innovation Clusters 2012 award, project lead for implementation of OO-AMHS in a new national counselling service developed by the NSPCC: £10,000.
- Health Foundation 2015 award, project lead for scaling up and evaluating the OO-CAMHS model to 8 CAMHS teams in the UK: £500,000 (this project was unfortunately discontinued due a partner organisation in the application being unable to proceed with their commitments).
- On advisory board for Wellcome Trust funded (£0.5m) project “Exploring Diagnosis: Autism and the Neurodiversity Movement” with the Sociology, Philosophy & Anthropology department at the University of Exeter.

## PUBLICATIONS

1. Timimi, S (August 1989) Redivac drainage survey in postoperative total hip replacement patients. Internal publication, Tayside Health Board.
2. Timimi, S (1992) The Doctor/Patient relationship in psychiatric outpatients. *Psychiatric Bulletin* 16, 425-427.
3. Timimi, S (1994) A personal experience of growth as a therapist and reflections on the group experience. *British Journal of Psychotherapy* 10, 533-539.
4. McClure, G M, Timimi, S, Westman, A (1995) Anorexia nervosa in adolescent females following illness – the importance of the sick role. *Journal of Adolescence* 18, 359-369.
5. Timimi, S (1994) Adolescence in immigrant Arab families. *Psychotherapy* 33, 141-149.
6. Timimi, S (1996) Eating Disorders 95 – Second London International Conference on Eating Disorders. *Clinical Child Psychological and Psychiatry* 1, 179-182.
7. Timimi, S (1995) The Vulnerable Child Volume 2, book review. *British Journal of Psychiatry* 168, 391-392.
8. Timimi, S, Adams R (1996) Eating disorders in British Asian children and adolescents. *Clinical Child Psychology and Psychiatry* 1, 441-456.
9. Timimi, S (1996) Race and colour in internal and external reality. *British Journal of Psychotherapy* 13, 183-192.
10. Timimi, S, Robinson P (1996) Disturbances in children of patients with eating disorders. *European Eating Disorders Review* 4, 183-188.
11. Scurlock, H, Timimi, S, Robinson, P (1997) Osteoporosis as a complication of chronic anorexia nervosa in a male. *European Eating Disorders Review* 5, 42-46.
12. Gordon, I, Lask, B, Bryant-Waugh, R. Christie, D, Timimi, S (1997) Childhood onset anorexia nervosa: Towards identifying a biological substrate. *International Journal of Eating Disorders* 22, 159-165.
13. Hodes, M, Timimi, S, Robinson, P (1997) Children of mothers with eating disorders: A preliminary study. *European Eating Disorders Review* 5, 11-24.
14. Timimi, S, Douglas, J, Tsiftsopoulou, K (1997) Selective Eaters: A retrospective case note study. *Child Care, Health and Development* 23, 265-278.
15. Timimi, S (1998) Refugee families have psychological strengths, letter. *British Medical Journal* 317, 475.

16. Timimi, S (2001) Narrow focus of editorial on Attention Deficit Hyperactivity Disorder was disappointing, letter. *British Medical Journal* 322, 555.
17. Timimi, S. (2002) The politics of prescribing psychotropic medication to children and adolescents. *Postgraduate Doctor* 18, 175-177.
18. Timimi, S. (2003) The new practitioner. *Young Minds* 62, 14-62.
19. Timimi, S. (2004) Beyond nature v nurture. *Asylum* 14, 20-21.
20. Timimi, S. (2003) The politics of ADHD. *Health Matters* 52, 14-15.
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22. Timimi, S. (2004) Developing non-toxic approaches to helping children who could be diagnosed as suffering from ADHD and their families: A UK practitioner's perspective. *Ethical Human Psychology and Psychiatry* 6, 41-52.
23. Timimi, S. et al (2004) A critique of the international consensus statement on ADHD. *Clinical Child and Family Psychology Review* 7, 59-63.
24. Timimi, S. and Taylor, E. (2004) In Debate: ADHD is best understood as a cultural construct. *British Journal of Psychiatry* 184, 8-9.
25. Timimi, S. (2004) Diagnosis of autism: Current epidemic has social context, letter. *British Medical Journal* 328, 226.
26. Radcliff, N. and Timimi, S. (2004) The rise and rise of ADHD. *Clinical Psychology* 40, 8-12.
27. Timimi, S. (2004) Helping children and adolescents who could be diagnosed with ADHD and their families: Oscillating between modernist and post-modernist perspectives. *Clinical Psychology* 40, 24-26.
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38. Timimi, S. (2005) We are today witnessing the creation of a new phrenology with these wildly exaggerated claims. *Mental Health Today*. July-August 2005, 21.

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## **MAIN AREAS OF INTEREST**

- Critical psychiatry.
- Cross-cultural psychiatry.
- Cross-cultural psychotherapy.
- Cross-cultural child rearing patterns.
- ADHD and other behavioural problems in children and adolescents.

- Autism and its spectrum.
- Neurodiversity.
- Mood and anxiety.
- Outcomes for mental health treatments.
- Ethics and values in clinical practice.
- User perspectives.
- Impact of policy, economics, and globalisation on mental health.
- Education and training.
- Team building.