

Richard Jones – NHS Practitioner Health Programme

Clinical Director - NHS Practitioner Health Programme: involved at different levels in PHP since 2012, initially, a Part Time CBT therapist before joining full time in 2012.

Manages the largest caseload helping practitioner patients recover from a wide range of health problems and addictions as well as seeing practitioner patients for rational emotive / cognitive behavioural therapy: he also undertakes initial assessments alongside his case management rôle.

Richard sees complex patients, typically with regulator involvement, atypical addictions, and presentations, or those that require enhanced management or confidentiality.

He is particularly interested in psychopharmacology, non-substance related addictions, and the role of 'meta emotions' in maintaining illnesses and addictions.

He trained as an RMN, working for over a decade post qualification at the South London & Maudsley Trust, before becoming a Lecturer/ Practitioner, at King's College London's Nightingale School: he later became a College Tutor and Course Leader and was given the Teaching Excellence award in 2010.

Prior to PHP, Richard was a Specialist Nurse Researcher at the South London & Maudsley NHS Foundation Trust.

He has a clinical background in early onset psychosis, psychiatric intensive care, forensic medium secure, and general psychiatric in-patient care. He has worked with people in the most acute stages of mental illness in a variety of different settings. Richard's areas of interest include clinical perfectionism, anxiety disorders, depression, shame, Bipolar Disorder and psychosis.

Richard speaks across the UK on areas related to practitioner health and has input into many courses and events on related issues.