

CURRICULUM VITAE

Dr Ruth Armstrong

B A (Hons), M App Psych, D Clin Psychol, MAPS

Clinical Psychologist

Academic Qualifications

- 2008 Doctorate in Clinical Psychology, Canterbury Christ Church University, UK
(Post-qualification)
- 1992 Statement of Equivalence of Overseas Qualifications, British Psychological
Society
- 1986 Masters of Applied Psychology (Clinical), University of Queensland,
Australia
- 1978 Bachelor of Arts (Hons Psych) University of Queensland, Australia

Positions held in Australia

- 2023 - present Clinical Psychologist in Private Practice Toowoomba
- 2018 - 2023 Clinical Psychologist in Private Practice at the Gold Coast
- 2014 - 2018 Private practice Highfields and Brisbane; and at Carbal Medical
Centre Toowoomba 2017 to 2018
- 2014 - 2016 Research Fellow, Psychologist, Part time with the University of
Queensland School of Medicine at the Rural Clinical School,
Toowoomba (2.5-year contract for specifically funded research)
- 1990 - 1992 Training Consultant Australian Institute of Management
- 1987 - 1992 Clinical Psychologist in Private Practice, Brisbane
- 1987 - 1990 Psychologist, Ashgrove Child Guidance Clinic - Part Time
- 1981 - 1987 Psychologist, Ashgrove Child Guidance Clinic - Full Time
- 1980 Psychologist, Ipswich Child Guidance Clinic
- 1979 Lecturer in Psychology Kelvin Grove CAE (Now QUT Kelvin Grove
Campus)

Positions held in UK

Private Practice

1994 - 2013 Consultant Clinical Psychologist, 10 Harley Street, London

2004 - 2013 Consultant Clinical Psychologist, South West London

National Health Service (NHS)

2003 to 2010 Head of Child and Adolescent Clinical Psychology, Newham Child and Family Consultation Service, East London NHS Foundation Trust.
Also lead clinician in LD and ASD multidisciplinary team.

1997 – 2002 Head of Child and Adolescent Clinical Psychology, Sutton and Merton CAMHS, South West London and St Georges Mental Health Trust

1996 - 1997 Consultant Clinical Psychologist, Renfrewshire Healthcare NHS Trust, Greenock, Scotland.

1992 - 1996 Principal Clinical Psychologist, Mid-Kent Healthcare Trust, Maidstone.

Professional Memberships

In UK to 2014

Chartered Psychologist, British Psychological Society (70025)

Associate Fellow British Psychological Society

Member BPS Division of Clinical Psychologists

BPS Registered Applied Psychology Practice Supervisor

Registered as a Practitioner Psychologist – Clinical Psychologist

HCPC (PYL01994)

Member EMDR Association UK & Ireland (previously)

Secretary of the Council for EMDR UK & Ireland for 2 years

Committee member EMDR UK & Ireland Association, Child and Adolescent Section (To Autumn 2013)

British Rorschach Society Member

The above UK memberships have now lapsed since my return to Australia in December 2013

In Australia

Registered Psychologist with Psychology Board of Australia (AHPRA)

Clinical Psychologist endorsement from AHPRA

Member Australian Psychological Society (APS)

Fellow APS College of Clinical Psychologists

Secretary of APS EMDR Interest Group May 2016 to April 2017

Member EMDR Association Australia (EMDRAA)

Accredited EMDR Consultant with EMDRAA (2020 – 2025)

Committee Member of Australian Psychological Society (APS) Gold Coast Committee 2020 - 2021

Registered Expert Unisearch Expert Opinion Services (Uni NSW)

Professional Experience

- Specialist assessment skills in cognitive evaluation, reading and academic attainments, neuropsychology, personality, depression, anxiety and Post Traumatic Stress Disorder (PTSD) in both adults and children.
- Parenting assessments; assessment of family relationships and attachment.
- With UQ SOM used the SCID -1 to assess the mental health of Aboriginal and Torres Strait Islander people in South East Queensland for a funded research project. Working from AMSs in Toowoomba, Warwick and Dalby; Field trips to Toomelah, Cunnamulla, Goondiwindi, St George and Boggabilla.
- Specialist interest and extensive experience in providing assessments and psychological interventions for adults, young people and children who are recovering from trauma.
- Numerous cases of personal injury, both assessment and treatment, for clients of insurers and solicitors.
- Experience of rehabilitation back to work for a number of personal injury cases.
- As a training consultant with the Australian Institute of Management I ran five-day Train the Trainer programmes, as well as two-day workshops on Interviewing Skills, Communication Skills and Conflict Resolution. Workshops were conducted both in-house and on location, for example for mining companies at Dysart and Gladstone.
- Extensive skills and experience in providing psychological assessments and interventions for children, young people and families within CAMHS settings and in private practice. While at Ashgrove Child Guidance, together with a Psychiatrist, I provided remote area clinics at regular intervals at Mt Isa and Roma.
- Many years of experience in providing clinical supervision for trainee Clinical Psychologists, qualified Clinical Psychologists and other mental health professionals.
- Fourteen years of experience as a Consultant Clinical Psychologist and Head of Discipline in the NHS in the UK.
- In private practice, provision of assessments and medico-legal reports

for clients who have experienced traumatic events such as road traffic accidents; those with unresolved family issues arising from separation and divorce; fitness-to-plead, medical negligence and the impact on family of extradition.

- 2017 and 2018 provision of several pre-sentence reports in criminal matters. In all cases, no custodial sentence handed down.
- 2019 - 2023 Provision of witness competence reports for young children, victims of physical and sexual abuse.
- Cross-examined in court in the UK and Australia on numerous occasions for family matters, extradition proceedings, one criminal proceeding and in a family case of disputed contact. Present, to be cross examined on my report, in the High Court in Dublin (2013) in relation to a Medical Negligence case. Resolved when client awarded 1.2 million Euros in compensation.
- Provided two reports in an extradition case, which set a precedent, and my reports mentioned in the judgment of the High Court by Baroness Hale of Richmond JSC in *H(H) v Deputy Prosecutor of the Italian Republic (SC(E))* [2012] 3 WLR 110 [40] -[42] (See Page 110, para. 40 of this document).
- Extensive experience in the provision of Eye Movement Desensitization and Reprocessing (EMDR) therapy and Cognitive Behavioural Therapy (CBT) for children and adults suffering from post-traumatic stress disorder (PTSD).
- Experience providing psychological therapy for veterans and others who have experienced war.
- Considerable experience working with culturally and ethnically diverse groups.
- Theoretical orientation is mainly cognitive behavioural, informed by psychoanalytic and systemic theory and practice.

Research and Publications

- 2023 Application of the Feeling State Addiction Protocol - preparing a case write up for publication; and preparing a paper on the use of Imagery Re-scripting as a resource in EMDR therapy
- 2020 Armstrong, R. and Milner, C. (2020) First learn the science; then practice the art: your EMDR journey. *EMDRAA Newsletter, November 2020*. 11 – 13. [EMDRAA Newsletter Nov 2020](#)
- June 2019 Book review “Why We Sleep: The new science of sleep and dreams,” by Matthew Walker (Penguin, 2018) *Clinical Psychology Forum* 318, page 55.
- May 2019 The return of the fiefdom: Are psychologists in private practice the new serfs? *Clinical Psychology Forum* 317, 12 – 15.
- 2013 Not going home: the role of a Child Psychologist in extradition cases. *The Expert Witness: The Journal for Expert Witnesses and Instructing Professionals*, 1 (5), 67-69.
- 2008 Traumatized children’s experiences of EMDR therapy. Doctoral dissertation, Canterbury Christ Church University, Kent, UK
- 1998 The Rorschach revisited, *Sig Net*, BPS DCP Special Interest Group for clinical psychologists working with children and young people
- 1991 Is your child hyperactive? In *Queensland Psychology: Helping you do things better*. Toowong: Australian Psychological Society.
- 1987 Factor Structure of the WISC-R in a clinic referred sample, *Bulletin for Psychologists*, Australian Council for Educational Research, 42, 8 - 12.
- 1986 Factor Structure of the WISC-R. Thesis for Masters of Applied Psychology University of Queensland.
- 1983 Putting Humpty Dumpty together again: A counseling intervention using psychodrama. *Psychodrama Newsletter*, 4, 3 - 6.
- 1978 Negative Assertion: How to say ‘No’ and what to expect in reply. Honours Thesis, University of Queensland.

Conference Presentations

- 2020 Invited to present on “Trauma and addiction” at an addiction conference on the Gold Coast. See link below for program
<https://astmanagement.eventsair.com/QuickEventWebsitePortal/addiction2020/program/Agenda>.
- 2020 Presented a Webinar *Addiction and trauma: Resolution with EMDR therapy and the Feeling State Impulse Control Protocol* for the Gold Coast branch of the Australian Psychological Society (APS)
- October 2016 Conference presentation on “Children and trauma” at the World Federation for Mental Health International Conference, Cairns.
- October 2015 Invited to present at the conference of the Centre for Child Mental Health, London, on *EMDR Therapy with Children*
- October 2013 Conference presentation on *Children and Trauma*, at the Centre for Child Mental Health, London
- October 2012 Yorkshire regional EMDR Conference, Sheffield. “*Beyond the basics – developing your EMDR practice*” a workshop
- March 2011 EMDR UK & Ireland Annual Conference, Bristol: “*Children’s experiences of EMDR therapy.*” Detailing my original research.
- June 2011 7th International Congress of Cognitive Psychotherapy, Istanbul, Turkey: “*Children and Trauma.*”

Television appearances UK

- 10th May 2013 5. Sky News (London)
To provide psychological comment about the rescue of a young seamstress from the rubble of the collapsed clothing factory in Bangladesh after 17 days.
- 13th November 2012 4. Channel 5 News (London)
To comment on the psychological impact of violent video games on young people at the time of the release of the latest “Call of Duty” game.
- 7th September 2012 1. and 2. Daybreak on ITV (London)
Interviewed on 2 slots and
3. Sky News Interview later that day
To provide, in all three interviews, professional psychology comment about the child found alive in a car in the French Alps after her parents and grandmother had been fatally shot.

Current and recent CPD Program

March 2012	<i>Evidence Based Neuropsychological Assessment</i> 8 hours presented by Prof. Grant L. Iverson; London
April 2012	<i>Compassion-focused CBT for adults with PTSD and Childhood Trauma</i> 7 hours presented by Dr Deborah Lee; London BABCP Spring Conference 7 hours; London
April 2012	<i>Using CIPOS with children and adolescents and Resource development with children and adolescents</i> a one day workshop presented by Whitney Barrett and James McTaggart; Manchester
June 2012	EMDR Europe Conference 22 hours; Madrid, Spain
September 2012	Level 2 Training in the <i>Rorschach Comprehensive System: Interpretation</i> . Presented by Dr Kari Carstairs; London. One day
April 2013	Two-day course on “ <i>Practical Sleep Management: An introduction to Cognitive Behavioural Therapy for Insomnia</i> ”; Queen’s College, Oxford
May 2013	One day seminar on “ <i>Medicines used in Mental Health Conditions: A therapist’s guide to psychotropic medicines</i> ”; London
September 2013	<i>EMDR with Children and Adolescents: Using stories for trauma and attachment resolution</i> ; London
November 2014	Four-day international conference on <i>Indigenous Research Development</i> ; Auckland, NZ
May 2015	One day seminar <i>Psychopharmacology for Psychologists</i> ; Brisbane
May 2015	One day seminar <i>The Wechsler Intelligence Scales: Use and interpretation</i> ; Brisbane
June 2015	Two-day training, <i>Eye Movement Desensitisation and Reprocessing (EMDR) – Part One</i> ; Toowoomba (This course was a refresher as I undertook extensive training in EMDR in the UK starting with Part One in 1999.)

June 2015	Two-day <i>Schema Therapy training</i> ; Toowoomba
October 2015	Four-day conference <i>Australian Psychological Society</i> Gold Coast.
February 2016	Two-day Psychodrama workshop, Directed by Dr Charmaine McVea, Psychologist; Sydney
March 2016	Two-day training workshop by Dr Bessel van der Kolk, <i>Recognising and resolving traumatic stress</i> , Brisbane
July 2016	Master Class: <i>EMDR Up Close: Subtleties of EMDR Processing</i> (2 days) and <i>Advanced Dyadic Resourcing in Preparation for Trauma Processing</i> (One day) with Dr Phillip Manfield.
November 2016	Three-and a half day training <i>Neuropsychological Psychotherapy</i> with Prof Pieter Roussouw, Brisbane
June 2017	Attended a conference and workshops over four days <i>Happiness and its causes</i> at the International Convention centre, Sydney.
July 2017	Participated in 3-hour webinar training by Dr Phillip Manfield: <i>The Flash Technique - Making intense trauma memories more accessible for standard EMDR processing</i> .
August 2017	Attended one-day workshop <i>The Neuroscience of relationships</i> with Prof Pieter Roussouw, in Toowoomba.
August 2017	Attended Dr Richard Tedeschi workshop <i>Post-traumatic growth</i> 18 and 19 August 2017 in Brisbane
September 2017	Attended advanced EMDR 2-day workshop with Dr Robert Miller: <i>The Feeling State Addiction Protocol</i> in Sydney
November 2017	Attended one day workshop <i>Law for Mental Health Practitioners QLD</i> , in Brisbane
November 2017	Attended a two-day workshop with Prof. Bessel van der Kolk, <i>Trauma, the Brain & Biology: Foundations and Treatment of Trauma</i>
March 2018	Attended a three-day training in Melbourne <i>EMDR with children and what it teaches us about working with adults traumatised as children</i> , presented by Joan Lovett, sponsored by the APS EMDR interest group

May 2018	Attended <i>The power of thought: updates in brain plasticity</i> , a two-day workshop presented by Norman Doidge, M.D. in Brisbane
June 2018	Attended a two-day workshop in Brisbane <i>Excellence in Private practice</i> presented by Ms Kaye Frankcom & Dr Aaron Frost
June 2018	Attended a one-day training in Cultural Safety held by the Gold Coast Primary Health Network
August 2018	Attended a three-day Masterclass entitled: <i>EMDR Toolbox: methods of treating Complex PTSD and dissociation within an Adaptive Information Processing Therapy Model</i> , presented by Dr Jim Knipe, at Mooloolaba.
August 2018	<i>Children, disasters and trauma</i> Seminar presented by Prof Justin Kennardy, at Kelvin Grove campus of QUT: Institute of Health and Bio-medical Innovation
November 2018	<i>Crime, Justice and Neuroscience</i> . Lecture resented by Magistrate Jacqueline Payne, at USQ, Toowoomba.
April 2019	<i>Compassion Focussed Therapy</i> presented by Paul Gilbert. One day. Gold Coast
May 2019	<i>The Science of the art of psychotherapy</i> presented by Allan Schore Two-day workshop, Brisbane
May 2019	<i>The Impact of Complex PTSD and Attachment Issues on Mental and Physical Health: An EMDR Therapy Approach</i> presented by Carol Forgash. A three-day Masterclass and workshop at Mooloolaba.
June 2019	<i>Personalised Integrative Therapy</i> presented by Dr Adrian Lopresti. Two-day workshop in Brisbane.
November 2019	Attended a 2-day workshop in Canberra providing opportunities to present and to be supervised, in preparation for being accredited as a consultant in EMDR therapy
February 2020	<i>EMDR therapy for bushfire disaster recovery</i> presented by Dr Derek Farrell. Two-day workshop in Melbourne.
March 2021	<i>New Developments in EMDR therapy: a two-day conference</i> , Surfers Paradise
August 2021	Attended <i>Schema therapy: Experiential techniques to confront</i>

	<i>the inner critic</i> a one-day workshop, presented by Dr Tracey Hunter, Surfers Paradise
October 2021	<i>Imagery Re-scripting</i> . Presented by Dr Katrina Boterhoven de Haan, Clinical Psychologist - 8 hours.
October 2021	<i>Introduction to Intensive Short-Term Dynamic Psychotherapy: Fundamental principles and techniques</i> Presented by Pejman Hoviatdoost
May 2022	Clinical College Conference over 3 days, Brisbane
May 2022	Roy Kiessling " <i>What do I do now?</i> " EMDRAA free 3-hour webinar for members.
June 2022	<i>Clinical Mindfulness</i> Stephen McKenzie 1.5-hour webinar
June 2022	Joanne McIntyre - Polyvagal theory expanded: 2. <i>Polyvagal based heart rate variability: Cardiovagal regulation and mental health</i> 1.5 hr
August 2022	<i>Resource development and installation - EMDR therapy</i> Andrew Leeds
September 2022	Law sense for mental health practitioners
October 2022	<i>Mindfulness (-based cognitive therapy) for life: Ancient wisdom meets modern psychology in the contemporary world.</i> presented by Prof Willem Kuyken. One day workshop, Brisbane. (Professor Kuyken was a trainee supervised by Dr Ruth Armstrong for a six-month clinical placement in the UK in 1995)
March 2023	Three-day workshop, Brisbane. <i>Chair work Psychotherapy</i> with Dr Scott Kellogg
May 2023	Two-day conference, Toowoomba. <i>Vulnerable persons.</i>
May 2024	Attended consultants' day and three-day EMDRAA conference at Broadbeach, QLD

Current Peer consultation

Monthly 2020 – present. Individual supervision with Dr Laurel Morris

Monthly 2021 – 2023 On behalf of the APS Gold Coast Branch, established both in person and online peer consultation groups from January 2021.

Monthly 2022 - 2023. Individual supervision with Dr Karen Reid, EMDR Consultant

Personal details

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