

# **Dr. Alessio Agostinis**

**B.Sc.Hons. D.Clin.Psy. C. Psychol. A.F.B.Ps.S.**

## **BRIEF CURRICULUM VITAE:**

I obtained my first Bachelor of Sciences with Honours Degree, in Applied Psychology, from Liverpool John Moores University in 2002. I subsequently successfully completed a Doctoral Degree in Clinical Psychology from the University of Leeds in 2008. This is a highly competitive 3-year programme including academic, clinical and research components. It terminated with successful completion (and eventual publication in the scientific literature) of a Doctoral Thesis (*The Role of Analgesia, Mood, Post-Traumatic Stress and Demographic Variables in Mimicking Post-Traumatic Amnesia*).

During my career in psychology, started shortly after completion of my first degree, in 2002, I have worked within a variety of settings including Adult Mental Health, Pain Management, Neuropsychology, Severe and Enduring Mental Health Problems, Child Services, Learning Disability, and High-Security Forensic settings.

I am a registered practitioner with the Health Professions Council (HPC reg n PYL01708) and I have further achieved Associate Fellowship status with the British Psychological Society (BPS reg n 096782), due to my length of membership and my service as an Executive Committee Member of the British Psychological Society (North East of England Branch) between 2006 and 2008. I feature both on the Charter and the Expert Witnesses Directories of the Society and I am a member of the Division of Clinical Psychology within the Society.

I have trained, practiced and continue to do so with adults presenting with a wide range of psychological difficulties, including Anxiety, Depression, Post Traumatic Stress Disorder (PTSD), Work Related Stress and several others. I offer both assessment and therapeutic interventions to individuals, groups and organisations predominantly utilising Cognitive Behavioural Therapy (CBT), this being the treatment of choice for most psychological difficulties, as well as a mindfulness-based evolution of this called Acceptance and Commitment Therapy (ACT).

I have further specialised in, and provide medico legal expertise related to the psychological association between personal injury and subsequent persistent pain presentations, as well as the risk of development of addiction to prescribed medication, particularly opioids.

I am employed full time by the States of Jersey as the only Clinical Psychologist specialising in Chronic Pain Management. In addition I am the only Psychologist in the Channel Islands working within a multidisciplinary intensive Pain Management Programme in line to the packages offered elsewhere in the UK. As part of ensuring that my level of expertise remains current, I have regular formal supervisory contact with my counterparts managing the largest Pain Management Centres in the UK.

I further maintain my knowledge base and research skills by attending and submitting research data to National and International Conferences, the latest being a submission of data from a local study, to the latest World Pain Congress that took place in Montreal, Canada, in August 2010.

I am the founder and principal of Jersey-based CTT International, a business offering a mixture of bespoke psychological consultation, low-key therapy/health packages and international events with high-profile trainers within the psychology profession.



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**CHARTERED SPECIALIST CLINICAL PSYCHOLOGIST**

[British Psychological Society \(BPS\) Registration N 096782](#)  
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