

# Curriculum Vitae

## DAVID TRICKEY C.Psychol, AFBPsS

### PROFILE

*David Trickey is a leading Consultant Clinical Psychologist and Co-Director of the UK Trauma Council. He has specialised in working with traumatised children, young people, and their families since 2000, particularly following domestic abuse and family homicide. He continues to focus on direct clinical work, as well as the training, supervision and support of others and is the clinical team lead for a specialist service for Children in Care. He presents at conferences and supervises research. He is chartered by the British Psychological Society and registered with the Health and Care Professions Council. He was a member of the committee responsible for the 2018 revision of the NICE Guidelines for PTSD. In all of his roles he draws heavily on the research literature to which he has made a modest contribution.*

### PROFESSIONAL EXPERIENCE

**2018 to present      Co-Director,  
UK Trauma Council** ([www.uktrauma.org](http://www.uktrauma.org))

- Creation of high quality, accessible, co-created, evidence-informed resources to help those working directly with traumatised children, young people and families.
- Development of accessible, evidence-based guidance for policymakers.

**2023 to present      Consultant Clinical Psychologist, Clinical Team Lead  
Looked After Children Service – Luton & Bedfordshire  
East London NHS Foundation Trust**

- Clinical and strategic leadership of multi-disciplinary team
- Assessment and intervention for children, young people and families.
- Clinical supervision of other professionals

**2005 to present      Consultant Clinical Psychologist in Independent Practice**

- Trauma-informed Practice consultation to UK Government.
- Supervision of groups of professionals working with traumatised children and families.
- Provision of expert witness evidence (written and oral) for civil and criminal courts.
- Training in Trauma-focused CBT for PTSD, Trauma-informed Practice, and Traumatic Bereavement.
- Independent evaluation of the 7 July Assistance Centre for the UK Government (DCMS).
- Scoping of the revision of the BPS Professional Practice Guidelines (2005).

**2021 to 2022      Consultant Clinical Psychologist (Complex Trauma)  
Child & Adolescent Mental Health Service (CAMHS)  
Northamptonshire Healthcare Foundation NHS Trust**

- Supervision and management of assessment and interventions for children, young people and their families who have experienced complex trauma, including own case load.
- Senior leader providing clinical support, expert consultation, and supervision across specialist CAMHS and to the wider system including partner agencies.
- Proposal and implementation of policy and service development changes.
- Clinical supervision and consultation to a range of professionals.
- Contribution to doctoral training programmes including the provision of clinical placements, teaching, research supervision.
-

- 2014 to 2021**                    **Consultant Clinical Psychologist,  
Family Trauma Team, Anna Freud Centre**
- Assessment and intervention for traumatised children, young people and families.
  - Provision of expert witness evidence (written and oral) for civil and criminal courts.
  - Training in Trauma-focused CBT for PTSD.
  - Clinical lead of early intervention project (Child and Family Traumatic Stress Intervention).
  - Supervision of professionals working with traumatised children and families.
  - Supervision of doctoral and masters research projects.
- 2014 to 2016**                    **Consultant Clinical Psychologist,  
Cambridge Clinical Psychology Services**
- Assessment and intervention for young people and families with PTSD, depression, anxiety.
- 2011 to 2019**                    **Clinical Tutor, Children and Young People's IAPT  
University College London**
- Training of CAMHS clinicians on the Core Skills module.
  - Development and delivery of the module and contribution to the Course Leadership Team
- 2009 to 2014**                    **Lead Consultant Psychologist, Child Trauma Service,  
Luton and Bedfordshire**
- Development of the service as it left the NHS and became a Social Enterprise.
  - Successful securing of funding.
  - Assessment and intervention for traumatised children, young people and families.
  - Consultation and supervision of professionals working with traumatised children and families.
  - Training in Trauma and CBT.
- 2006 to 2009**                    **Lead Consultant Paediatric Psychologist,  
Leicester Royal Infirmary**
- Assessment and intervention for children, young people and families experiencing potentially traumatic illnesses, injury or medical treatment.
  - Strategic and operational management of Paediatric Psychology and Neuro-psychology.
  - Consultation, training and supervision to other professionals within the hospital.
- 2005 to 2006**                    **Consultant Clinical Psychologist, Southwark CAMHS,  
South London and Maudsley NHS Trust**
- Assessment and intervention for traumatised children, young people and families.
  - Specialist supervision and training of multi-disciplinary teams.
  - Planning and development of service.
- 2000 to 2005**                    **Clinical Psychologist, Traumatic Stress Clinic,  
Camden & Islington NHS (Great Ormond Street Hospital from 2004)**
- Assessment and intervention for traumatised children, young people and families.
  - Consultation to various professionals.
  - Expert witness for civil courts.
- 1994 to 2000**                    **Clinical Child Psychologist, Child Psychology Service  
South Lincolnshire NHS Trust**
- Assessment and psychological intervention for children, young people and families.
  - Head of Service from 1998.
  - Development, and significant expansion, of service in conjunction with the LHA.
  - Establishment of joint specialist services with Consultant Paediatricians.

## PROFESSIONAL ACCREDITATION

<b>Health &amp; Care Professions Council:</b>	Registered Practitioner Psychologist (Clinical).
<b>British Psychological Society:</b>	Chartered Clinical Psychologist, Associate Fellow, Registered Applied Psychology Practice Supervisor.

## QUALIFICATION AND POST QUALIFICATION TRAINING

- 2022** Supervision Skills refresher training, British Psychological Society (BPS)
- 2017** Mentalisation-based Therapy for families (MBT-F), Anna Freud Centre.
- 2015** Interpersonal Psychotherapy for Adolescents, Anna Freud Centre.
- 2014** Certificate in Psychotraumatology, European Society for Traumatic Stress Studies (ESTSS).
- 2013** Certificate in Clinical Supervision, British Psychological Society (BPS).
- 2004** Certificate of Expert Witness Accreditation, Cardiff University & Bond Solon.
- 2004** Manchester Child Attachment Story Task training, Manchester University.
- 2002** Statement of Equivalence (i.e. equivalent to doctorate in clinical psychology), BPS.
- 2002** Family Assessment Framework, Institute of Family Therapy.
- 2001** EMDR Level 2 Training & Child Training, EMDR Institute.
- 2000** EMDR Level 1 Training, EMDR Institute.
- 1997** Post-graduate Diploma in Family Therapy, Institute of Family Therapy.
- 1993** MA Child Psychology, Nottingham University.
- 1989** BSc (Hons) Human Psychology, Loughborough University.

## KEY PUBLICATIONS

- **Trickey, D.**, with Lawson, V. (2023). *Helping Your Child with Loss and Trauma: A self-help guide for parents*. Hachette, London.
- **Trickey, D.**, Ferrari, B., & Clark-Tate, O. (2023). *My Grief Handbook: Why Grief Hurts and How to Cope*. Jessica Kingsley Publishers, London.
- Afzal, N., Ye, S., Page, A., **Trickey, D.**, Lyttle, M., Hiller, R., & Halligan, S. (2023). A Systematic Literature Review of the Relationship Between Parenting Responses and Child Post-Traumatic Stress Symptoms. *European Journal of Psychotraumatology*, 14 (1),
- Afzal, N., Lyttle, M. D., Alisic, E., **Trickey, D.**, Hiller, R. M., & Halligan, S. L. (2022). Barriers to emergency department clinicians' confidence in providing paediatric trauma-informed care. *JCPP Advances*, e12091.
- Pathan, S., Ford, C., Benson, S., Illingworth, C., Jackson, C., **Trickey, D.**, Mallack, L. & O'Curry, S. (2022). The impact of a hospital staff supervision groups on well-being, sense-making, and compassion fatigue. *Traumatology*.
- Allen, L., Ashford, P. A., Beeson, E., Byford, S., Chow, J., Dalglish, T., Danese, A., Finn, J., Goodall, B., Grainger, L., Hammond, M., Humphrey, M., Mahoney-Davies, G., Morant, N., Shepstone, L., Sims, E., Smith, P., Stallard, P., Swanepoel, A., **Trickey, D.**, Trigg, K., Wilson, J. & Meiser-Stedman, R. (2021). DECRYPT trial: study protocol for a phase II randomised controlled trial of cognitive therapy for post-traumatic stress disorder (PTSD) in youth exposed to multiple traumatic stressors. *BMJ open*, 11(7), e047600.
- Mavranouzouli, I., Megnin-Viggars, O., **Trickey, D.**, Meiser-Stedman, R., Daly, C., Dias, S., Stockton, S., Pilling, S. (2020). Cost-effectiveness of psychological interventions for children and young people with post-traumatic stress disorder. *Journal of Child Psychology and Psychiatry*.

- Mavranouzouli, I., Megnin-Viggars, O., Daly, C., Dias, S., Stockton, S., Meiser-Stedman, R., **Trickey, D.** & Pilling, S. (2020). Psychological and psychosocial treatments for children and young people with post-traumatic stress disorder: a network meta-analysis. *Journal of Child Psychology & Psychiatry*.
- **Trickey, D.**, & Meiser-Stedman, R. (2018). Advances in the Assessment of PTSD in Children and Young People. In L. J. Farrell, T. H. Ollendick, & P. Muris (Eds.), *Innovations in CBT for Childhood Anxiety, OCD & PTSD*: Cambridge University Press.
- Ehnholt, K. A., **Trickey, D.**, Harris Hendriks, J., Chambers, H., Scott, M., & Yule, W. (2018). Mental health of unaccompanied asylum-seeking adolescents previously held in British detention centres. *Clinical child psychology and psychiatry*, 23(2), 238-257.
- Shankar, S., Nolte, L., & **Trickey, D.** (2017). Continuing bonds with the living: bereaved parents' narratives of their emotional relationship with their children. *Bereavement Care*, 36(3), 103-111.
- **Trickey, D.** (2017). Stress and Reactions to Stress in Children. In D. Skuse, H. Bruce & L. Dowdney (Eds.) *Child Psychology and Psychiatry 3rd Edition: Frameworks for Clinical Training and Practice*. Wiley.
- Meiser-Stedman, R., Smith, P., McKinnon, A., Dixon, C., **Trickey, D.**, Ehlers, A., Clark, D. M., Boyle, A., Watson, P., Goodyer, I. and Dalgleish, T. (2017), Cognitive therapy as an early treatment for post-traumatic stress disorder in children and adolescents: a randomized controlled trial addressing preliminary efficacy and mechanisms of action. *Journal of Child Psychology Psychiatry*, 58(5), 623-633.
- Siddaway, A. P., Wood, A. M., Schulz, J., & **Trickey, D.** (2015). Evaluation of the CHUMS child bereavement group: A pilot study examining statistical and clinical change. *Death Studies*, 39, 99-110.
- **Trickey, D.** (2014). Zu viel Angst, um traurig zu sei. Traumatische Trauer bei Kindern [Too Scared to be Sad: Traumatic Bereavement in Children and Young People.] In F Roseberg & M. Muller (Eds.) *Handbuch Kindertrauer [Handbook of Child Bereavement]*. Vandenhoeck & Ruprecht.
- **Trickey, D.** (2013). Post-traumatic Stress Disorders. In P. Graham & S. Reynolds (Eds.) *Cognitive Behavioural Therapy for Children and Young People; 3rd Edition*. CUP.
- **Trickey, D.**, Siddaway, A. P., Meiser-Stedman, R., Serpell, L., & Field, A. P. (2012). A meta-analysis of risk factors for PTSD in children and adolescents. *Clinical Psychology Review*, 32(2), 122-138.
- **Trickey, D.** & Nugus, D. (2011). The evaluation of a therapeutic residential intervention for traumatically bereaved children and young people. *Bereavement Care*, 30(1), 20-27.
- **Trickey, D.** & Black, D. (2009). Child trauma. In M. Gelder et al. (Eds.) *New Oxford Textbook of Psychiatry. Second Edition*. OUP.
- **Trickey, D.** Experiencing Refugee Status After Previous Trauma. In Appleton, P.L. (Ed.) (2008). *Children's Anxiety – A Contextual Approach*. Routledge.

## KEY PRESENTATIONS

- *Trauma-focused CBT for Children and Young People with PTSD*. Two-day workshop regularly provided to various UK CAMHS as well as services in Latvia, Lithuania, Poland, Turkey, Denmark, Ireland and Chile.
- *Trauma and PTSD in Refugees*. Crisis Disaster and Trauma Section Conference, British Psychological Society. September, 2022.

## **INSTITUTION AND WORKING GROUP MEMBERSHIPS**

- NICE PTSD Guideline Committee 2017-2018.
- Expert Adviser for NICE Centre for Guidelines (2019 - present).
- NHS-England Measuring Children and Young People's Mental Health Outcomes group.
- British Psychological Society:
  - Division of Clinical Psychology (DCP)
  - Faculty for Children Young People and Families (FCYPF)
  - Crisis, Disaster and Trauma Psychology Section (CDTPS)
  - Register of Applied Psychology Practice Supervisors (RAPPS)
- Fellow of the Winston Churchill Memorial Trust (Early Interventions for Children and Young People Following Potentially Traumatic Events).
- UK Psychological Trauma Society (UKPTS) and European Society for Traumatic Stress Studies (ESTSS).
- Association for Child and Adolescent Mental Health (ACAMH).
- British Association of Behavioural and Cognitive Psychotherapies (BABCP).
- Association of Clinical Psychologist (ACP).