

Biography

DR RICHARD BENNETT

BSc DipCOT ClinPsyD CPsychol CSci AFBPsS

Think Psychology is led by Dr Richard Bennett. Richard is a Chartered Psychologist and Associate Fellow of the British Psychological Society, an accredited Cognitive Behavioural Psychotherapist with the British Association of Behavioural and Cognitive Psychotherapies, and is registered as a Clinical Psychologist with the Health and Care Professions Council. He is also an active member of the Association for Contextual Behavioural Sciences. Richard sits on two committees within the BABCP, namely the Acceptance and Commitment Therapy Special Interest Group and the West Midlands Branch committee.

With more than 20 years experience working as a healthcare professional within the NHS and private practice, Richard brings his experience and a proven track record of positive outcomes to benefit the clients he works with at Think Psychology.

In addition to his clinical experience, Richard has extensive experience of teaching and training. He is a Senior Academic Tutor in Cognitive Behaviour Therapy (CBT) within the psychology department the University of Birmingham, leading the Postgraduate Diploma in High Intensity Psychological Therapies, and regularly lecturing students training in Medicine, Clinical Psychology, and CBT. He has trained and supervised a range of healthcare professionals across the UK, as well as overseas, including work in the USA, South Africa, and Romania.

In the media, as an advocate for psychological wellbeing, Richard has worked as a consultant for television and theatre productions, and has contributed to commercial radio and magazine articles. His work in the field of mental health care has been published in books and peer reviewed journals.

Richard also has more than 10 years of experience as an expert witness in complex criminal and civil court cases, where the pertinent issues involve a history of mental illness, personality disorder, cognitive impairment, offending behaviour, or other emotional and psychological disturbance. He has regularly provided psychological reports and oral evidence to the court, as well as other settings such as Parole Board hearings and Mental Health Review Tribunals.

A detailed CV is available upon request