

## Curriculum Vitae

### Academic Qualifications:

BSc Biochemistry University of Manchester Institute of Science & Technology (1970)  
PhD Biochemistry University of Reading (1975)  
BA Psychology University of Sheffield (1981)

### Professional Qualifications:

MClinPsychol University of Liverpool (1983)  
Post Graduate Diploma in Clinical Supervision University of Sheffield (2005)

### Membership of Professional Bodies and Professional Registration:

British Psychological Society, BPS & Chartered Clinical Psychologist  
Division of Clinical Psychology, DCP  
Health & Care Professions Council, HCPC Clinical Psychologist

### Employment/Professional Practice:

Independent Practice North East England (2011 – present)  
NHS Consultant Clinical Psychologist North East England (1998-2010)  
Lecturer in Clinical Psychology University of Newcastle (1988-1998)  
NHS Basic Grade and Senior Clinical Merseyside (1983-1988)  
Psychologist

### Clinical Experience:

- Integrative, formulation-led psychotherapy in primary care contexts with adults experiencing complex psychological difficulties.
- Work in psychiatric rehabilitation and secondary care, including assessment, individual psychotherapy, group work and multi-disciplinary consultation.
- Placement provision for clinical and counselling psychology trainees.
- Clinical supervision for qualified psychologists across primary and secondary care.
- Organisational work involving the development of clinical governance policies and care pathways; staff training and continuing professional development; and Trust-wide placement management for applied psychology training.

### Academic Experience:

- Doctoral teaching workshops on depression, anxiety, psychosis, personality disorder, grief & loss, gender issues in mental health, lifespan development, core therapeutic skills & listening skills, humanistic therapy, psychodynamic therapy,

adult attachment, existential approaches, gaining consent, psychotherapy integration, and models of supervision.

- Academic Course Organiser for the University of Newcastle Doctorate in Clinical Psychology; tutor/mentor support for trainees; internal and external examiner roles; and course policy development.
- Contributions to working groups on Professional Practice Guidelines (1993-1995) and Accreditation of Psychologists as Generic Psychotherapists (1996-1998).
- Secretary to the Group of Trainers in Clinical Psychology, GTiCP (1995-1998) and GTiCP member of DCP National Committee (1993-1996)
- External examiner Institute of Psychiatry (1994-1996) and University of East London (1997-1998)

### **Presentations:**

British Psychological Society Annual Conference, 1994 – *Psychodynamic theories of psychosis: Themes for integration.*

Society for Psychotherapy Research Annual Meeting, Vancouver, 1995 – *Cognition, emotion and defence.*

Society for Psychotherapy Research Annual Meeting, Geilo, 1997 – *Psychodynamic theory and narcissistically related personality problems: Support from case study research.*

13<sup>th</sup> International Symposium for the Psychotherapy of Schizophrenia, ISPS, Stavanger, 2000, invited speaker – *The psychodynamic therapy of psychosis: Theory and practice.*

### **Publications:**

Hingley, S. M. (1975) *Immunological studies on human serum lactate dehydrogenase isoenzymes.* [Unpublished postgraduate dissertation]. University of Reading.

Lachman, E., Hingley, S. M. Bates, G., Ward, A. M., Stewart, C. R., & Duncan, S. L. (1977). Detection and measurement of fetomaternal haemorrhage: serum alpha-fetoprotein and the Kleihauer technique. *British Medical Journal*, 1:1377.

<https://doi.org/10.1136/bmj.1.6073.1377>

Hingley, S. M. (1981). *Depression and sex roles: The interaction of psychological and social factors.* [Unpublished undergraduate dissertation]. University of Sheffield.

Hingley, S. M. (1983). *Sex role stereotypes and depression in women: The interaction of psychological and social factors.* [Unpublished master's dissertation]. University of Liverpool.

Hingley, S. M. (1985). Rehabilitation across the specialties, a cross fertilisation.

Introduction: Issues and concepts in rehabilitation. In G. Edwards (Ed.), *Current issues in clinical psychology.* Plenum.

Hingley, S. M. (1990). Confidentiality and adult survivors of sexual abuse: Multidisciplinary perspectives and conflicts. *Clinical Psychology Forum*, 26, 13-15.

Goodwin, A., Hingley, S. M., & John, C. (1992). Facilitating empathy within psychiatric services: The hearing voices exercise. *Clinical Psychology Forum*, 44, 22-24.

Hingley, S. M. (1992). Psychological theories of delusional thinking: In search of integration. *British Journal of Medical Psychology*, 65, 347-356.  
<https://doi.org/10.1111/j.2044-8341.1992.tb01716.x>

Hingley, S. M., & Goodwin, A. (1994). Living with the opposite sex: The views of long-stay psychiatric patients. *British Journal of Clinical Psychology*, 33, 183-192.  
<https://doi.org/10.1111/j.2044-8260.1994.tb01109.x>

Hingley, S. M. (1995). Applied psychology and BPS structure: Issues for clinical psychology training. *Clinical Psychology Forum*, 77, 40-43.

Hingley, S. M. (1995). Cognition, emotion and defence: Processes and mechanisms of change in a brief psychotherapy of depression. *Clinical Psychology and Psychotherapy*, 2(2), 122-133. <https://doi.org/10.1002/cpp.5640020207>

Hingley, S. M. (1996). Confidentiality and record keeping: Professional practice and basic training. *Clinical Psychology Forum*, 87, 21-24.

Hingley, S. M. (1997). Psychodynamic perspectives on psychosis and psychotherapy I: Theory. *British Journal of Medical Psychology*, 70, 301-312.  
<https://doi.org/10.1111/j.2044-8341.1977.tb01908.x>

Hingley, S. M. (1997). Psychodynamic perspectives on psychosis and psychotherapy II: Practice. *British Journal of Medical Psychology*, 70, 313-324.  
<https://doi.org/10.1111/j.2044-8341.1997.tb01909.x>

Hingley, S. M. (2001). Psychodynamic theory and narcissistically related personality problems: Support from case study research. *British Journal of Medical Psychology*, 74, 5-72. <https://doi.org/10.1348/000711201160803>

Hingley, S. M. (2006). Finding meaning within psychosis: The contribution of psychodynamic theory and practice. In J. O. Johannessen, B. V. Martindale, & J. Cullberg (Eds.), *Evolving psychosis: Different stages, different treatments*. Routledge.

Hingley, S. M. (2021). *Dialectically Integrated Psychotherapy: A Unifying Approach to Theoretical Integration*. UK Book Publishing.

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