

DR SIMON BIRD BSC (HONS), D CLIN PSY

PRINCIPAL CLINICAL PSYCHOLOGIST

Dr Simon Bird graduated from the Plymouth University clinical psychology doctoral training programme in 1999. Between 2001 and 2016 he was the senior clinical psychologist within the North Bristol Child and Adolescent Mental Health Service (CAMHS), providing a wide range of clinical and consultation services to young people and their families. Dr Bird led on the implementation of the Children and Young People's improving Access to Psychological Therapies (CYP-IAPT) programme across Bristol and South Gloucestershire between 2013 and 2016. He was the lead psychologist for children and young people with Autism Spectrum Conditions (ASC) in Bristol and South Gloucestershire between April 2016 and March 2018. He is eligible for chartered status through the British Psychological Society. He is regulated by the Health Professions Council (HPC).

Amongst past key responsibilities, Dr Bird co-ordinated CAMHS services to adopted children and Children Looked After by the Local Authority and based in the North of Bristol. He has extensive experience of providing assessments that inform multi-agency planning for these children and young people, utilising relevant psychological theory to formulate their needs. Dr Bird holds a diploma in Leadership Studies from the University of Exeter and is trained in the use of Eye Movement Desensitisation and Reprocessing (EMDR) for treating trauma.

Dr Bird has held lead roles in relation to the identification and treatment of Autism Spectrum Disorders since 2000 and is formally trained in standardised tools used to identify these disorders. He also specialises in assessment and therapeutic work with adolescents and young adults with mental health difficulties, particularly where these difficulties are co-existent with Autism Spectrum concerns. He has experience of the majority of common mental health difficulties and has also worked with young people with learning disabilities, drug and alcohol dependency and complex developmental difficulties.

Dr Bird has undertaken medico-legal work on a private basis since 2001 and has to date prepared over 400 expert witness reports for civil proceedings in both the child and adult arenas. He is skilled in the use of formal assessment tools used to address questions of capacity and responsibility, including IQ assessments and mental health screening tools. He has extensive experience of interview-based assessments and specialises in developing formulations of complex family cases.



Dr Bird has increasingly been instructed in cases where complex and intractable dynamics have emerged around child contact issues. He is also frequently asked to engage in complex, whole-family assessments where issues of abuse, neglect and trauma are prevalent. He focuses strongly on establishing a positive and functional engagement with parents and children in order to maximise the information they provide, and thus inform thinking about child welfare. He regularly gives evidence in the Family Courts and receives consistently positive feedback from legal professionals.

Dr Bird now works solely in independent practice, providing assessments for the Family Courts and undertaking assessments of Autism Spectrum Conditions. He also provides complex assessments of children whose psychological profiles do not fit into clear diagnostic categories.

Dr Bird provides training to professionals on request.

Areas of expertise

- Assessments of attachment
- Autism Spectrum Conditions
- Complex contact issues
- Substance and alcohol misuse
- Domestic abuse
- Mental Capacity
- Personality profiles and their impact on parenting style and capacity
- Cognitive assessments
- Developmental trauma
- Parental mental health
- Comprehensive child assessments
- Capacity for change
- Ability to work with professionals

Dr Simon Bird
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