

CURRICULUM VITAE

Dr Aftab Laher
BA (Hons.) MSc PhD C.Psychol. CSci. AFBPsS
Registered Practitioner Psychologist
Consultant Chartered Clinical and Health Psychologist
Accredited Cognitive-Behavioural Psychotherapist

PROFILE

I am a Registered Practitioner Psychologist with the *Health and Care Professions Council* (HCPC), a Chartered Consultant Clinical and Health Psychologist with the *British Psychological Society* (BPS) and an Accredited Cognitive-Behavioural Psychotherapist with the *British Association of Behavioural and Cognitive Psychotherapies* (BABCP). I have extensive experience in the psychological assessment and treatment of adults presenting with common mental health and physical health difficulties. I specialise in the area of psychological trauma and adjustment following accident or personal injury (including psychological injury from clinical negligence), psychological pain management, psychological adjustment to chronic health conditions, and workplace well-being (including work-related stress, bullying and discrimination issues). I undertake both assessment and treatment of Adults who present with a range of psychological problems/disorders including chronic pain, anxiety, depression, PTSD, adjustment disorders and relationship issues. I am also trained/experienced in the use of a range of psychological assessment protocols relating to personality, intellectual capacity, memory, and general cognitive functioning.

I have been qualified for over 28 years, largely working in NHS adult services across the East Midlands within the specialities of mental health, health psychology and physical rehabilitation/ pain management - taking a lead role in service development and innovation. I currently work as a Consultant Clinical and Health Psychologist in private practice and I am the Managing Director of an independent psychological consultancy, PsyWorks Ltd. I led the Health Psychology service in the South Derbyshire region of the Derbyshire Condition Management Programme from 2004 to March 2011. I hold an Honorary Lectureship in Clinical Psychology at the University of Leicester and I have also been an Honorary Principal Lecturer in Psychology at De Montfort University from 2007-2012. I have run numerous psychology-related workshops and training programmes for health-care staff, and I have contributed to several publications in the health and medico-legal arena.

I have undertaken psychological medico-legal work for over 25 years. I have received training in best practice for experts and I am pro-active in keeping abreast of developments in the medico-legal field and, in particular, ongoing changes in the Civil Procedure Rules and Criminal Procedure Rules. I have substantial experience of attending court and tribunal proceedings.

EDUCATION AND TRAINING

First Degree and Qualification as Chartered Clinical Psychologist:

BA(Hons.) 2(i) Social Science/ Psychology:	1988 (CNAAB)
MSc. Clinical Psychology:	1994 (University of Leicester/ Trent Regional NHS Health Authority)

Post-Qualification Training:

PhD Clinical Psychology: (Thesis: the Efficacy of minimal-contact CBT in the treatment of chronic pain and headaches and the mechanisms of treatment change within CBT)	2000 (University of Leicester)
Accreditation as Cognitive Behavioural Psychotherapist	2002 (British Association of Behavioural and Cognitive Psychotherapy)
MSc Occupational Psychology	2007 (University of Leicester)
BPS Level A Certificate of Competence in Occupational Testing	2009 (Occupational Psychology Services Ltd)

CLINICAL/ BUSINESS APPOINTMENTS (all UK)

- Aug 2003 - present Managing Director/ Consultant Psychologist**
PsyWorks Ltd (Psychological Training & Consultancy)
- I have successfully bid for and delivered a range of public and private sector contracts pertaining to applications of clinical/ health psychology and cognitive-behavioural psychotherapy, including training and development.
- Jul 2000 – present Consultant Clinical Psychologist and Accredited Cognitive-Behavioural Psychotherapist in independent practice (p/t)**
- Practising from: Spire/ BUPA Hospital, Leicester; Nuffield Health Hospital, Leicester and Derby; 10 Harley Street, London)
- Stress management; workplace well-being; psychological adjustment to injury, chronic illness or disability; pain management; adult psychological disorders; training and supervision; selection and development; coaching
- Apr 2012 – Aug 2015 Lead Consultant Clinical Psychologist (p/t)**
Pain Management Solutions/ Real Health Institute
- Planning and delivery of health psychology input to patients with chronic pain. Planning and delivery of outpatient and residential pain management programmes. Outcome evaluation, service development and staff training and supervision.
- Nov 2011 – Aug 2013 Locum Consultant Clinical Psychologist Grade 8c (p/t)**
South Staffordshire and Shropshire Foundation Trust
- Planning and delivery of health psychology input to patients with long-term physical health conditions. Planning and delivery of pain management programmes.
- Jun 2010 – Sep 2011 Associate Consultant**
John Cooper Associates (Occupational Psychologists)
- JCA are a lead organisation in business psychology and welfare to work arenas. I have played a lead role in advising major public sector and private sector clients on clinical/ health related matters within their welfare to work and workplace well-being strategies.
- Oct 2004 – Mar 2011 Head of Health Psychology**
Derbyshire NHS/ DWP Condition Management Programme
- Service lead for health psychology input to a major Government welfare to work programme. Responsible for developing and implementing psychosocial intervention programmes (particularly pain management programmes) to help people on incapacity benefits move towards a work pathway. Also responsible for training and consultancy to similar programmes on a UK wide basis.
- Nov 2003 – Mar 2008 Locum Consultant Clinical Psychologist/ Service Lead (p/t)**
Southern Derbyshire Acute Hospitals NHS Trust
- Developing and leading a multidisciplinary pain management programme for adults with chronic pain; Staff counselling; Staff supervision, training and development.
- May 2003 - Aug 2003 Locum Consultant Clinical Psychologist in Occupational Health (p/t)**
Greater Derby Primary Care NHS Trust
- Psychological assessment and treatment of referred NHS staff across Southern Derbyshire; providing training for occupational health staff.
- Jul 2000 – Jul 2002 Consultant Clinical Psychologist/ Service Lead (f/t)**
Southern Derbyshire Acute Hospitals NHS Trust.

Developing and leading a multidisciplinary pain management programme for adults with chronic pain; Staff counselling; staff supervision, staff training and development.

Sep1994 – Aug 1997 Chartered Clinical Psychologist (f/t)
Leicester General Hospital NHS Trust/ Leicester Royal Infirmary NHS Trust, Dept. of Medical Psychology

Psychological assessment and treatment of patients with a range of physical health problems such as chronic pain (including the planning, delivery and evaluation of pain management groups), sexual dysfunction, physical disability/neurological illness, urological difficulties; supervision of assistant psychologists; teaching to other health professionals; aspects of service organisation and development.

Aug 1997 – Jul 2000 Honorary Clinical Psychologist (p/t)
Leicester General Hospital NHS Trust, Dept. of Medical Psychology

Psychological assessment and treatment of patients with chronic pain, sexual dysfunction and general urological difficulties.

Sep 1991 – Jul 1994 Trainee Clinical Psychologist
University of Leicester/ Trent Regional Health Authority

Placement experience with adults, children and older adults in the areas of mental health, mental illness, learning difficulties, neuropsychological difficulties, psychological factors in general medical conditions.

Sep 1990 – Aug 1991 Assistant Psychologist
Peterborough District Health Authority

Sep 1989 – Aug 1990 Assistant Psychologist
South East Staffordshire Health Authority

Sep 1988 – Aug 1989 Psychology Technician
Southport & Formby Health Authority

ACADEMIC APPOINTMENTS AND POSITIONS

Oct 2003 – present: Honorary Lecturer in Clinical Psychology
University of Leicester

Marking of academic work and clinical case reports including video assignments; contribution to teaching in health psychology, pain management and cognitive-behavioural approaches; acting as internal examiner.

Oct 2006 – Jul 2011 Honorary Principal Lecturer/ Independent Contractor
De Montfort University, Leicester, School of Nursing and Midwifery

Contract to organise and deliver the cognitive-behavioural therapy module within the BSc Hons Specialist Practitioner Programme

Jul 2002 – Sep 2003 Lecturer in Clinical Psychology (p/t)
University of Leicester, School of Psychology

Teaching to large and small groups (health psychology, pain management, anxiety disorders); individual tuition; organisation of modules; research supervision of doctoral projects; admissions tutor; co-ordination of assessment procedures.

Aug 1997 – Jun 2000 Lecturer in Clinical Psychology (f/t)
University of Leicester, Centre for Applied Psychology

Teaching to large and small groups (health psychology, pain management, anxiety disorders); individual tuition; organisation of modules; research supervision of doctoral projects; admissions tutor; co-ordination of assessment procedures.

DELIVERY OF TRAINING

- Organisation and delivery of several one-day workshops per year to health professionals and therapists (since 2003 to present):
 - Study day on Chronic Pain
 - CBT Approaches to Pain Management
 - Cognitive-behavioural Approaches to Physical Rehabilitation
 - Recognising and Dealing with PTSD
 - Motivational Interviewing
 - Occupational Stress
- Supervision of clinicians within an Improved Access to Psychological Therapies (IAPT) service in South Yorkshire (2008-2009).
- Supervision of psychology practitioners and allied health professionals (physiotherapists and occupational therapists) within the Derbyshire and Staffordshire Condition Management Programmes (Oct 2004 to March 2011).
- Delivery of teaching in health psychology and psychological pain management University of Leicester postgraduate Doctorate in Clinical Psychology (DClinPsy.) course.

RESEARCH AND PUBLICATIONS

Laher, A. (2006). New ways of working in mental health: Psychological Approaches. In J. Doohar (Ed.) *New Ways of Working in Mental Health*, pp. 104-118. London: Quay Books.

Laher, A. (2010). Cognitive behavioural therapy: Being cognisant of one's behaviour can help to cope. *Your Witness*, Spring issue, 39-40.

Laher, A. (2010). Psychological rehabilitation after road traffic accidents. *Your Witness*, Winter issue, 25-26.

Laher, A. (2021). Biopsychosocial adjustment to musculoskeletal injuries following road traffic accidents. *Expert Witness Journal*, 40, 44-47.

PROFESSIONAL MEMBERSHIPS

- Registered Practitioner Psychologist with The Health and Care Professions Council (HCPC)
- Full chartered practitioner member of Division of Clinical Psychology, British Psychological Society (BPS)
- Full chartered practitioner member of Division of Health Psychology, British Psychological Society
- Associate Fellow of British Psychological Society
- Accredited Cognitive-Behavioural Psychotherapist with the British Association of Behavioural and Cognitive Psychotherapy (BABCP)

PROFESSIONAL AFFILIATIONS

- Principal Practitioner with the Association of Business Psychologists (ABP)
- Chartered Scientist (The Science Council)
- Fully registered on the UK Register of Expert Witnesses (JS Publications) 2023
- Full registrant on the Expert Witness Register 2023