

## Dr Nick Hawkes

Associate

Introduction

Dr Nick Hawkes is an experienced senior Clinical Psychologist specialising in CBT and related models, such as schema, compassion focused and dialectical behaviour therapies.



Clinical

Dr Hawkes has worked for fourteen years in nationally recognised specialist NHS clinical services, including IMPART, a Department of Health pilot personality disorder service where he led groups teaching mindfulness, emotion regulation, interpersonal effectiveness and distress tolerance skills. At St Ann's Dr Hawkes worked for several years with clients with eating disorders, and developed psychological services for obesity and bariatric surgery. As coordinator of the London Veterans Service, within the Traumatic Stress Clinic, Dr Hawkes assessed and treated PTSD and other difficulties faced by ex-serving personnel and reservists and established prison in-reach services. Dr Hawkes undertakes original research and offers case consultation and supervision and training of professional staff.

Professional and Academic

Dr Hawkes has been on the Scientific Committees of the British and European Associations and the World Congress for Behavioural and Cognitive Therapies. He is an associate editor for the BABCP/Cambridge University Press journal, 'The Cognitive Behaviour Therapist'. He has served as chair of the Faculty for Eating Disorders within the Division of Clinical Psychology in the British Psychological Society. He has also acted as expert professional advisor to the Parliamentary and Health Service Ombudsman and external examiner for City University. Dr Hawkes is a BPS Chartered and Health and Care Professions Council Clinical Psychologist.

Education & Training

Before psychology Dr Hawkes studied English Literature at Girton College, University of Cambridge. He gained a first class degree in Psychology from the University of London, Birkbeck College and a Doctorate of Clinical Psychology at the University of East London researching psychometrics and the role of beliefs in vulnerability to anxiety. He was in the inaugural cohort of the Oxford University Postgraduate Certificate in Cognitive Therapy for Psychological Trauma including treatment of PTSD, childhood and occupational trauma. Through the BABCP he has attended CBT workshops with many leading experts and he has accredited Dialectical Behaviour Therapy and Eye Movement Desensitisation and Reprocessing (EMDR) training.

Selected Publications

Hawkes, N.C., & Brown, G.P. (2015). Toward a Validity Framework for Cognitive-Behavioral Therapy Self-Report Assessment, in Assessment in Cognitive Therapy, G.P. Brown & D.A.Clark (eds).

Hawkes, N.C. (2013). Interacting vicious circles: A cognitive behavioural thematic analysis of post bariatric psychological difficulties. 41st Annual Conference of the BABCP, Imperial College London.

Hawkes, N.C. (2009) Two Cognitive Pathways Associated With Safety Seeking Behaviour: Disconfirmation/Prevention of Disconfirmation and Cognitive Dissonance/Consonance, 37th Annual Conference of the BABCP, Exeter University