

Roy Shuttleworth

BSc. Dip Ed. Dip Clin Psych. AFBPsS. C. Psychol.

Registered with the HCPC, Registration No: PYL20070

Psychological Services to the Legal Profession

Consulting Clinical Psychologist

General Background

Roy Shuttleworth is a Consultant in Clinical Psychology, chartered by the British Psychological Society (BPS).

He received a Bachelor of Science Degree from Melbourne University, and then a teaching qualification (Dip. Ed) from the same establishment, and taught Science in secondary schools in Melbourne, later moving to London and working as a supply teacher for several months, prior to entering the psychological profession.

He gained his qualifications in Clinical Psychology in London, specialising in Adult and Adolescent Psychology. He became the Senior Psychologist at the Regional Adolescent Unit at Long Grove Hospital, Epsom, where he helped to develop some innovative treatment techniques, in particular Psychodrama and Family Therapy.

His Family Therapy training was with Dr Robin Skynner, an early enthusiast for this treatment approach. His Drama Therapy and its associated Play Therapy techniques were developed under the guidance of Sue Jennings.

Roy later went on to write a number of papers about these techniques in their application to adults, children and adolescents, as well as being involved in extensive training courses. He later became the Founding Chair of the British Association for Drama Therapy, and was involved as an external examiner for a number of Drama Therapy courses.

He next moved to Cardiff where he became the Principal Therapist at the Family Institute. This was a pioneering organisation, funded by Barnardo's, which as well as providing treatment for families, was also a major training organisation, and involved in research.

Roy was particularly interested in helping families stay together, and when not possible, providing the circumstance under which the least damage would be done to the family members. Together with his colleague, he developed techniques for helping families become 'unstuck', when they continued to repeat the same negative stereotypic behaviour, which was very destructive to the family process.

Techniques were developed within the framework of the 'Brief Therapy, Strategic Movement', to help release the family from these very negative patterns.

After a period in Hong Kong, dealing with expatriate stress, and general psychological disorders, Roy entered private practice in London and the West Country, the former being mainly in the Harley Street area, working with some outstanding psychiatrists and psychologists on a wide variety of psychological disorders.

Key Skills

Roy's diagnostic skills are very well developed, using the Diagnostic and Statistical Manual of Mental Disorders as his reference point.

He has become particularly interested in Post Traumatic Stress, various sexual dysfunctions, including those broadly covered by under-age sex, as well as other sexual disorders.

As well as the treatments mentioned earlier, he is also well trained in some of the more modern treatments such as Cognitive Behaviour Therapy (CBT), and Eye Movement Desensitisation and Reprocessing (EMDR).

Roy is also skilled in the use of the standard psychological measures such as IQ testing, involving the Wechsler Tests, general cognitive testing, in particular memory (WMS) and has a lot of experience with the Gudjonsson Suggestibility and Compliance Measures.

Court Experience

Roy has had extensive experience in a wide range of Courts, including the Magistrates Courts, Family Courts, and Criminal Courts, including the Central Criminal Court, Crown Court and Immigration Court.

With at least 1,000 Court appearances in his career, Roy is very experienced in giving evidence.

Types of Cases

These have included:

- Family matters
- Robbery
- Murder
- Physical assault
- Fraud
- Sexual offences against children and vulnerable adults
- Immigration matters
- Housing issues
- Report writing – Roy has completed in excess of 5,000 reports. These can be produced quickly.

In summary, he can produce:

- Mental state assessments
- Parenting assessments
- Assessments of sexual abnormalities such as incest, underage sex, rape and general sexual assault
- Substance abuse
- Assessment of attachment styles
- Risk assessments, such as the probability of further abuse in the sexual or physical area
- Capacity for change
- Criminal responsibility
- Fitness to plead
- Intellectual competence
- Risk assessment
- Suggestibility and Compliance.

Treatments Used

As well as those mentioned earlier, namely Drama Therapy, EMDR, and CBT, Roy is also very experienced in combining psychological treatments such as CBT with standard medical techniques, such as those that would be used in the treatment of Major Depressive Disorder, where for example some of the symptoms may include neglect of children and self, and general disorganised behaviour. These symptoms may well be alleviated with standard anti-depressant medication, but the psychological effects may need to be countered with psychological therapy techniques, including CBT, which can build up the individual's psychological strengths, and make them more resolute.

As well as assessing an individual's psychological make-up, recommendations will be made as to potential therapeutic inputs.

Where is Assessment Done?

Roy has two offices, one in Central London in the Marble Arch area, and the other in Somerset, on the Somerset/Dorset border. Both are accessible by public transport.

Where necessary, Roy will travel to the client.

Once the assessment has taken place, then a report can be produced in a very short time (certainly less than a week).

He is very happy to visit clients in prison, and has had extensive experience of doing so.

Additional Information

Has advanced DBS clearance and is fully insured for professional indemnity.

Addresses

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