

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, Tsiftopoulou, 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.
21. Timimi, S. (2003) Inappropriate use of stimulants. Letter, *British Journal of Psychiatry* 183, 173.
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.
28. Timimi, S. (2004) Rethinking childhood depression. *British Medical Journal* 329, 1394-1396.
29. Timimi, S. (2004) Psychiatry is all about stories. *Mental Health Today*. September 2004, 23.
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32. Timimi, S. (2004) Professionals' addiction to medical labels is changing our children's experience of childhood. *Mental Health Today*. December 2004, 21.

33. Timimi, S. (2005) Neglect, not smacking, is the public health issue. *Mental Health Today*. February 2005, 19.
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35. Timimi, S. (2005) Institutionalised racism lies at the heart of the conceptual systems we use in psychiatry. *Mental Health Today*. April 2005, 21.
36. Timimi, S. (2005) Dietary approaches to treatment could have a major public health impact. *Mental Health Today*. May 2005, 21.
37. Timimi, S. (2005) Psychiatry has effectively become a commodity that is being sold to the drug industry. *Mental Health Today*. June 2005, 21.
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.
39. Timimi, S. (2005) Promoting the emotional well-being of children and adolescents and preventing their mental ill health, by K. Dwivedi and P. Harper (eds.), book review. *Mental Health Today*. July-August 2005, 36.
40. Timimi, S. and Radcliff, N. (2005) The rise and rise of attention deficit hyperactivity disorder. *Journal of Public Mental Health* 4, 9-13.
41. Timimi, S. (2005) Effect of globalisation on children's mental health. *British Medical Journal* 331, 37-39.
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43. Timimi, S. (2005) Conceptualising social problems as health problems creates new markets for drugs. *Mental Health Today*. September 2005, 19.
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45. Timimi, S. (2005) Racism in psychiatry. *British Journal of Psychiatry* 186, 540.
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50. Timimi, S. (2006) While you retain the power you are unlikely to challenge the assumptions that keep you powerful. *Mental Health Today*. March 2006, 19.
51. Timimi, S. (2006) Child psychiatry and the media, by E. Beresin and C. Olsen (eds.), book review. *Mental Health Today*. March 2006, 36.
52. Timimi, S. (2006) Can institutional psychiatry ever be reformed or is it too tied to capitalism? *Mental Health Today*. April 2006, 19.
53. Timimi, S. (2006) Psychiatric disorder is deeply entangled in a socio-cultural web, of which gender is one strand. *Mental Health Today*. May 2006, 19.
54. Timimi, S. (2006) Psychiatry must reform its theory and practice in the West before it exports it elsewhere. *Mental Health Today*. June 2006, 19.
55. Timimi, S. (2006) Children's mental health: The role of culture, markets and prescribed drugs. *Journal of the Institute for Public Policy Research* 13, 35-42.
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64. Timimi, S. (2008) Commentary on: The Perpetuation of Patriarchy: The Hidden Factor of Gender Bias in the Diagnosis and Treatment of Children. *Clinical Child Psychology and Psychiatry* 14, 135-144.
65. Timimi, S. (2009) The changing space of childhood in the West and its relationship to narcissism and children's mental health. *Arab Journal of Psychiatry* 19, 164-174.
66. Timimi, S. (2008) NICE advice lacks nerve. *The Guardian* 25th September.
67. Timimi, S. (2009) A critique of the neurodevelopmental model of Attention Deficit Hyperactivity Disorder (ADHD). *Thymos: The Journal of Boyhood Studies* 3, 139-144.
68. Timimi, S., Leo, J., Jureidini, J. (2008) NICE recommendations could expose many to harm, letter. *British Medical Journal* 337, 1011.
69. Timimi, S. (2009) The commercialization of children's mental health in the era of globalization. *International Journal of Mental Health* 38, 5 – 27.
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71. Timimi, S. (2009) What Works with Children, Adolescents, and Adults? A Review of Research on the Effectiveness of Psychotherapy. Book review. *British Journal of Psychiatry* 195, 372-373.
72. Moncrieff, J., Timimi, S. (2010) Is ADHD a valid diagnosis in adults? No. *British Medical Journal* 340, 736-737.
73. Timimi, S. (2010) The McDonaldization of childhood: Children's mental health in neo-liberal market cultures. *Transcultural Psychiatry* 47, 686-706.
74. Timimi, S. (2010) The Devil's Children. From Spirit Possession to Witchcraft: New Allegations that Affect Children. Book Review. *British Journal of Psychiatry* 197, 418-419.
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76. Abrines, N., Timimi, S. (2011) Hyperactivity and ADHD. *Adoptions, Families, Childhoods Newsletter* 25, March, 2011.
77. Moncrieff, J., Timimi, S. (2011) Critical analysis of the concept of adult attention-deficit hyperactivity disorder. *The Psychiatrist* 35, 334-338.
78. Timimi, S. (2011) Concentrate on Human Factors (letter). *British Medical Journal* 343, 111.

79. Timimi, S. (2011) No more psychiatric labels. *Youngminds Magazine*, August 2011, 14.
80. Timimi, S. (2011) Autism is not a scientifically valid or clinically useful diagnosis (letter). *British Medical Journal* 343, 384.
81. Timimi, S. (2011) No more psychiatric labels. *Human Givens Magazine* 18(3), 24-28.
82. Timimi, S. (2011) No more psychiatric labels. *Counsellors and Psychotherapists in Primary Care* 12, 7-8.
83. Thomas, P., Bracken, P., Timimi, S. (2012) The limits of evidence based medicine in psychiatry. *Philosophy, Psychiatry and Psychology* 19, 295-308.
84. Thomas, P., Bracken, P., Timimi, S. (2012) Anomalies persist, so does the problem of harm. *Philosophy, Psychiatry and Psychology* 19, 317-321.
85. Timimi, S., Tetley, D., Burgoine, W., Walker, G. (2013) Outcome Orientated Child and Adolescent Mental Health Services (OO-CAMHS): A whole service model. *Clinical Child Psychology and Psychiatry* 18, 169-184.
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90. Lakeman, R., Browne, G., Emeleus, M., Hurley, J., McGowan, P., Molloy, L., Quadrio, C., Timimi, S. (2012) Denying the effects of psychiatric drugs on health is indeed a scandal. *International Journal of Mental Health Nursing* 21, 394-395.
91. Moncrieff, J., Timimi, S. (2012) The social and cultural construction of psychiatric knowledge: an analysis of NICE guidelines on depression and ADHD. *Anthropology and Medicine* 20, 59-71.
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107. Timimi, S., Thomas, P., Davies, J., Kinderman, P. (2014) Antipsychiatry and the antidepressants debate. *The Lancet Psychiatry* 1, 174.
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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.