

Curriculum Vitae

Dr Phoebe Alonso

BA(Hons), PGCE, MSc, DCounsPsych, CPsychol,
Chartered Counselling Psychologist

Summary

I provide Expert Witness reports for the Courts. I am an expert in the psychological assessment and treatment of adults, especially people with learning disabilities and mental health issues. I use a multi-modal and multi-informant model of assessment that ensures consistent and comprehensive assessment of adults for pre-proceedings and the Family Courts. This collaborative, person-centred model promotes a high level of engagement with clients.

Experienced in the assessment of:

- **Adolescent mental health:** such as developmental trauma and the impact of abuse. Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder, mood disorders and behaviours that challenge, behaviours that present a risk to others e.g., aggression and sexually harmful behaviour and self-harm, and offending.
- **Adult mental health:** such as PTSD and Complex PTSD & mood disorders, Personality Disorders, Intellectual Disabilities, Learning difficulties, ASD, ADHD, behaviours that present a risk to others.

A psychological assessment concludes with an opinion on:

- Emotional, cognitive, and behavioural development
- Risk of harm to others and risk of harm to self
- Analysis of any offending behaviour
- Relationships
- Attachment
- Strengths / resilience, coping methods
- Personality and Mental health
- A parent's capacity to understand and meet the needs of their children
- A parent's capacity to understand the concerns of others, reduce conflict with co-parents, achieve change and work with professionals
- Recommendations for evidence-based interventions

Experience and qualifications

Chartered Counselling Psychologist

Private Practice
2020-present

- In-person & online psychological therapy, consultation, court reports & assessments.
- Experienced in the assessments of people with multiple and longstanding needs.
- Specialist in the risk assessment and management of adults and people with learning disabilities.

Chartered Counselling Psychologist

leso
01/2023-08/24

- Online mental health therapy provider, text-based cognitive behaviour therapy, including psychometric assessments.

Chartered Counselling Psychologist

TMLEP
06/2022-present

- Expert medico-legal services and court report writing.
- Court assessments of mental health, risk and personality

Chartered Counselling Psychologist

Betterhelp
04/2021-12/2024

- Online, video & telephone counselling.

Chartered Counselling Psychologist

NBP (The National Bereavement Partnership)
03/2020-12/2021

- Telephone counselling & therapeutic support, especially during Covid-19.

Maternity Leave

2019-20

Associate Psychologist

Sereniti Ltd
01/2019-01/2021

- HR, Training and Psychology.
- Psychological treatment and assessment of adults, including adult mental health, attachment, trauma and relationships.

Counselling Psychologist

The Hesley Group

02-08/2019

- Specialist residential service for people who have a learning disability, with autism and complex needs including behaviour that may challenge.
- Clinical supervisor for a large team of 11-16 Assistant Psychologists.
- The work included report-writing (including legal/court reports), line managing teams of Assistant Psychologists, staff training, provision of supervision, mentoring, staff coaching and participation in service audits & research.

Counselling Psychologist

Cygnnet Healthcare
09/2018-02/19

- Secure rehabilitation service for individuals with mental health and forensic issues, behaviours that challenge, mild learning disabilities.
- Assessments & psychological treatment.
- The work involved report-writing (including legal/court reports), therapy and assessment.
- Line management responsibilities for a team of Assistant Psychologists.
- Staff training, provision of supervision, mentoring, staff coaching, participation in service audits & research.

Counselling Psychologist

NHS Adult Learning Disabilities and Community Adult Mental Health services.
Derbyshire Community Health Services NHS Trust.
11/00-07/18 (Trainee & Assistant Psychologist 11/00-01/05)

- Psychological assessment, consultation and therapeutic services both in community and specialised residential health care settings.
- Included direct clinical intervention and assessment, for a diverse range of adult clients with learning disabilities. 1-to-1 & group sessions.
- Included referrals from a range of health professionals, GPs, Adult Care, carers.
- The work involved attending a variety of meetings, liaising with carers, health professionals and other agencies, providing psychological consultation and advice.
- Working with a wide variety of disorders including depression, dementia, autistic spectrum disorders, bereavement, low self-esteem, agoraphobia, panic disorder, anxiety disorders, stress & post-traumatic stress disorder, obsessive-compulsive disorders, challenging behaviour and anger management.
- Using a variety of different psychometric assessments and therapeutic approaches relevant for people with a learning disability and mental health disorders.
- Involvement with service NHS Quality Visits, audits and contribution to an NHS Transition Pathway - a group set up to assess future input required, revise care plans and support young people entering adult services. This included delivery and planning of presentations, liaising with Children's Services and collecting data from other colleagues about gaps or service needs.

Psychologist

North Derbyshire Health Psychology Service, Walton Hospital, Chesterfield.
Derbyshire Community Health Services NHS Trust.
2011- 2016

- delivering training and group work for Health Psychology service.

Private Coaching & Training

2007-Present

Professional Doctorate in Counselling Psychology - University of Wolverhampton

09/2015-09/19

MSc Counselling & Psychology - Manchester Metropolitan University

09/2000-06/2005

Certificate in Counselling Studies - Nottingham Trent University

09/1999-06/2000

PGCE (Post Graduate Certificate in Education) - Trinity College, University of Wales

09/1996-06/1997

Teacher

1997-2012

- Part-time teaching in schools, colleges and private tuition.
West & South Yorkshire, Nottinghamshire and Derbyshire.
- Plus previous work within care support, older adults & children's residential homes.
Experience as a Samaritan telephone counsellor – Chesterfield Samaritans.

University of Keele BA (Hons) Psychology & Philosophy (2.i)

09/1992-06/1996

Selected training

- January 2025 - ADOS-2 Training – Pearson Education Ltd Clinical Assessment UK.
- February 2025 - ADI-R Training – Compass Psychology Services Ltd.
- February-May 2025 - EMDR Training – TMR Health Professionals & Training Ltd, Dr Michael C Paterson OBE.
- November 2024 - Setting up and running a Neuro-Affirmative ADHD Service for Adults. A Complete Roadmap from Referrals to Assessment, Diagnosis and Report Writing – Oasis Psychological Services (this certificate training course includes use of the DIVA ADHD assessment).
- 2018 - HCR-20 & SAPROF Risk Assessment Training - Leeds
- 2017 -CAT Training - Julie Lloyd.
- 2015: Mini PAS-ADD - Dr Steve Moss, Esia Centre, King's College London
- 2015: Certificate in Professional Team Coaching - OCM
- 2014: Advanced Formulation Skills – Leicester University
- 2012: Introductory Makaton Training – In-house NHS Training
- 2010: Compassionate Mind Training – In-house NHS Training
- 2008: Master Practitioner in NLP (Neuro-Linguistic Programming) & Hypnotic Practitioner – Paul McKenna & Richard Bandler.
- 2007: Coaching Certificate – New Insights Life Coaching.

In addition to the above courses, my professional training has involved training courses, conferences and workshops, including:

Therapeutic & theoretical models (CBT, DBT, CAT, Mindfulness, Person Centred Approach, Brief Solution Focused Therapy, Narrative Therapy, Emotional Freedom Technique (EFT) & other Energy/Meridian Psychotherapies, Transactional Analysis, Psychoanalytic approach).

Coaching, Supervision & Mentoring Workshops, Assertiveness and Confidence-building, Health Psychology & Relaxation techniques, Dementia, Abuse, Capacity & Consent, Safeguarding, Child & Adult Protection, Loss & Bereavement, The Mental Health Act, Mental Health issues (including PTSD, OCD, schizophrenia, psychosis, anxiety & depression, eating disorders, hoarding), sexual & emotional issues, MAPPA/management of violence & aggression and many others.

Professional registration

Registered Counselling Psychologist with the Health and Care Professions Council (HCPC), check online, <https://www.hcpc-uk.org/check/>

Graduate Member of the British Psychological Society (GMBPsS) check my membership online, <https://www.bps.org.uk/public/find-psychologist>

I have served as a Reviewer for the Journal of Applied Research in Intellectual Disabilities.

I am currently preparing a journal article for publication based upon my doctorate research