

**DR PAUL AYLARD, FRCPSYCH  
Psychiatric Consultancy Limited**

**Consultant Psychiatrist and Psychotherapist**

**Litfield House Medical Centre  
1 Litfield Place, Clifton, Bristol, BS8 3LS**

I completed my medical training in Leeds, my basic psychiatric training in Nottingham and then after 6 months working in the University of the West Indies in Jamaica joined the MRC Research Unit as a Research Fellow in the Department of Psychiatry and Biochemistry in Leeds. It was whilst working as a Research Fellow that I first started training as a psychotherapist, completing the part time course in Leeds and obtaining a Post graduate Diploma in psychotherapy in 1985. I have been a Consultant Psychiatrist since October 1985 with dual accreditation as a Consultant Psychiatrist and Consultant Psychotherapist.

Between 1985 and 1990 I worked at Roundway Hospital, Devizes, developing and running a comprehensive community psychiatric service to a population of 30,000 whilst developing a small psychotherapy supervision and teaching service. It was in this post that I developed my interest in applying psychotherapy in combination with medical treatment to general psychiatric problems, in particular anxiety, depression, obsessive compulsive disorders, post traumatic stress disorder, somatisation disorder and the long term sequelae of physical and emotional abuse in childhood.

Between 1990 and 1995 I worked at Southmead Hospital, Bristol. Since 1993 I have worked in part time private practice and since 1995 full time in private practice at The Priory Hospital Bristol until July 2008. From July 2008 I am working at Litfield House and 2 Clifton Park. My work involves assessing and treating patients with a wide range of conditions, particularly those suffering from anxiety disorders and mood disorders including depression, chronic pain, personality disorder, post traumatic stress disorder, somatisation disorder and alcohol dependence. I have special expertise in treating medical colleagues with mental illness, being recognised by the General Medical Council as a supervisor of medical practitioners with these problems.

I have publications in the use of lithium, the measurement of depression and anxiety using self-assessment scales and the provision of psychotherapy training.

My qualifications are Bachelor of Medicine, Bachelor of Surgery, Diploma in Psychotherapy, Fellow of the Royal College of Psychiatrists.

Further details can be obtained on [www.southwestchambers.co.uk](http://www.southwestchambers.co.uk) (Medicolegal) and [www.bristoltraumaclinic.com](http://www.bristoltraumaclinic.com). (Clinical)

**My current waiting list is approximately 3/4 months as at 1 September 2011**

My estimated ratio of Defendant/Plaintiff/Joint reports is 50:30:20

Provided complete and up to date GP records are available in advance of the examination, my report should be ready within 1 month of seeing the patient.

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