

# CHANGING MINDS<sup>UK</sup>

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



## DR ANDREW ROGERS BSC. (HONS) D.CLIN.PSY. C.PSYCHOL AFBPSS CLINICAL DIRECTOR



Consultant Clinical & Forensic Psychologist  
Chartered Psychologist, HCPC Registered: PYL21241

Andrew is a Chartered Consultant Clinical & Forensic Psychologist and Co-Director of Changing Minds UK, an independent provider offering comprehensive psychology services to individuals, groups and organisations in the statutory, voluntary and private sectors.

Andrew has over 20 years experience working with challenging presentations across a broad range of care and performance environments. He has extensive experience of clinical management, leadership and psychological service development within the NHS, criminal justice and elite performance environments. Andrew has a longstanding interest in developing psychological resilience, well-being and high-performance, practical applications of attachment theory, complex trauma and youth offending. Andrew has provided consultancy services both in the UK and internationally in relation to complex adolescent mental health, looked after children and youth justice services.

Andrew has also been involved in the development of psychological services within a range of elite sport and high performance environments and has provided direct psychological support for a number of high profile athletes. He has supported organisations such as the Rugby Football Union, English Cricket Board, UK Sport, and the English Institute of Sport in supporting athlete development, performance, resilience and emotional well-being.

In addition to his clinical work, Andrew is an Associate Fellow of the British Psychological Society and is a Practitioner Psychologist (Clinical & Forensic) registered with the Health Professions Council (PYL21241). Andrew is currently a Visiting Lecturer for the Institute of Psychiatry, Psychology and Neuroscience at Kings College London and has been a visiting lecturer for the University of Birmingham, Universities of Coventry and Warwick, Lancaster University and the University of Manchester Doctoral Programmes in Clinical Psychology.

Andrew is a member of the BPS Division of Clinical Psychology and is Past-Chair (2012-14) of the BPS DCP Faculty for Children, Young People and Families. This is the representative body for Clinical Psychologists working with children, young people and families across the UK. Andrew is on the BPS Register of Applied Psychology Practice Supervisors (RAPPSS) and has supervised doctoral research theses. He currently clinically supervises professionals from a wide range of backgrounds, as well as trainee and qualified practitioner psychologists.

Andrew has experience of working with the media to promote psychological understanding of adolescent mental health and youth justice, including providing psychological advice & commentary for a number of television and radio programmes. These include appearances on BBC Radio 4's Women's Hour, BBC Newsnight, BBC Breakfast, North West Tonight and BBC 3's ground-breaking documentary 'Don't Call Me Crazy'. He has published articles in a variety of books and peer-reviewed journals in relation to psychological consultation, clinical psychology and sport and working psychologically with adolescents with high risk and complex presentations and has presented research and clinical interests at both national and international conferences.

## ACADEMIC RECORD AND QUALIFICATIONS

- July 2006 Professional Certificate in Effective Practice (Youth Justice)  
Nottingham University
- Sept. 2003 Doctorate in Clinical Psychology  
Coventry University & University of Warwick
- July 1997 Bachelor of Science with Honours, Psychology 2(i)  
Coventry University

## PROFESSIONAL EXPERIENCE

- 2006 - Present Changing Minds Limited  
Clinical Director, Consultant Clinical & Forensic Psychologist
- 2008 - 2014 Greater Manchester West NHS Mental Health FT  
Consultant Clinical & Forensic Psychologist, Head of Psychological Therapies, Adult & Youth Specialist Services Directorate
- 2005 – 2008 5 Boroughs Partnership NHS Trust  
Senior Clinical Psychologist, Community Homes Health Team
- 2003 – 2005 North Warwickshire PCT  
Clinical Psychologist, Child & Adolescent Mental Health Service and Youth Offending Services

## PROFESSIONAL MEMBERSHIPS

- 2012-2014 Chair of the British Psychological Society DCP Faculty for Children, Young People & Families
- HCPC Registered (Clinical & Forensic) - HCPC registration no: PYL21241
- BPS Chartered Psychologist
- Associate Fellow of the British Psychological Society (BPS, no: 83986)
- Registered Supervisor, BPS Register of Applied Psychology Practice Supervisors (RAPPS)
- Full Member of the BPS Division of Clinical Psychology (DCP)
- Member of the BPS DCP Faculty of Forensic & Clinical Psychology

## FURTHER ACCREDITATIONS

- October 2006 EMDR – Level 1, Intermediate, Child & Advanced Level 2 Training, The EMDR Institute
- Oct. 2004 Clinical Psychology Supervisor Training, Coventry University
- April 2003 Systemic Therapy Concepts – Foundation Level, accredited by the Association for Family Therapy (AFT)
- July 1999 Certificate in Part-time Youth and Community Work, accredited by the West Midlands Regional Accreditation & Moderation Panel.

## SELECTED PUBLICATIONS

- Bickley, J., Rogers, A., Bell, J. & Thombs, M. (2016). 'Elephant Spotting: The importance of developing shared understanding to work more effectively with talented but challenging athletes. *Sport & Exercise Psychology Review*, March 2016
- Rogers, A., Thombs, M., Bickley, J. & Bell, J. (2014). A psychological case example and formulation framework. In, Twist, C. & Worsfold, P. (eds.) *The Science of Rugby*. Routledge, London, UK.
- Rogers, A., Harvey, J. & Law, H. (eds.) (2015) *Young People in Forensic Mental Health Settings: Psychological Thinking and Practice*. Palgrave: London.
- Rogers, A., Thombs, M., Bickley, J. & Bell, J. (2014). A psychological case example and formulation framework. In, Twist, C. & Worsfold, P. (eds.) *The Science of Rugby*. Routledge, London, UK.
- Casswell, M., Rogers, A.D. & French, P. (2012) Distress, Defiance or Adaptation? A Review of At Risk Mental Health States in Young Offenders. *Early Intervention in Psychiatry*. May 2012
- Rogers, A.D., Law, D. & McMahon, J. (2011) Expanding Therapy: challenging the dominant discourse of individual therapy when

working with vulnerable children and young people. *Clinical Psychology Forum*, June 2011, 222

Evans, K., Law, H., Turner, R.E., Rogers, A. & Cohen, K. (2011). A pilot study evaluating care staffs' perceptions of their experience of psychological consultation within a mental health setting. *Child Care in Practice*, 17(2), April 2011, pp.205-219.

Rogers, A.D. & Law, H. (2010). Working with Trauma in a Prison Setting. Chapter in Harvey, J. & Smedley, K. (Eds.) *Psychological Therapy in Prisons and Other Secure Settings*. Willan: London.

Court, D., Kearney, S., Rogers, A. (2003). Attention Deficit: Living in a Sick Sibling's Shadow. *Young Minds*, 64, 14-16.

## **SELECTED PRESENTATIONS**

Bickley, J. & Rogers, A. (2015). Reality Check - Working with Athlete Challenges in the Build-up to Major Competition. *Realising Ambition - The World Class Performance Conference*. Wembley Hilton Hotel, November 2015.

Bickley, J. & Rogers, A. (2015). Optimising the environment to develop 'Winning Habits'. UK Sport P3 – Optimal Development Environments. Allianz Park Stadium (Home of Saracens Rugby Club), London, October 2015.

Bickley, J., Rogers, & Thombs, M. (2014). The state of the art – The process of formulation in enhancing athlete development. UK Sport P3 – Profiling: Benchmarking and Tracking. Welford Road – Leicester Tigers Stadium, Leicester, March 2014.

Rogers A.D. (2014). Working with young people from a Developmental Trauma and Attachment Perspective. Presentation at The Open University, June 2014.

Rogers A.D. (2014). Developmental Trauma and Attachment: DART Model of Practice with Young Offenders. Presentation at European Forensic Child & Adolescent Psychiatry and Psychology Conference, May 2014.

Thombs, M. & Rogers, A. (2014). Talented and challenging young athletes – are they present in Basketball? Oklahoma City Thunder Knowledge Sharing Event. Manchester, UK, October 2013.

Bickley, J., Rogers, A., Bell, J. & Thombs, M. (2013). Working with talented and challenging young athletes: A whole systems approach. English Premier League, ECB & UK Sport Knowledge Sharing Event. Premier League, London, UK, May 2013.

Rogers A.D. (2013). Attachment & Trauma in the development of anti-social behaviour. Presentation at Royal College of Psychiatry, Child & Adolescent Faculty Conference, September 2013.

Rogers A.D. & Johnstone, L. (2013). The violent adults of the future are now babies. Presentation at British Psychological Society, Division of Forensic Psychology Conference, Belfast, June 2013.

Rogers A.D. (2012). High harm, high risk: Working with young people with complex needs in the Secure Estate. Presentation at UK Youth Justice Convention, November 2012. <http://www.policyreview.tv/video/732/6179>

Rogers, A.D. & Mitchell, P. (2010). Working in the Eye of the Storm: Multidisciplinary Working with Adolescent Offenders with Complex Needs. Presentation at European Forensic Child & Adolescent Psychiatry and Psychology Conference, March 2010

Rogers, A.D., Evans, K. & Rao, P. (2009). Talking the Talk: Investigating Psychological Consultation in the Real World. Paper presentation at British Psychological Society Faculty for Children & Young People Conference, September 2009

Rogers, A.D. & Bickley, J. (2006). Do They Really all Need Anger Management? Mental Health Consultation in a Youth Justice Setting. Workshop presentation at British Psychological Society Faculty for Children & Young People Conference, September 2006

Rogers, A.D., Knight, E., Williams, B. (2003). From non-verbal cues to assessment clues: An investigation into the use of gesture by school-age children with high-functioning Autistic Spectrum Disorders and children with Specific Language Impairment. Poster presentation at British Psychological Society Faculty for Children & Young People Conference, September 2003.

## **SELECTED MEDIA**

Teenage Mental Health (June 2013), BBC Radio 4, Women's Hour: <http://www.bbc.co.uk/programmes/b02yjf19>

Don't Call Me Crazy (2013), BBC 3: <http://www.bbc.co.uk/programmes/p01b86w5>

Tackling violence in Europe's largest youth prison (12th June 2012), BBC 2: Newsnight <http://www.bbc.co.uk/news/uk-18166236>