

Dr Andy Pike

BSc(Hons), DClInPsy
Consultant Clinical Psychologist
EMDR therapist



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Academic History

University of Hertfordshire 2006-2009 BSc Psychology First Class Honours
University College London 2011 – 2014 Doctorate in Clinical Psychology

Areas of Expertise

Psychological and neuropsychological assessment and treatment
Psychotherapeutic practice (CBT, ACT, DBT, CFT, EMDR, tCBT, NET – individual and group intervention)
Medico Legal reporting for Helen Bamber
Asylum Seeker Clients
Attachment therapy
Behavioural Interventions

Mental Capacity Assessments
Consultation to individuals and teams
Supervision to trainee or asst psychologists
Advanced communication and leadership
Clinical Research & Audit
Consultation to Secondary School MH
Intervention in 3rd Sector
Teaching and Training

Clinical Work History:

May 2023 - Present NPsych Ltd

I provide comprehensive neurorehabilitation and mental health support for individuals across the lifespan, including both community and in-patient settings. My work involves thorough assessments, formulation of client challenges, and the delivery of evidence-based interventions for adults and children following brain injuries. I collaborate closely with case managers, multi-disciplinary teams, and external services, such as slow-stream neurorehabilitation facilities like Enable Care, to ensure a cohesive and holistic approach to treatment.

In my role, I take an adaptable and proactive approach—whether leading clinical decision-making, offering training, or providing support to colleagues. I am experienced in working both individually and systemically, offering joint supervision to rehabilitation assistants and engaging with families to optimize care outcomes.

I am highly trained and experienced in a range of therapeutic modalities, including (but not limited to) Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Compassion-Focused Therapy (CFT), and Narrative Exposure Therapy (NET). My clinical experience extends to a broad spectrum of mental health presentations, ensuring personalized and effective treatment plans.

July 2017 - Present AP Psychology Services

Externally supervised private Clinical Psychology practice. Individual adult and group client work, Medico Legal work on behalf of asylum seekers, End Point Assessments for UCL Clinical Assistant Practitioner program and various consultancy roles.

Nov 2014 – May 2017 NHS East London Mental Health Trust

Psychological assessment, therapy and research in adult secondary care Community Mental Health Team & Clinic Based Health psychology in hospital and health settings. Bespoke training and supervision in ACT and EMDR. Basic Neuropsychology assessment and screening within multi-disciplinary team where needed and consultancy to staff teams within complex care settings.

Sep 2011 – Sep 2014 University College London/Camden & Islington NHS Trust

Completion of doctoral training in clinical psychology. Academic skills were assessed through examinations, course work and a doctoral thesis. Clinical skills were assessed through the successful completion of clinical placements under the supervision of chartered clinical psychologists. Placements included: specialist adult mental health; child and adolescent Tier 3 mental health service; adult learning disability community team; specialist complex trauma service. Placements involved assessment, treatment (using a range of models: CBT, ACT, narrative and systemic therapy), specialist neuropsychological testing, group and individual work, teaching, consultation and audit.

Nov 2009 – Sept 2011 South East Essex Partnership Trust

Psychological assessment, therapy and research under supervision of clinical psychologist. Responsibility for individual and group therapy for mild to moderate mental health conditions; individual and group Pain Management Programs within bespoke team of physical and MH professionals using CBT & ACT approach.

Publications & Conference presentations

Pike A, Hearn L, Williams ACdeC. Effectiveness of psychological interventions for chronic pain on health care use and work loss: systematic review and meta-analysis. *Pain* 2016; 157:777-85

BABCP 43rd Annual Conference 2015 Symposia – ‘Treating PTSD using pre-emptive imagery re-scripting (ImRS) as an alternative to reliving in a refugee suffering with PTSD to multiple traumatic events’

Andy Pike, South Essex Partnership University NHS Trust and Kerry Young, Forced Migration Trauma Service, CNWL NHS Foundation Trust, London