

Curriculum Vitae

Dr. Joshua Matthew Westbury
MA Cantab MBBS Lond MRCPsych

Consultant Child and Adolescent
Psychiatrist

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Personal Details

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Consulting Addresses:

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Date of birth 3/11/1975
Place of birth Colchester, Essex UK
GMC Registration 6040710
Registration Status Registered with licence to practice
Full registration from 22/7/2003
Specialist Register Entry Child and Adolescent Psychiatry, from 20/9/2010
RCPsych Membership 811577
Approved Clinician Yes

Current Status

I am currently the Consultant Child and Adolescent Psychiatrist for Poplar Adolescent Inpatient Unit at Rochford Hospital, employed by South Essex Partnership NHS Trust. I have held this substantive post since October 2015. Prior to taking up this post I have been the Consultant for Southend Child and Family Consultation Service for four years from August 2011.

I offer independent psychiatric consultation at the Anglo-European Clinic in Southend and at the Forest Therapy Centre in South Woodford.

Special Interests

I have special interests in group therapies for children and adolescents, neurodevelopmental disorders, psychopharmacology, emerging personality disorders, anxiety disorders and the role of information technology and internet communities in mental health care.

Qualifications

Aug 1997 MA Cantab, University of Cambridge
Dec 2001 MBBS Lond, University of London
Jun 2006 MRCPsych

Education

1987-1994	City of London School
1994-1997	Sidney Sussex College, University of Cambridge
1997-2001	St. Bartholomew's and the Royal London School of Medicine and Dentistry
2003-2006	Royal Free and Associated Hospitals (SHO Rotation in Psychiatry)
2006-2007	Institute of Group Analysis (Introduction to Group Analysis)
2008-2010	Great Ormond St. and Royal London Hospitals (Specialty Registrar Training Rotation in Child and Adolescent Psychiatry)

Special Study Modules and Elective at Medical School

1999	Trauma Management SSM (London Helicopter Emergency Medical Service)
2000	Health Informatics in Primary Care SSM
2000	Surgical Pathology SSM
2000	Aerospace Medicine Elective (NASA Kennedy Space Center, Florida USA) During a four-week attachment to the Biomedical Office, I learnt about the medical issues related to aviation and spaceflight and assisted in tests improving the medical response to Space Shuttle launch and landing emergencies.

Medical Employment

Feb 2002-Feb 2003	PRHO, Princess Alexandra Hospital <ul style="list-style-type: none">• Geriatrics• Cardiology• General Surgery
Feb 2003-Aug 2006	SHO Psychiatry Rotation, Royal Free Hospital <ul style="list-style-type: none">• Adult Psychiatry, St. Ann's Hospital• Adult Psychiatry, Royal Free Hospital• Old Age Psychiatry, Chase Farm Hospital• Child Psychiatry, Tavistock Centre and Peace Children's Centre• Adolescent, Adult and Addiction Psychiatry, Priory North London• Eating Disorders Psychiatry, St. Ann's Hospital• Rehabilitation Psychiatry, Daleham House
Aug 2006-Aug 2007	Staff Grade, Child and Adolescent Psychiatry, Homoeopathic Hospital, Tunbridge Wells and Twistleton Court, Dartford
Aug 2007-Aug 2010	Specialty Registrar Child Psychiatry Rotation, Great Ormond Street Hospital <ul style="list-style-type: none">• Child and Adolescent Psychiatry, Havering CAMHS, Romford• Child Psychopharmacology, Great Ormond Street Hospital• Inpatient Adolescent Psychiatry, Brookside Adolescent Unit, Goodmayes
Aug 2010-Aug 2011	Consultant in Child and Adolescent Psychiatry (Locum) Barking & Dagenham CAMHS, Axe Street Family Health Centre, Barking
Aug 2011-October 2015	Consultant in Child and Adolescent Psychiatry (Substantive) Southend CAMHS, Rochford Hospital, Rochford. Role also included Consultant for South Essex CAMHS Learning Disability Team and Responsible Clinician for Poplar Adolescent Inpatient Unit
Nov 2014-present	Consultant in Child and Adolescent Psychiatry, independent consultation at Forest Therapy Centre and The Anglo European Clinic
October 2015-present	Consultant in Child and Adolescent Psychiatry (Substantive) Poplar Adolescent Inpatient Unit, Rochford Hospital

Psychotherapy Supervised Experience

2003	Conducted twice-weekly therapeutic group for day patients
2003-2007	Completed five CBT treatment cases (including one CBT/dramatherapy)
2004-2005	Completed one adolescent 17-month psychoanalytic psychotherapy case
2004-2005	Experience of Systemic Family Therapy at Watford CAMHS
2005	Conducted psychoeducational group for substance dependent patients
2005-2006	Conducted once-weekly inpatient therapeutic group for eating disorder patients
2006	Conducted psychoeducational group for patients on rehabilitation ward
2006-2007	Institute of Group Analysis introductory one-year course
2006-2007	Conducted six-month psychotherapy group for parents of adolescent patients
2007	Conducted two-month adolescent and parent Social Skills group
2008	Assisted with child and adolescent siblings support group
2007-2009	Research project relating to adolescent and parent group CBT for anxiety
2008-2009	Completed adolescent mentalization-based therapy (MBT) long case
2009	Adolescent mentalization-based therapy training for inpatient setting
2014-2015	Conducted once-weekly open therapeutic group for adolescents

Management and Committee Experience

2002-2003	Electronic Health Record committee, Princess Alexandra Hospital
2005-2006	Health Informatics committee, St. Ann's Hospital
2006-2007	Consultation, introduction of SDQ across Kent.
2006-2010	Attendance at management meetings during SHO, staff grade and ST posts
2007-2008	Consultation, introduction of electronic records, NELMHT
2007-2008	Consultation, development of Risk Assessment protocol/training, NELMHT
2008	Consultation for Modernising Medical Careers (MMC) development
2008-2009	Rotation Representative for Specialty/Specialist Registrars, including attendance at Postgraduate Training Committee meetings
2012-present	Committee Member, Medicines Management Committee, SEPT
2015-present	Vice Chair, Medical Staffing Committee, SEPT

Audit Experience

2004	Care delays for elderly patients – member of audit team
2005-2006	Service provision for obese patients – member of audit team
2006	Child Carers of Adult Patients – single handed audit project
2013	POMH UK Topic 13a: prescribing for ADHD – data collection / response roles
2014	POMH-UK Topic 10c: antipsychotics for CAMHS – data collection role

Research Experience

1997	Westbury J " <u>Aspects of Imprinted Gene Function in Development</u> " (<i>MA_{CanTab} research project and dissertation</i>)
1997	Westbury J " <u>Expression of p57KIP2 During Development</u> " <i>research project and report for The Wellcome Trust, vacation scholarship</i>)
2001	Westbury J, Watkins M, Ferguson-Smith AC, Smith J " <u>Dynamic regulation of the cdk inhibitor p57^{kip2} during embryo morphogenesis</u> " (<i>Abstract presented at Genetical Society Mammalian Genetics and Development Workshop, ICH</i>)
2001	Westbury J, Watkins M, Ferguson-Smith AC, Smith J " <u>Dynamic temporal and spatial regulation of the cdk inhibitor p57^{kip2} during embryo morphogenesis</u> " <i>Mechanisms of Development 109(1) pp 83-89 (research paper)</i>
2007-2009	Westbury J, Ahmed R " <u>Group therapy for anxious adolescents – new methods of delivery</u> " (<i>title of research project</i>)
2014	Critical review of two research papers submitted to SEPT Cutting Edge journal

Teaching Experience

2007-2008	Supervision and teaching year 2 medical students at Havering CFCS
2008	Seminar for year 2 medical students on adolescent psychopathology
2008	Seminar for tier 2 therapists on the role of the tier 3 CFCS
2009-2010	Supervision and teaching year 2 medical students at Brookside Adolescent Unit
2012	Seminar on CAMHS services for Southend MIND conference delegates
2012	Seminar on medication and autism for SAFE family support group
2012	Supervision and teaching for Ghanaian elective medical students
2012, 2015	Induction seminar on CAMHS crisis management for doctors joining Trust
2012	Seminar on CAMHS/primary care for GPs
2013	Seminar on SEPT Mystery Shopper programme to UCLP Quality Forum
2013-2015	Informal supervision for junior doctors (FY, CT and GPVTS), trainee clinical psychologists, trainee therapists, psychology student, elective medical student
2013, 2015	MRCPsych Membership Course - CAMHS seminar for junior doctors
2014	Seminar on role of Tier 2/3 CAMHS to Local Information Sharing Network
2015	Seminar on Anxiety Disorders for SENCOS and teaching staff
2015	Seminar on Eating Disorders for SENCOS and teaching staff
2015	Seminar on CAMHS emergency management for FY doctors, Southend Hospital

Conference/Course Attendance

1997	Delegate, British Society for Developmental Biology symposium “Genomic Imprinting – its role in development and disease”
2008	Conference Organizing Committee, Royal College of Psychiatrists Child and Adolescent Psychiatry Registrars Annual Conference
2008	Delegate, Royal College of Psychiatrists and International Society for Forensic Psychotherapy conference “Security and Terror: States of Mind”
2009	Student, British Association of Psychopharmacology, Child and Adolescent Psychopharmacology Module
2012	Delegate/Speaker, Southend MIND Conference
2013	Delegate, Cambridge Luton International Conference on Mental Health
2013	Delegate/Speaker, UCLP Quality Forum
2014	Delegate, Bedfordshire Medical Management Course
2007, 2008, 2009, 2012, 2014, 2015	Delegate, Royal College of Psychiatrists Child and Adolescent Faculty Residential Meeting
2013, 2014	Delegate, London and South East Region Learning Disability Network Meetings

Personal Interests

Interests outside work include music and filmmaking.

Referees (additional contact details available on request)

Name Dr. V. Porcari,
Consultant in Child and Adolescent Psychiatry, Clinical Director
Address Basildon CFCS,
Great Oaks Clinic, Basildon, ESSEX SS14 1EH

Name Dr. Skirmante Povilenaite
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