

CURRICULUM VITAE

Dr Ruth Armstrong

B A (Hons), M App Psych, D Clin Psychol, C Psychol, AFBPsS

Consultant Clinical Psychologist

Academic Qualifications

- 2008 Doctorate in Clinical Psychology, Canterbury Christ Church University, UK
(Post-qualification)
- 1992 Statement of Equivalence of Overseas Qualifications, British Psychological Society
- 1986 Masters of Applied Psychology (Clinical), University of Queensland, Australia
- 1978 Bachelor of Arts (Hons Psych) University of Queensland, Australia

Positions held in UK

NHS

- 2003 to 2010 Head of Child and Adolescent Clinical Psychology, Newham Child and Family Consultation Service, East London NHS Foundation Trust. Also lead clinician in LD and ASD multidisciplinary team.
- 1997 - 2002 Head of Child and Adolescent Clinical Psychology, Sutton and Merton CAMHS, South West London and St Georges Mental Health Trust
- 1996 - 1997 Consultant Clinical Psychologist, Renfrewshire Healthcare NHS Trust
- 1992 - 1996 Principal Clinical Psychologist, Mid-Kent Healthcare Trust

Private Practice

- 2004 - present Consultant Clinical Psychologist, South West London
- 1994 - present Consultant Clinical Psychologist, 10 Harley Street, London

Positions held in Australia

1990 - 1992 Training Consultant Australian Institute of Management

1987 - 1992 Clinical Psychologist in Private Practice

1987 - 1990 Psychologist Ashgrove Child Guidance Clinic - Part Time

1981 - 1987 Psychologist Ashgrove Child Guidance Clinic - Full Time

1980 Psychologist Ipswich Child Guidance Clinic

1979 Lecturer in Psychology Kelvin Grove CAE (Now QUT Kelvin Grove Campus)

Professional Memberships

Chartered Psychologist, British Psychological Society (70025)
Associate Fellow British Psychological Society
Member BPS Division of Clinical Psychologists
Registered as a Practitioner Psychologist HPC (PYL01994)
Member EMDR Association UK & Ireland

Relevant Experience

Extensive skills and experience in providing psychological assessments and interventions for children, young people and families within CAMHS settings. Many years of experience in providing clinical supervision for trainee Clinical Psychologists, qualified Clinical Psychologists and other mental health professionals. Fourteen years experience as a Consultant Clinical Psychologist and Head of Discipline.

Specialist interest and extensive experience in providing assessments and psychological interventions for adults and young people who are recovering from trauma.

In private practice, provision of assessments and medico-legal reports for clients who have experienced traumatic events such as road traffic accidents, as well as those with unresolved family issues arising from separation and divorce. Cross examined in court in the UK on three occasions; two were family matters, the other a criminal proceeding. Most recent court appearance was on

22nd September 2010 where I was cross-examined on the medico-legal report of my assessment of the mother of a child in care proceedings.

In 2000 set up an expert witness interest group for child clinical psychologists. Regular meetings were held to present cases, hear lectures from visiting speakers such as lawyers and hold discussions on relevant topics.

Extensive experience in the provision of Eye Movement Desensitization and Reprocessing (EMDR) therapy and Cognitive Behaviour Therapy (CBT) for children and adults suffering from post traumatic stress disorder (PTSD).

Specialist assessment skills in cognitive evaluation, language functioning, neuropsychology, personality, depression, anxiety and PTSD

Considerable experience working with culturally and ethnically diverse groups.

Theoretical orientation is mainly cognitive behavioural, informed by psychoanalytic and systemic theory and practice.

Research and Publications

- | | |
|------|---|
| 2008 | Traumatised children's experiences of EMDR therapy. Doctoral dissertation, Canterbury Christ Church University, Kent |
| 1998 | The Rorschach revisited, <i>Sig Net</i> , BPS DCP Special Interest Group for clinical psychologists working with children and young people |
| 1991 | Is your child hyperactive? In <i>Queensland Psychology: Helping you do things better</i> . Toowong: Australian Psychological Society. |
| 1987 | Factor Structure of the WI SC-R in a clinic referred sample, <i>Bulletin for Psychologists</i> , Australian Council for Educational Research, 42, 8 - 12. |
| 1986 | Factor Structure of the WI SC-R. Thesis for Masters of Applied Psychology, University of Queensland. |

- 1983 Putting Humpty Dumpty together again: A counseling intervention using psychodrama. *Psychodrama Newsletter*, 4, 3 - 6.
- 1978 Negative Assertion: How to say 'No' and what to expect in reply. Honours Thesis, University of Queensland.

Personal details

Nationality British and Australian

Mobile ++447956 38 45 35

Email rutharmstrong@sky.com