

**Medico Legal Expert – Forensic Psychiatric Nursing and
Psychiatric Nursing**

&

Cognitive Behavioural (Including EMDR) Therapist

www.drpaulrogers.co.uk

Dr Paul Rogers

**RMN, PhD, MSc (Econ), MRCPsych (Hon), PG Cert ENB 650, PG Dip Behavioural
Psychotherapy, M.EWI**

Formerly

Professor of Forensic Mental Health
Faculty Ethics Champion
HESAS, University of Glamorgan

paul@drpaulrogers.co.uk & paulerogers11@gmail.com

07702 107084

MEDICO – LEGAL EXPERT WITNESS

I have had formal training (Bond Solon) in: report writing; evidence giving and cross examination. I am fully indemnified as an expert.

I have been instructed as a nursing expert in mental health cases since 2004 for both claimant and defendant cases (60% / 40%) on matters related to: Mental Health (Psychiatric) Nursing; The provision of CBT; Risk assessment and management by Mental Health Teams and services; The use of physical restraint by Health / Social / Public professionals. I have also provided opinion related to supported housing and mental health.

Such opinions relate to clinical/medical negligence and/or article 2 of the European Conventions of Human Rights. Dr. Paul Rogers has also provided expert opinion to Family Courts, Coroners Courts and Professional Regulatory Bodies.

I receive instructions from Solicitors acting for both claimant and defendant. I have provided expert witness reports / testimony to a range of courts, including: The High Court (Northern Ireland); The High Court (Republic of Ireland); The High Court (England and Wales); and a House of Lords instructed Public Inquiry. I have also provided expert witness reports / testimony in Clinical Negligence / Personal Injury claims, Family Courts and Professional Practice Authorities (E.g., General Dental Council, Family Health Service Appeal Authority (FHSAA)). I have also acted as an expert for Psychiatric Nursing for Coroner's to assist in a Coroner Inquest. Two notable cases where I have provided expert testimony for the claimant are:

- Savage v South Essex Partnership NHS Foundation Trust [2010] EWHC 865 (QB).
- The "D Inquiry" - an Article 2 compliant Public Inquiry investigation the circumstances surrounding the attempted suicide of a man known as D at HMP Pentonville on 27 December 2001 <http://www.ppo.gov.uk/the-d-inquiry.html>).

I receive an average of 12 Instructions per year with a breakdown of 60% claimant and 40% defendant. I am happy to receive instructions for both full and preliminary reports. My response rate for providing reports following receipt of written instructions is approximately 5 weeks for full reports.

I am a member of the Expert Witness Institute. I am a 1st tier Expert of the Association of Personal Injury Lawyers (APIL) and am on a number of professional Expert Witnesses databases. I am on the Editorial Panel of the Journal of Forensic Psychiatry and Psychology and an Honorary Member of the Royal College of Psychiatrists and a member of the Royal College of Nursing.

I was a recognised contributor on the Department of Health (England) 2009 Guidance on "Assessing and managing risk in mental health services: Guidance for mental health practitioners on managing the risk of harm to self and others" entitled "Best practice in managing risk: the assessment and management of risk to self and others in mental health services"

I currently act as an expert advisor in psychological therapy and nursing to Northern Healthcare, an Independent Supported housing and mental health care service in the North West of England.

COGNITIVE BEHAVIOURAL THERAPY (INCLUDING EMDR THERAPY)

I undertook my Post Graduate Diploma in cognitive behaviour therapist (CBT) at the Institute of Psychiatry, Kings College, London FROM 1994-1995, under the Clinical Directorship of Professor Isaac Marks. This was an 18 month full time CBT course, allowing automatic entry as an Accredited CBT therapist with the BABCP. I undertook Eye Movement Desensitization and Reprocessing (EMDR) Level-1 training in Galway (1999) and Level-2 training in London 2000.

I am a registered psychiatric nurse and trained CBT therapist and have 25 years experience of working in a range of inpatient and outpatient settings (both in the NHS and the Independent Sector; and in England and Wales) since 1995. I have provided CBT for 20 years and have seen approaching 800 clients during this time for a range of anxiety / mood disorders (mostly these can be co-morbid). My treatment outcomes are that approximately 80% achieve treatment success rates (as measured by at least a 50% improvement in symptoms measurement scores at the end of treatment compared to at the beginning of treatment).

I provide 1-1 therapy in Cardiff and Newport. I also provide online therapy. I also provide CBT to clients from Northern Healthcare, an Independent Supported housing and mental health care service in the North West of England. Many of whom have quite serious and enduring significant mental health problems.

Until July 2012, I was employed as Professor of Forensic Psychiatric Nursing at the University of Glamorgan. I now concentrate on my CBT practice (and Medico-Legal Expert Witness practice) full time. I see up to 20 clients a week for CBT as instructed by Solicitors or Courts (approximately 80%) and GP's / Psychiatrists (approximately 20%). The majority of this work is in partnership with the client's GP and Consultant Psychiatrist and approximately 30% of clients on my caseload have suicidal thinking / plans requiring close liaison with their appropriate Clinical Teams. Since

CLINICAL SERVICE REVIEWS / EVALUATIONS

I have considerable expertise in clinical service reviews / evaluation of a range of NHS mental health services. I was one of the first mental health reviewers for the Commission for Health Improvement, now the Care Quality Commission (England) and am still a reviewer for CQC. I have also led a number of independently commissioned NHS clinical service reviews. For example, In the last 5 years I have (1) Led a 2 year review of all aspects of a Crisis Resolution and Home Treatment for one NHS trust including making recommendations for significant service redesign which were all accepted. (2) Led a complete service review of the assessment, care, treatment and management of suicide risk for one NHS trust which included inpatient and community care across *all* specialities All 20 recommendations for service and clinical care improvement were accepted. (3) I have examined the validity and reliability of the HCR-20 violence risk assessments conducted in One English Special Hospital. (4) I have also assisted in a complete review of seclusion practice in one English High Secure Hospital. I have a very good understanding of the norms (and variations) of mental health practice in acute, low secure, medium secure and high secure settings within the NHS and Independent Sectors.

I currently act as an expert advisor in psychological therapy and nursing to Northern Healthcare, an Independent Supported housing and mental health care service in the North West of England.

EDUCATION AND TEACHING

I continue to teach on a full range of courses at Post Graduate level across the UK and in Ireland. I developed and was the award leader for two leading innovative University courses: (1) Risk assessment and risk management in mental health. (2) BSc (Hons) in violence prevention and management. Both courses concentrate on the applied nature of every day mental health practice, and the courses have Post graduate students (Qualified staff) from around the UK, Europe and Internationally.

POLICY AND PROFESSIONAL APPOINTMENTS

I have held a number of policy / professional positions within the UK and internationally. Examples include:

- Expert advisory group member for the National Patient Safety Agency determining the definitions of suicide by patients in the care of the NHS to assist in determining future standards for investigating such cases.
- Member of the Department of Health's Risk Assessment Tools Expert Advisory Group (England) which reported to the National Mental Health Risk Management Programme through the Care Services Improvement Partnership and the London Development Centre.
- Member of the Ministry of Justice / Department of Health's National Expert Steering Group for the Dangerous and Severe Personality Disorder Programme.
- President of the International Chapter of the American Psychiatric Nurses Association
- Recipient of the Professor Annie Altschul International Publication Prize in Mental Health
- I have Honorary Associate Membership of the Royal College of Psychiatrists (elected by the Court of Electors on the 24th February 2004).
- In 2012, my work with a train service in Wales on developing a total policy, procedure and treatment programmes for employees with PTSD (usually consequential to suicides on the track), was recognised by the National Rail Ombudsman as "Industry Leading" and the entire Rail Industry was prompted to follow our Model. Since then I have been in discussion with London Underground and Eurostar regarding developing similar services.
- A contributor on the Department of Health (England) 2009 Guidance on "Assessing and managing risk in mental health services: Guidance for mental health practitioners on managing the risk of harm to self and others" entitled "Best practice in managing risk: the assessment and management of risk to self and others in mental health services"

PERSONAL DEVELOPMENT

1986-1989:

South Bedfordshire
School of Nursing
Fairfield Hospital
Hitchin, Hertfordshire

Registered Mental Nurse

Post-Graduate Education

1999- 2002:

Institute of Psychiatry PhD (Psychiatry): Command hallucinations and violence.

1996-1999:

School of Social & M.Sc (Economics) in Methods and Applications of Social
Administrative Studies Research. Cardiff University
Cardiff University

1994-1995:

Institute of Psychiatry PG. Certificate in Adult Behavioural Psychotherapy (ENB 650).
Institute of Psychiatry, Kings College, University of London.
Maudsley Hospital
Denmark Hill, London

1994-1995:

Institute of Psychiatry PG. Diploma in Adult Behavioural Psychotherapy. Institute of
Kings College, Psychiatry, Kings College, University of London
University of
London

I have completed a range of Professional Courses; too numerous to report. I am trained to Level 2 in EMDR. I undertook Eye Movement Desensitization and Reprocessing (EMDR) Level-1 training in Galway (1999) and Level-2 training in London 2000.

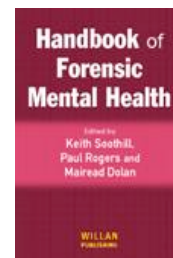
PREVIOUS EMPLOYMENT

Place of Employment	Job Title	Dates
Faculty of Health, Sports and Science, University of Glamorgan & Chair of the Ethics Committee	Prof of Forensic Mental Health	2005-2012
Sector of Nursing Health Service Research Institute of Psychiatry Kings College, University of London & Department of Psychiatric Epidemiology Faculty of Medicine Bristol University	MRC Fellow	2002-2004
Sector of Nursing Health Service Research Institute of Psychiatry & School of Psychology Cardiff University	Wales Office of Research & Development Research Fellow	1999-2002

Place of Employment	Job Title	Dates
Caswell Clinic (MSU) Glanrhyd Hospital Bridgend Mid Glamorgan	Clinical Nurse Specialist in Cognitive-Behaviour Therapy	1995-1999
Behavioural Psychotherapy Unit 99 Denmark Hill Maudsley Hospital London	Trainee CBT Therapist	1994-1995
Caswell Clinic (MSU) Glanrhyd Hospital Bridgend Mid Glamorgan	Ward Manager / Charge Nurse	1992-1995
The National Head Injury Unit St. Andrew's Hospital Billing Road Northampton	Staff Nurse	1989-1992

RESEARCH AND SELECTED PUBLICATIONS

My main research interests lie in the risk assessment and risk management of suicide, self-harm and violence. I have been the recipient of research funding from prestigious funders including the Medical Research Council and Welsh Assembly Government examining inpatient care and treatment research questions.



I am Co-Editor on the standard text book on Forensic Mental Health (Soothill, K., Rogers, P & Dolan, M. & Rogers P. (2006). Handbook of Forensic Mental Health. Willan Publishing. Devon). I have also published a self help book on Obsessive Compulsive Disorder using the principles of CBT (Gournay, K., Piper, R. & Rogers, P. 2012).

I am / was an Editorial board member for the following Journals: Journal of Forensic Psychiatry & Psychology (2003-present); British Journal of Wellbeing (2011-2015); British Journal of Forensic Practice (2010-2012); Criminal Behaviour and Mental Health (2004-2010); and Mental Health Practice (1997-2011). I have published over 100 peer reviewed and professional papers and book chapters. Examples of published research and professional articles include:

- Rogers, P., Watt, A., Gray, N.S., MacCulloch, MM & Gournay, K. (2002) Content of command hallucinations predicts self harm but not violence in a medium secure unit. Journal of Forensic Psychiatry, 13(2), 251-262.
- Watt, A., Topping-Morris, B., Mason, T. & Rogers P. (2003). Pre-admission nursing assessment in forensic mental health (1991-2000): Part 1 – A preliminary analysis of practice and cost. International Journal of Nursing Studies, 40 (6), 645-655.

- Watt, A., Topping-Morris, B., Rogers P., Doyle, M. & Mason, T. (2003). Pre-admission nursing assessment in forensic mental health (1991-2000): Part 2 - Comparison of traditional assessment with the items contained within the HCR-20 structured risk assessment. *International Journal of Nursing Studies*, 40 (6), 657-662.
- Curran, J. & Rogers, P. (2004). Acute psychiatric Inpatient Assessment. In: M. Harrison & D. Mitchell. *Acute Mental Health Care*.
- Rogers, P, Ghroum, P. Benson, R., Forward, L., & Gournay, K (2006). Is breakaway training effective? An audit of one Medium Secure Unit. *Journal of Forensic Psychiatry and Psychology*; 17(4) 593-602.
- Connolly A, Rogers P, Taylor D. (2007). Antipsychotic prescribing quality and ethnicity: a study of hospitalized patients in south east London. *J Psychopharmacol*; 21: 191 –7.
- Black, D., James, M., Evans, R., Rogers, P. (2007). The association between a self reported history of mental health problems and a history of parasuicide in a sample of UK male prisoners. *Int J Nursing Studies*; 44:427-434.
- Thompson, A., Barley, M., Sullivan, S.A., Strange, S.O., Moore, L., Rogers, P., Sipos, A., Harrison, G. (2008). The DEBIT trial: an intervention to reduce antipsychotic polypharmacy prescribing in adult psychiatry wards -a cluster randomized controlled trial; *Psychological Medicine*; 38 (5), 609-610.
- Rogers, P. (1997). Posttraumatic stress disorder following male rape. *Journal of Mental Health*, 6(1), 5-9.
- Rogers, P. and Darnley, S. (1997). Self-monitoring, competing response and response cost in the treatment of trichotillomania. *Behavioural and Cognitive Psychotherapy*, 25, 281-290.
- Rogers, P. & Gronow, T. (1997). Anger Management: Turn down the heat. *Nursing Times*, 93(3), 26-29.
- Rogers, P. (1997). A behaviour nurse therapy service in forensic mental health. *Mental Health Practice*, 1(4), 22-26.
- Rogers, P. & Liness, S. (2000). Posttraumatic stress disorder: Nature, assessment and treatment. (RCN Continuing Education). *Nursing Standard*, 14(22), 47-55
- Rogers, P., Curran, J. & Gournay K (2002). Depression: Nature, assessment and treatment with behavioural activation; Part-1 (RCN Continuing Education). *Mental Health Practice*. 6(1), 29-36.
- Curran, J., Rogers, P. & Gournay K (2002). Depression: Nature, assessment and treatment with behavioural activation; Part-2 (RCN Continuing Education). *Mental Health Practice* 6(2), 30-37.
- Rogers, P., Curran, J. & Gournay K. (2004). Anxiety disorders. In: Norman & Ryrie (Eds). *Mental Health Nursing and the National Service Framework*. Open University Press
- Rogers, P., Keukens, R., Van Voren, R. (2006). Reforming the delivery of forensic mental health and prison health in the Republic of Georgia. *Mental Health Practice*, 9(5), 38-40
- Curran, J., Gournay K & Rogers, P., (2006). OCD: Nature, assessment and treatment with behavioural activation (RCN Continuing Education). *Nursing Standard*
- Curran, J., Gournay K & Rogers, P., (2006). OCD: Nature, assessment and treatment with behavioural activation; Part-1 (RCN Continuing Education). *Nursing Standard* 20 (33), 59-65
- Haddad, M., Rogers, P & Gournay, R (2007). Cognitive Behaviour Therapy in Primary Care. *Primary Health Care*, 17 (10), 32-34.

- Rogers, P. (2009) Anxiety Disorders. In Callaghan, P. & Waldock, H (Eds). Oxford Handbook of Mental Health Nursing 2nd Edition. Open University Press. Oxford.
- Curran, J., Darling, J., Rogers P. And Gournay, K (2010). Continuing Professional Development. Behavioural Activation Part 1. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Curran, J., Darling, J., Rogers P. And Gournay, K (2010). Continuing Professional Development. Behavioural Activation Part 2. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Gournay, K., Rogers, P., Curran, J. & Darling, J. (2010). Continuing Professional Development. Anxiety disorders: An introduction. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Gournay, K., Rogers, P., Curran, J. & Darling, J. (2010). Continuing Professional Development. Depression: An introduction. Part 1. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Gournay, K., Rogers, P., Curran, J. & Darling, J. (2010). Continuing Professional Development. Depression: An introduction. Part 2. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Darling, J. Curran, J. Rogers, P. & Gournay, K. (2010). Continuing Professional Development. Cognitive Behaviour Therapy. Part 1. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Darling, J. Curran, J. Rogers, P. & Gournay, K. (2010). Continuing Professional Development. Cognitive Behaviour Therapy. Part 2. British Journal of Wellbeing Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Rogers P. (2011). Editorial. British Journal of Wellbeing.
- Rogers, P., Gournay, K., Curran, J. Darling, J. (2012). Continuing Professional Development. Exposure therapy. British Journal of Wellbeing Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Curran, J., Darling, J., Rogers P. And Gournay, K (2012). Continuing Professional Development. Social Phobia. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Darling, J. Curran, J. Rogers, P. & Gournay, K. (2012). Continuing Professional Development. Panic disorder. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Gournay, K., Rogers, P., Curran, J. & Darling, J. (2012). Continuing Professional Development. Obsessive Compulsive Disorder. British Journal of Wellbeing. Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>.
- Rogers, P., Gournay, K., Curran, J. Darling, J. (2012). Continuing Professional Development. Response Prevention. British Journal of Wellbeing Online publication. <http://www.britishjournalofwellbeing.com/cgi-bin/go.pl/cpd.html>
- Allen, J., Rogers, P., Harbison, I, Miller, G. Beech, I. (2012). The BSc in Violence Reduction (University of Glamorgan). Five years on. British Journal of Wellbeing.
- Rogers, P., Hennah, N., Collingbourne, A. & Gournay, K (2015). Stress Testing. P.I. Focus, June 2015. Association of Personal Injury Lawyers.

- Rogers, P. (2014). Paper presented to the APIL psychiatry and psychology from a clinical negligence perspective – a – one day conference on “The Principles and Practice of Risk Assessment”. April 2014. <https://www.apil.org.uk/speaker-details.aspx?ID=22744>.
- Rogers, P. (2017). Online Cognitive Behaviour Therapy. Paper presented to the Northern Healthcare Conference on “Supported living: Recovery and Innovation. Manchester Central Convention Complex on 7th September 2017.
- Hennah, N., Collingbourne, A., Barker, H. & Rogers, P. (2017 – in press). Psychiatric and psychological effects following a personal injury: Diagnostic and treatment considerations. P.I. Focus, 2017. Association of Personal Injury Lawyers.

4th September 2017.