



The Sloane Court Clinic

A private clinic in Chelsea, London providing psychiatric and psychological care.

**The Sloane Court Clinic
11 Sloane Court West
London SW3 4TD**

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Curriculum Vitae

Dr R.B.Howells BSc(Hons), MB BChir, FRCPsych.

Present Appointment

Consultant Psychiatrist July 2006
The Sloane Court Practice,
11 Sloane Court West,
London SW3 4TD

Honorary Research Associate July 2006
Department of Psychological Medicine
Institute of Psychiatry
De Crespigny Park
London SE5 8AF

Immediate Past Appointment

Consultant Psychiatrist, (1994 – 2006)
The Maudsley Hospital,
Denmark Hill,
London SE5 8AZ

Past Positions

1: Research

St John and Lady Cohen Research Fellow, 1991 -1994
Institute of Psychiatry,
De Crespigny Park,
London, SE5 8AF (3 years)

Lecturer in Psychiatry, 1991 -1994
Institute of Psychiatry
De Crespigny Park,
London, SE5 8AF (3 years)

2: Training in Psychiatry

SHO, Registrar, and Senior Registrar, Maudsley Hospital. 1986 – 1991

3: Training in Medicine

Senior House Officer in:

- Therapeutics and General Medicine: Hammersmith Hospital, (6 months), 1983
- Respiratory Medicine: Brompton Hospital (6 months) 1983
- Cardiology: St George's Hospital (6 months) 1984
- Neurology: National Hospital Queens Sq. (6 months) 1985

Professional Qualifications

BSc. (Hons) Psychology, University of London, First Class Honours. 1978
MB. BChir, School of Clin. Medicine, Cambridge Univ. & St John's College. 1981
MRCPsych. (Membership of the Royal College of Psychiatrists.) 1988
FRCPsych. (Fellowship of the Royal College of Psychiatrists.) 2005

Professional Affiliations and Professional Development

- GMC specialist registration number 275 0778
- Medical Protection Society number 177242 (medical indemnity insurance)
- Registered at the Royal College of Psychiatrists for Continuous Professional Development
- Appraised annually

Field of NHS Practice (up to July 2006)

- Adult General and Community Psychiatry including the day to day management of schizophrenia, mania, major depression and other general psychiatric conditions.
- The in-patient unit had 18 acute beds, and for 10 years until February 2004 I managed a community case load of >200 patients with severe mental illness.

Fields of Psychiatric Expertise

- Adult General Psychiatry, including schizophrenia, mania, depression and anxiety.
- Alcohol misuse, alcohol dependence and alcohol-related psychiatric conditions.
 - Drug use where comorbid to psychiatric disorder.
- Neuropsychiatric disorders, including traumatic brain injury.
- The psychiatry of families, including marital, parenting and relationship matters.
- Emotional and behavioural problems in young adults.
- Medico-legal and Occupational Health Assessments.

Principal Research Interests

The psychiatry of alcohol dependence, in particular the mental symptoms of alcohol dependence and alcohol withdrawal.

Teaching and Education

- Until July 2006 I regularly lectured to postgraduate psychiatry trainees & other disciplines in training such as nurses.
- I was a Clinical Supervisor and Trainer for junior doctors training in psychiatry until 2006.
- I was a Senior Clinical Tutor for medical students from King's College Hospital until 2006.

Publications

- R.B. Howells. MCQ's for the MRCPsych examination. Butterworth Heinemann. 1995, reprinted in 1996 and 1999.
This 330-page volume has been a standard revision text for psychiatrists taking the MRCPsych examination.
- Chapter in: Stein & Wilkinson. Seminars in Adult General Psychiatry. 2nd. Edn. Gaskell Press. 2008, entitled "Toxic Metabolic and Endocrine Diseases" pp 536-588.
This is the Royal College of Psychiatrists main textbook of General Psychiatry.

Publications (*continued*)

- I have published various papers and letters as a junior postgraduate psychiatrist. My major research is yet to be published and will form a series of original articles on the subject of the clinical and biological aspects of alcohol withdrawal.

Medico-legal Experience

- I have acted as an Expert Witness for solicitors for over 10 years - in some 40-60 cases over the last two years. These have been primarily, but not exclusively, cases involving compensation for personal injury due to accidents - *I have acted for both parties in roughly equal proportions*. I provide expertise in employment matters relating to Disability. I have provided reports for cases involving refugees and asylum requests. I report on parents in family custody cases particularly where alcohol, drug or psychiatric illness has been questioned.
- I have given evidence in court eight times, on two occasions at the High Court, London.
- I acted as defence expert in a criminal case of Fitness to Plead (R v Port, Harrow Crown Court, June 1999), and was cross-examined for two and a half days.
- The same case was re-tried in November 1999, and I was cross-examined and re-examined over a similar period of time.
- I have attended the Bond Solon course for expert witnesses, "The New Rules; Are you Ready?", as well as Bond Solon courses on Report Writing, Giving Evidence in Court, and Confidentiality.
- I am listed in the current Law Society Directory of Expert Witnesses as a "Checked" expert.

Private Practice

I have admissions privileges at the Priory Hospital and the Catio Nightingale Hospital – both in west - central London.

I have a very active private practice and see patients at my Consulting Rooms situated in Chelsea at The Sloane Court Clinic, 11 Sloane Court West, London SW3 4TD.

Conditions commonly treated include mania, depression, adjustment disorder, post traumatic stress disorder, family, marital and relationship disorders, alcohol dependence, anxiety, OCD, conversion disorder, habit and impulse control disorders, stress reactions, self-harm, psychosis and schizophrenia.
