

# **CVRRICVLVM VITAE**

**DR HARALDUR ERLENDSSON**

**CMC DCN MSC MRCPSYCH**

**October 2007**

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**PERSONAL DETAILS**

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**TRAINING****CMC:**

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| <b>Candidatus Medicinae et Chirurgiae:</b> | University of Iceland. June 1985 |
| Licence to Practice as a Medical Doctor    | Iceland, September 1986          |
| ECFMG English and Clinical Test:           | USA, 1988                        |

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| <b>DCN: Diploma of Clinical Neurology:</b> | Institute of Neurology,<br>University of London, 1992 |
| UK General Medical Registration:           | UK, 16 March 1995<br>4168818                          |

**MRCPsych:**

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| <b>MSc in Mental Health Studies:</b> | UK, January 2000<br>University of London,<br>April 2001 |
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| Section 12 approval: | UK, 2000 |
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| CCST: | Iceland, 27 March 2001 |
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| <b>UK Specialist Register:</b> | 2 April 2001 |
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**Full time in Private Practice from January 2006**

Cygnet Hospital Bierley and Cygnet Hospital Harrogate from January 2006.

Special Interest in treatment of personality disorders and psychological trauma.

Responsible for the New Dawn Ward at the Low Secure Hospital in Bierley. It treats women with severe emotional instability and self-harm.

Involved in the development of PTSD inpatient service at Cygnet Hospital Harrogate. Outpatient work at CHB and CHH. General inpatient care for private patients at CHH. Inpatient alcohol detox program at CHH. Inpatient rapid heroin detox at Detox 5 at CHH. Tutor and Medical Director at Cygnet Hospital in Bierley.

**Medico-legal Work**

Involved in Medico-legal work from 2000. Currently preparing on average four to six psychiatric reports per month for the civil and criminal courts.

**APPOINTMENTS****Locum Consultant in Adult Psychiatry**

Hastings community mental health Centre in Westwood House and inpatient care at Conquest Hospital at Woodlands. August 2004 to December 2005.

**Consultant in Adult Psychiatry: 33 months**

- Springvale CMHC in East Grinstead and Princess Royal Hospital in Hayward's Heath, West Sussex Health and Social Care NHS Trust. From 1 October 2001 to 30 June 2004.
- Two sessions per week dedicated to research.
- Special interest in the treatment of people with past traumas and symptoms of PTSD and personality disorder and I ran a weekly therapeutic group.
- College Tutor from 1 April 2003 and in charge of the educational program.
- Forensic & Rehabilitation at Martlet Lodge PRH, for 2 sessions per week from 1 April 2003- 1 April 2004.
- Approved by the Royal College of Psychiatrists as a trainer for SpR's in March 2004.

**Specialist Registrar**

- *General Adult Psychiatry*. October 2000 - September 2001. South Downs Health NHS Trust. Brighton General Hospital and Westbourne Hospital. Dr N Farhoumand, Clinical Tutor.
- *Intensive Care Psychiatry*. April 2000 - September 2000. South Downs Health NHS Trust. Pavilion Ward at Mill View Hospital. Dr M Rosenberg,

Medical Director.

### **Senior House Officer in Psychiatry**

- *Guy's Rotation, all posts in Brighton and Haywards Heath.* August 1996 - February 2000. Mid Sussex NHS Trust and South Downs Health NHS Trust.

### **SUBSPECIALTIES**

- 6 months in Child Psychiatry.
- 6 months in Old Age Psychiatry.
- 6 months in Learning Disability.
- 12 months part time in Liaison Psychiatry.
- 6 months in Rehab and Forensic Psychiatry.

### **General Practice** (54 months)

- Iceland from May 1992 to September 1996.
- During my time on the west coast of Iceland there were three major avalanches and one shipreck. Two of the villages I served were partly destroyed and many people died. The last one was at Flateryi. That disaster was the largest disaster of the 20th century in Iceland. Almost 100 hundred people where buried under snow and 20 people died. Twelve people had been killed in the previous one. I was involved both in the emergency scene, in the follow up management and treatment of people with PTSD.
- I received recognition from the Icelandic Medical General for my work in connection with the Flateyri disaster on the 26th of October 1995.
- I spent on avarega about 2 hours per day in psychotherapy the last two years in general practice.
- I used acupuncture for various conditions in general practice. It was about 25% of my daily work.

### **Diploma Course in Clinical Neurology** (7 months)

- October 1991 to April 1992. Institute of Neurology (Queen Square), University of London.

### **Senior House Officer and Registrar** (54 months) Reykjavik City Hospital

- January 1987 to May 1990. Neurology and Rehabilitation.
- Special interest in pain management. I used among other therapeutic tools acupuncture and injection techniques.
- July 1990 to August 1991. Internal Medicine. It included shifts on the emergency ambulance.

**House Officer** (18 months)

- June 1985 to November 1986. Reykjavik City Hospital

**MEDICAL EDUCATION**

- Graduated from the Department of Medicine at the University of Iceland June 1985
- I studied philosophy at the same university for one year.

**PSYCHIATRY COURSES**

- *Master of Science* in Mental Health Studies 1996-2000. UMDS/Guy's Hospital/Kings College, University of London. This first module was on general psychiatry. The second module was on Cognitive Behavioural Therapy and the third module was on Research Methodology relevant to psychiatry.
- *Section 12 Approval Introductory Course* for doctors at Guy's Campus 6 September 1999 and March 2002. The Mental Health Act 1983.

**AUDIT**

- Clinical Audit Training Workshop. Brighton, September 2000.
- Clinical Audit Training Workshop. Princess Royal Hospital, Haywards Heath, January 2000.

**TALKS**

- Mortality in patients with personality disorders. November 1999. Millview Hospital Brighton.
- Review of the literature on Opioid Antagonists and their possible role in Psychiatry. November 1999. Millview Hospital Brighton.
- History of Clinical Hypnotherapy. July 1999. Brighton.
- Deliberate Self-Harm in the Learning Disabled and treatment with Naltrexone. July 1999. Millview Hospital Brighton.
- Review of the literature on life events. December 1998. Princess Royal Hospital Hayward's Heath.
- Review of Borderline Personality and Treatment options. November 1998. Princess Royal Hospital Hayward's Heath.
- Case report on successful treatment of a patient with Multiple Personality Disorder February 2002 at Princess Royal Hospital and at the Royal College of Psychiatrists 2003.
- GP meeting at Queen Victoria Hospital 13 November 2002. Talk on

### Dissociative Disorders

- *Frontieres de la psychiatrie, dehors dedans, quelles limites?*, Esquirol Hopital, Paris, 5-6 December 2002. Talk on the treatment of Multiple Personality Disorders.
- *Minds within Minds*: Royal College of Psychiatry London: I was one of four speakers and gave a talk on Multiple Personality. 2 May 2003.
- *Darkness and Light*. Mudita Healing School March 2003, Forest Row. On Myths of the Shadow in Babylonian, Egyptian and Greek traditions.
- *Healing the Darkness*. Mudita Healing School March 2004, Forest Row. On Tao Te Ching and Yoga sutras of Patanjali and their link with modern psychotherapy.

### RESEARCH

- Preparing for publication as study on the prevalence of dissociative disorders in an adult psychiatric population.
- Research methodology module 1998-1999 as a part of MSc studies. Essay on the use of the Randomised Controlled Trials in psychiatry.
- Single subject (N-1) Randomised Placebo Controlled Double Blind Crossover study on naltrexone for self-injurious behaviour in the learning disabled. The local ethical committee approved the trial.
- Case report on a new approach for chronic nightmares. Four cases reported. Responded with complete remission after 1-5 sessions. Follow up for up to three years. This project was a part of my MSc-CBT module.
- Double blind trial of IV Clomipramine for Chronic Backache 1990.

### NEUROLOGY AND INTERNAL MEDICINE

- Diploma in Clinical Neurology, Institute of Neurology, University of London 1992.
- Cardiopulmonary resuscitation skills course. The Princess Royal Hospital, August 1998, 1999, 2002 and 2003.
- Five one-week training courses for SHO's/Registrars working in Internal Medicine held by the Icelandic Medical Association 1987-1991.

### PHYSICAL THERAPIES

- Two one-week courses in Orthopaedic Medicine in June 1994 and 1995. Recognised by the Icelandic Cyriax Institute of Orthopaedic Medicine to practice Orthopaedic Medicine. This includes injection techniques, transverse friction and spinal manipulations.
- One-week course in acupuncture held by Dr. Felix Mann in London in June 1987.
- Completed a five hundred hour course in Modern & Traditional Acupuncture with the Occidental Institute of Chinese Medicine Studies in

Canada from 1979 to 1983.

## **PSYCHOTHERAPY**

- EMDR training 2007.
- Medical and Dental Hypnosis Society. Hypnotherapy Course from October 2000 to March 2001.
- I have been a member of a men's-group for the last 5 years. Most members are practicing psychotherapists.
- In my psychiatry training I had weekly group supervision for dynamic psychotherapy.
- For one year I joined the Family therapy group at Princess Royal Hospital.
- Residential workshop on the Symptom Path. Psychosomatic Medicine and Mind-Body Therapy. Dr E L Rossi: 17-21 June 1996, 23-26 June 2000 and 1-7 October 2002. Lake District.
- One module of my MSc modular course was dedicated to Cognitive Behavioural Therapy (CBT). My essay was on cognitive models in PTSD and my research project involved four patients suffering chronic nightmares secondary to psychological traumas.
- The Evolution of Psychotherapy Conference. Milton H Erickson Foundation Inc. Las Vegas, Nevada, 13-17 December 1995.
- Single Session Therapy Workshop with Moshe Talmon given by the London Society for Ericksonian Psychotherapy and Hypnosis. October 1995.
- Workshop on Catastrophic Events and Reaction's. September 1994 at The Isafjord District Hospital.
- I had psychotherapy supervision by a GP colleague experienced in Ericksonian Psychotherapy from 1992-5.

## **MANAGEMENT**

- Management for Consultants at King's Fund. Three modules from June 2001 to March 2002.

## **PRESENTING EVIDENCE**

- Preparing and presenting evidence in a courtroom or tribunal setting. Quantum Development. 6 February 2001.

## **GENERAL PSYCHIATRY 2002-3**

- Montreaux, Psychiatry 2002, 21-23 June 2002,
- Seville, New Horizons in the Management and Treatment of Psychiatric Disorder 4-6 September 2002,
- AstraZeneca Research Forum XII, Gleneagles Hotel Scotland, 18-20

November 2002,

- New Perspectives on Patient Well-Being in Schizophrenia, Royal College of Surgeons, London, Lilly Psychiatry Colloquium, 20 February 2003
- Lake District, Personal Development for Therapists, with E L Rossi PhD 1-8 October 2002.
- 2 hours weekly internal weekly educational program at postgrad centre
- The Place of Spirituality in Psychiatry, The Royal Society of Medicine, London 14 May 2002.
- Special Interest Group Royal College of Psychiatrists: Invited or not, God is Here – Spiritual Aspects of the Therapeutic Encounter, 31 February 2002.
- Induction Course for Tutors, Royal College of Psychiatrists, 14 March 2003.
- Participation in a group on the development of Personality Disorders Service for the WSHSC NHS Trust.

## **TEACHING**

- Certificate in postgraduate teaching, KSS Deanery 2004.
- Critical appraisal and research methodology fortnightly for SHO's in Brighton 2000-2001.
- Tobias Art Therapy Training. Eight hours teaching on general psychiatry and psychotherapy. September and October 2002
- Membership exam preparation: weekly one hour teaching to SHO's 2001-2004.
- CBT for SHOs: Eight one hour teaching session for SHO's 2002-3