



1 .Harley St, London, W1G 9PA • Phone: 020 3887 2866 • E-Mail:
info@privatetherapyclinic.com Web: <https://theprivatetherapyclinic.co.uk>

Dr. Becky Spelman

HCPC Registered Counselling Psychologist
BABCP Accredited Cognitive Behavioural Psychotherapist

Academic Qualifications

Executive MBA, Business Administration and management - Quantic (2020)
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).



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- Supervision of Counselling Psychologists and Psychotherapists Training and Consultation to professionals
- Design, implementation and manage service projects.
- Coordinating medico legal cases for Psychiatry and Psychology.
- Interviewing and recruitment of staff
- Duty of care for TV

Employment History

2011 – Present: Private Therapy Clinic Ltd., 1 Harley St. W1G 9QD.

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

Psychologist & Cognitive Behavioural Therapist

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

Expert Witness Experience:

2011 - Present: **Independent Expert Witness**



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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
- Needle Phobia

Civil/Personal Injury:

- Deportation Assessments
- Post Traumatic Stress Disorder
- Disability Discrimination



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- Employment Tribunals
- Sexual Difficulties
- Mitigating circumstances for educational purposes.

Other assessments.

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

Duty of care for TV and Film:

On screen Expert

2021 - Olivia Coles Stage fright - Channel 5 News
2019 - Male Pattern Baldness - BBC News
2019 - Porn Laid Bare - Barcelona - BBC Three
2018 - Social Media Addicts Anonymous - Youtube
2018 - Dr. Christian will see you now - UKTV
2017 - ADHD Interview - Whats up TV - Sky 1
2017 - The economy of relationships - Sky News
2016 - The gadget show - Channel 5
2015 - Extreme Phobias extreme cures - Sky
2015 - The Paris attacks - how to speak to children about this incident - The Saturday Show
2011 - Housing costs, young people to stay home longer - Sky News
2011 - Embarrassing Bodies - Channel 4

Duty of care for TV

2020 - Toy Boy - Netflix
2018 - The Sex Clinic: Artist in residence - Channel 4
2018 - The Alienist - Paramount - Budapest
2017 - Rich Dog poor dog - Channel 4

Supervised colleagues duty of care for TV work

2021 - Nail Bar Boys



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Additional Information:

Recent DBS Check

Personal professional indemnity insurance.

Clean driver's license.

Experience of working with an interpreter