

CURRICULUM VITAE

Dr. Lester Sireling

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Date of Birth: 30th October 1950

Place of Birth: London, England

Medical qualifications and awards

Pre-clinical and clinical medical training at Guy's Hospital Medical School,
University of London, 1969 - 1974
LRCP (Lond.), MRCS (Eng.) 1974
MB BS (London) 1974
MRCPsych 1979
Merit award granted 1995

Full registration with GMC since January 1976: no. 2203575

Revalidated by GMC until 2024

Approved under section 12(2) of the Mental Health Act until 2022

GMC Specialist Register in General Psychiatry since January 1996

Registered with Royal College of Psychiatrists for continuing professional development (CPD)
since 1995

Elected to Fellowship of the Royal College of Psychiatrists (FRCPsych) 2000

Granted a National Award for Clinical Excellence 2005

Expert Witness Award, medicolegal category (Lawyer Monthly) 2019

National and International Societies

British Association for Psychopharmacology	1980 to 2015
UK Register of Expert Witnesses	since 2003
Full Member, Academy of Experts	since 2004
Fellow of Faculty of Expert Witnesses	member since 2012

Experience in psychiatry:

After qualifying in medicine at Guys Hospital Medical School, University of London, Dr Sireling trained in psychiatry. He has practised in this field for 40 years and has been a

consultant in adult psychiatry since 1987. From 1989 to 2015 he engaged in part-time private practice as a general adult psychiatrist, holding admission privileges at three private hospitals.

In 1997 he was appointed as District Lead Clinician for Suicide Audit, and in 2003 as trust Lead Clinician for Suicide Audit, subsequently redesignated as Lead Clinician for Suicide Prevention and Audit. After taking early retirement from the NHS in 2009 he worked for two days a week until 2011 in the Early Intervention Services in Barnet and Enfield, with one session in trust-wide suicide prevention. He held an honorary consultant appointment in suicide prevention from 2011 to 2012.

Until 2010 he was Regional Representative for the General Adult Psychiatry Faculty of the Royal College of Psychiatrists; he represented the General Psychiatry Faculty on the Executive Committee of the London Division of the College and he has been an Examiner for the Royal College of Psychiatrists.

In 2010 he was appointed by the Lord Chancellor as a Specialist Medical Member of the First-tier Tribunal (Mental Health) and continues with this work as well as his medicolegal practice. Until retirement from clinical practice in 2015 he held the posts of GMC appointed medical examiner, and College Assessor for Advisory Appointments Committees. In 2018 he was awarded a full medical license to practice psychiatry in Israel.

He has researched, lectured and published widely in his areas of special interest which include suicide prevention and suicide audit, mood disorders and bereavement.

Most Recent Posts

Consultant psychiatrist	since 1987
Medical Member of the First-tier Tribunal (Mental Health)	since 2010
Part time private practice	1989 to 2015
Weekly outpatient clinic in Jerusalem, Israel	2017 to 2018
Medicolegal practice	since 1990

Previous Medical Appointments

SHO/Registrar in the psychiatric rotation at St. George's Hospital, London.	1976 - 1979
Clinical Research Fellow and Honorary Senior Registrar, St. George's Hospital Medical School.	1979 - 1982
Temporary Lecturer in Psychiatry, St. George's Hospital Medical School.	1982 - 1983
St. George's Hospital Senior Registrar rotation	1983 – 1987

NHS clinical experience

Between 1987 and 2006 the NHS consultant post in adult psychiatry included clinical responsibility for the psychiatric needs of a population of 35,000. In 2006 local mental health services were reconfigured, and Dr Sireling began work in a new Primary Care Mental Health Team, providing short-term outpatient treatment, and support for local general practitioners in managing their patients with mental health problems.

He co-founded an Early Intervention in Psychosis Service in Barnet in 2001 and provided senior clinical input to this service for the next ten years. In January 2009 he was asked by the Trust to develop an Early Intervention Service in the adjoining Borough of Enfield. After taking early retirement from the NHS in April 2009 he spent two days a week working in the Early Intervention Services in Barnet and Enfield, which serve all patients aged between 14 and 35 showing first signs of psychosis. He had an additional session for suicide prevention across the Trust. This contract expired in February 2011. The Trust requested that he continue his work on suicide prevention for a further year under an honorary contract.

Management and medical administration

- Honorary Consultant to Barnet, Enfield and Haringey Samaritans from 1994 to 2015
- Professional Advisory Committee, Arbours Crisis Centre to 2015
- Honorary Consultant Psychiatrist to The Manor House Centre for Psychotherapy and Counselling Clinical Service to 2015
- Honorary Consultant Psychiatrist to The Raphael Jewish Counselling Service to 2015
- Trust-wide Lead Clinician for suicide prevention and audit to 2012
- Advisory Council, Jewish Association for the Mentally Ill from 1991
- CRUSE National Research Committee 1994-2002
- Management committee, Barnet Bereavement Service
- Special Professional Panel (“Three Wise Men”) of Barnet Division of Psychiatrists and subsequently of the Barnet Healthcare Trust
- Special Professional Panel (“Three Wise Men”) of Barnet General Hospital and subsequently of the Barnet and Chase Farm Hospitals Trust
- District Research Ethics Committee 1987-91
- District “Our Healthier Nation” (formerly Health of the Nation) Mental Health Focus Group 1993-2000
- Chair, Barnet Multidisciplinary Suicide Peer Review Group
- Barnet Suicide Audit Steering Group
- Director, Talking Matters Association (Charity promoting counselling in the Orthodox Jewish Community)
- Barnet Bereavement Co-ordinating Sub Committee (Vice Chair)
- Member of Board-level investigatory panel into serious untoward incident, 1995
- External Adviser to convenors regarding complaints, 1998 and 1999
- Barnet Medical Education Committee
- Barnet Mental Health Service Prescribing and Therapeutics Committee (Chair 1990-91)
- Borehamwood MIND Advisory Committee
- District Medical Manpower Committee

- District Medical Audit Committee
- Barnet FHSA Medical Audit Advisory Group (MAAG Consultant member to 1992)
- Charing Cross Psychiatric Tutors Committee 1988-92
- Barnet Psychiatry Training Committee (Chair) and Library Committee 1988-92
- District Psychiatry Training Committee (Chair) 1988-92
- Regional MRCPsych. Course Steering Committee 1988-92;

Regional appointments

- London Regional Psychiatric Committee (formerly North Thames Regional Psychiatric Committee) 1994 until dissolution in 2015 (Hon. Treasurer 1995 to 2015)
- Postgraduate Education Committee 1988-90
- Psychiatric Training Sub-Committee 1988 until dissolution in 1994
- Psychiatric Manpower and Higher Training Committee 1988 until dissolution in 1994
- Mental Health Act Advisory Panel 1991-96
- Psychiatry Specialty Training Committee 1993-96
- Regional Advisory Sub-Committee for Psychiatry 1992 until dissolution in 1994
- Health of the Nation Mental Health Focus Group 1993-94

Royal College of Psychiatrists appointments

- Assessor for Advisory Appointments Committees 1995 to 2015
- General Psychiatry Faculty Executive Committee (co-opted member) 2006-2010
- Regional Representative for General Psychiatry Faculty 1996-2010
- Executive Committee, London Division from formation in 1999 until term expired in 2001, Hon. Treasurer 1999-2001 and then General Psychiatry Faculty Representative on London Division Executive Committee 2006-2010
- Deputy Regional Adviser North Thames (West) 1991-1996
- Board of Examiners 1991-96
- Critical Review Paper Panel of Examinations Sub-Committee 2000-02
- Executive Committee, Chiltern and Thames Valley Division 1989 until dissolution in 1997
- Executive Committee, North Thames Division from formation in 1997, Hon. Treasurer from 1998 until dissolution in 1999
- College Manpower Committee 1993-97

National appointments

- Appointed by the Lord Chancellor as a Specialist Medical Member of the First-tier Tribunal in 2010
- GMC appointed medical examiner 2000 to 2015

Expert witness and related training

<i>Date</i>	<i>Title</i>	<i>Training provider</i>
November 1990	Medico legal issues in a court report	in house

May 1991	Implementation of Code of Practice	Barnet Health Authority
February 1994	Code of Practice	Mr Richard Brown
April 1994	Guardianship	in house
November 1994 (2 days)	Legal aspects of psychosomatic medicine	Royal College of Psychiatrists
November 1996 (2 days)	The Mental Health Act 1983: roles and duties of managers and professional staff	Professor Olsen
October 1997	Psychiatrists in the box	Phase IV Communications
November 1997	Medico legal report writing for medical practitioners	Professional Solutions and Services Ltd
June 1999	Masterclass in Post Traumatic Stress Disorder	Dr Stuart Turner
May 2002	i) recent mental health case law and implications of human rights legislation	Mr R. Robinson (solicitor and member of MHA Commission)
	ii) capacity and consent	Dr S. Burton
February 2003	The expert witness -- expectations and pitfalls	Dr Keith Rix
November 2005	Into court	Academy of Experts
November 2009	Clinical negligence	Medico-Legal Expert Training Courses (Specialist Info)
February 2010	Root cause analysis	in house
December 2011	Mental health law	Ministry of Justice
May 2012	Fraud and exaggeration	7 Solicitors LLP
July 2012	MHA refresher course for Approved Clinicians	South London and Maudsley Trust
December 2012	Law for non-lawyers	Ministry of Justice
July 2013	Documentation and the MHA	RadcliffesLeBrasseur
June 2014	Advanced medicolegal course	Medico-Legal Expert Training Courses (Specialist Info)
January 2015	Restricted Patients (RPP) training	Ministry of Justice

February 2015	The Care Act	Ministry of Justice
April 2015	Expert witness seminar	BMA
July 2015	Psychiatric assessment of people accused of war crimes	Royal College of Psychiatrists
February 2016	Risk training	Ministry of Justice
September 2106	Gross negligence	Academy of Experts
January 2017	Core course for Tribunal members	Ministry of Justice
May 2017	Refresher course for MHA Approved Clinicians	ETN (Education and Training Network)
May 2017	Judicial decision making	Ministry of Justice
May 2017	The Nightmare Hearing	Ministry of Justice
February 2018	The roles of judge & expert: theory & practice	Academy of Experts
May 2018	mediation skills	Academy of Experts
November 2018	hearing withdrawals, adjournments and recommendations	Ministry of Justice
November 2018	communicating effectively in hearings	Ministry of Justice
November 2018	online GDPR course	Ministry of Justice
January 2019	medicolegal update	Academy of Experts
June 2019	Core course for Tribunal members	Ministry of Justice

Training and teaching

- (i) Educational Supervisor to SHOs and Specialist Trainees from Consultant appointment in 1987, until 2009.

- (ii) Clinical Tutor in Psychiatry to Barnet Health Authority from 1988 to 1992, entailing overall responsibility for psychiatric training of 13 SHOs, 14 Registrars, 2 Research Registrars, a Lecturer and 2 Senior Registrars. This included organisation of the weekly academic sessions, advice on aspects of research design, careers advice and supervision of research projects by trainees.

(iii) Lectures and seminars on bereavement, morbid grief and guided mourning to many groups including Age Concern's Bereavement Counselling Project; Cruse Counsellors local training courses; National Hospital of Speech Sciences; Association of University Teachers of Psychiatry Behaviour Therapy Course; S.W. Thames Regional Group of Occupational Therapists; National MIND conferences; Postgraduate Medical Centres; GP Courses in Psychiatry; South West Mental Handicap Group, Gloucester; St. Thomas's Hospital Course on Terminal Care; University of Kent; Cruse National Counsellors Course; "Help the Hospices" National Conference; Queen's University of Belfast.

(iv) Co-author of two **educational videos on death and grief counselling**. Entitled "The Last Taboo: mental handicap and death", the first video received its premiere at the First International Congress on Grief and Bereavement, has been shown at a Mental Health Film Council Seminar, and copies have been distributed to many health, social service and voluntary organisations in Britain and abroad. The second video forms part of the educational pack "Understanding grief: working with grief and people who have learning disabilities" (Hollins S, Sireling L I).

Co-author of two **books for carers and professionals on Death and Handicap** (now in fourth edition), short-listed for the 1990 Joseph Rowntree Foundation Award. For further details see below under 'publications: books'.

Co-author of **textbook on Death and Handicap** published in 1991 and now in its second edition. Author of **book for the lay public on bereavement**, published in 1990.

(v) Founder and co-organiser of annual two-day **courses on 'Death and Dying'** from 1984 to 1996 (alternating between St. George's Hospital and St. Christopher's Hospice).

(vi) Monthly supervision for therapists of the Barnet Psychosexual Clinic until 2009.

Medical Publications

1. Gift giving to hospital doctors. Levene M, Sireling L I (1980) *British Medical Journal*, 281, 1985.
2. Manic-depressive disorder. Paykel E S, Sireling L I (1981) *Practitioner*, 225, 75-81.
3. Book Review. Sireling L I (1982) *British Journal of Psychiatry* 140, 439.
4. Mania. Sireling L I, Paykel E S (1982) *British Journal of Hospital Medicine*, 27, 518-521.
5. Sleep and the enuresis alarm device. Sireling L I, Crisp A H. (1983) *Journal of the Royal Society of Medicine*, 76, 131-133.
6. Nocturnal activity and the enuresis alarm device. Crisp A H, Sireling L I, Faizey J (1984). *Postgraduate Medical Journal* 60, 280-281.

7. A double-blind comparison of fluvoxamine, imipramine and placebo in depressed patients. Norton K R W, Sireling L I, Bhat A V, Rao B, Paykel E S (1984). *Journal of Affective Disorders* 7, 297-308.
8. Depression in general practice: case thresholds and diagnosis. Sireling L I, Paykel E S, Freeling P, Rao B M, Patel S (1985). *British Journal of Psychiatry* 147, 113-119.
9. Depression in general practice: clinical features and comparisons with out-patients. Sireling L I, Freeling P, Rao B, Paykel E S, (1985). *British Journal of Psychiatry* 147, 119-126.
10. Unrecognised depression in general practice. Freeling P, Rao B, Paykel E S, Sireling L I, Burton R H (1985). *British Medical Journal* 290, 1880-1883.
11. Depression in general practice. (corresp.) Sireling L I, Paykel E S (1986) *British Journal of Psychiatry* 148, 334-335.
12. Depression in mentally handicapped patients: diagnostic and neuroendocrine evaluation. Sireling L I (1986). *British Journal of Psychiatry* 149, 274-278.
13. Guided mourning for morbid grief: a controlled replication. Sireling L I, Cohen D, Marks I M (1988). *Behaviour Therapy* 19, 121-132.
14. Pilot study of treatment of persistent auditory hallucinations by modified auditory input. Collins M N, Cull C A, Sireling L I (1989). *British Medical Journal* 299, 431-432.
15. Comparison of a system of staff prompting with a programmable electronic diary in a patient with Korsakoff's syndrome. Morgan J, McSharry K, Sireling L I (1990). *International Journal of Social Psychiatry* 36, 225-229.
16. Expectations of prospective senior registrars and those who appoint them. Izaguirre J, Sireling L I (1993). *Psychiatric Bulletin* 17, 612-614.
17. An introduction to computer diagnosis in psychiatry. Morgan J, Sireling L I (1994). *Psychiatric Bulletin* 18, 73-74.
18. Natural history of khat psychosis. Jager A D, Sireling L I (1994). *Australia and New Zealand Journal of Psychiatry* 28, 331-332.
19. Needs of carers (corresp.) Rampes H, Sireling L I (1996). *Psychiatric Bulletin* 20, 622.
20. Managing suicide prevention in Barnet. Sireling L I (1998). *London Bulletin of Suicide and Self Harm Prevention* 1(1),7.
21. Clinical governance and suicide prevention. Sireling L I (1999). *London Bulletin of Suicide and Self Harm Prevention* 2(1), 4 - 5.
22. Deliberate and undeliberated self harm: theoretical basis and evaluation of a personal construct psychotherapy intervention. Winter D, Bhandari S, Metcalfe C, Riley T,

- Sireling L, Watson S, Lutwyche G (2000). In "The person in society, Challenges to a constructivist theory" Jorn W Scheer (Ed), Giessen: Psychosozial-Verlag, Germany
23. Comment on the WFSBP guidelines for the biological treatment of bipolar disorders, part II: treatment of mania. (corresp.) Sireling L I (2003). *World Journal of Biological Psychiatry* 4, 195.
 24. Mind the Gap: the interface between child and adult mental health services. Singh SP, Evans N, Sireling L, Stuart H (2005). *Bulletin of British Journal of Psychiatry* 29, 292-294.
 25. A controlled trial of personal construct psychotherapy for deliberate self-harm. Winter D, Sireling L, Riley T, Metcalfe C, Quaiter A, Bhandari S (2007) *Psychology and Psychotherapy (formerly the British Journal of Medical Psychology)* 80, 23-37.
 26. I want to be bipolar. Chan D, Sireling L (2010) *The Psychiatrist (formerly Psychiatric Bulletin of British Journal of Psychiatry)*, 34, 103-105.
 27. Rating Scales in General Practice Depression: Psychometric Analyses of the Clinical Interview for Depression and the Hamilton Rating Scale. Bech P, Paykel E, Sireling L, Yiend J (2015) *The Journal of Affective Disorders* 171, 68-73.
 28. Support received after bereavement by suicide and other sudden deaths: a cross-sectional UK study of 3,432 bereaved adults. Pitman A, Rantell K, Moran P, Sireling L, Marston L, King M, Osborn D (2017). *BMJ Open* 2017;7:e014487. doi: 10.1136/bmjopen-2016-014487.

Books

1. "Bereavement: coping with the death of a relative or friend". Sireling L I. Health Information Network 1990. (*Account of the process of grief and its variations, intended for the lay reader.*)
2. Chapter on Psychiatric Ethics in 'Yearbook of the Centre for Medical Ethics', Jews College, London 1993
3. (a) "When Dad Died", Hollins S, Sireling L I. Silent Books 1989, 2nd edition published in Sovereign Series, Royal College of Psychiatrists and St. George's Hospital Medical School 1994: 4th edition published in 2014 by Books Beyond Words.

(b) "When Mum Died", Hollins S, Sireling L I. Silent Books 1989, 2nd edition published in Sovereign Series, Royal College of Psychiatrists and St. George's Hospital Medical School 1994: 4th edition published in 2014 by Books Beyond Words. (*Two picture story books for carers and professionals to use with bereaved children or bereaved adults with disabilities.*)
4. "Understanding grief: working with grief and people who have learning disabilities". Hollins S, Sireling L I. 2nd edition, Pavilion Publishing 1999. (*Textbook for doctors and other professional staff.*)

First edition published as “Working through loss with people who have learning disabilities or with children.” Hollins S, Sireling L I. NFER-Nelson 1991.

5. Invited author of chapter in textbook: ‘New Approaches to Preventing Suicide: A Manual for Practitioners’ published by Jessica Kingsley Publishers in 2004

Videos

1. “The last taboo: mental handicap and death”, Sireling L I and Hollins, 1985
2. “Detecting depression: diagnosis and treatment in primary care”, Sireling L I (Editorial Director) 1996
3. “Understanding grief: when people die”, Hollins S, Sireling L I, Pavilion Publishing 1999

Journals, etc. refereed:

1. Journal of Affective Disorders.
2. Journal of Psychiatry Research.
3. Journal of Mental Deficiency Research.
4. British Journal of Medical Psychology.
5. British Journal of Psychiatry.
6. Quality in Health Care.
7. Psychological Medicine.
8. Research and Development Directorate of NHS Executive.

Presentations to national and international scientific bodies

1. Appendicectomy and life events, a preliminary report. Sireling L I, Paykel E S (1979). Paper delivered to the World Congress of the International College of Psychosomatic Medicine, Jerusalem, Israel.
2. Appendicectomy and life events. Sireling L I, Paykel E S (1981). Paper delivered to the Society for Psychosomatic Research, London, England.
3. Sleep and the enuresis alarm device. Sireling L I, Crisp A H (1982). Paper delivered to the Section of Psychiatry of the Royal Society of Medicine, London, England.

4. HLA antigens and primary depression. Sireling L I, Norton K R W, Paykel E S (1982). Paper delivered to the Congress of the CINP (Collegium Internationale Neuropsychopharmacologicum), Jerusalem, Israel.
5. Depression in general practice. Sireling L I (1983). Paper delivered to the section of Psychiatry of the Royal Society of Medicine, London, England.
6. Characteristics of depression in general practice. Sireling L I, Paykel E S, Freeling P, Rao B, Patel S (1983). Presented at the Congress of the World Psychiatric Association, Vienna, Austria.
7. Guided mourning in morbid grief. Sireling L I, Cohen D, Marks I (1983). Presented at the World Congress on Behaviour Therapy, Washington, USA.
8. Guided mourning in morbid grief. Sireling L I, Cohen D, Marks I (1984). Presented at the Royal College of Psychiatrists Autumn Meeting, London, England.
9. Characteristics of depression in general practice. Sireling L I, Paykel E S, Freeling P, Rao, Patel S, Hughes P (1984). Presented at the Congress of the CINP, Florence, Italy.
10. A double-blind comparison of fluvoxamine, imipramine and placebo in depressed patients. Sireling L I, Norton K R W, Bhat A V, Rao B, Paykel E S (1984). Presented at the Congress of the CINP, Florence, Italy.
11. Depression in general practice. Sireling L I (1985). Presented at the Royal College of Psychiatrists Spring Meeting, Nottingham, England.
12. Guided mourning for morbid grief. Sireling L I, Cohen D, Marks I (1985). Presented at the First International Conference on Grief and Bereavement, Jerusalem, Israel.
13. Bereavement and adults with mental handicaps. Hollins S, Sireling L I (1988). Presented at the Second International Conference on Grief and Bereavement, London, England.
14. In-service training about death and dying. Sireling L I, Hollins S (1988). Presented at the Second International Conference on Grief and Bereavement, London, England.
15. Working through grief with children and with people with learning disabilities. Sireling L I, Hollins S (1991). Presented at the Third International Conference on Grief and Bereavement, Sydney, Australia.
16. A computerised self-rating version of the Hamilton Depression Rating Scale. Bore J, Morgan J, Cohen R, Sireling L I (1994). Presented at the Royal College of Psychiatrists Winter Meeting, London, England.
17. An integrated approach to the audit of suicide. Sireling L I (1996). Workshop at Royal College of Psychiatrists Conference on Clinical Audit in Psychiatry, Royal Society of Medicine, London, England.

18. Suicide: clinical audit as a helpful post-mortem. Sireling L I, Rigby E (1996). Presented at Royal College of Psychiatrists Second National Conference on Clinical Audit in Mental Health Services, Sheffield, England.
19. Evaluation of computerised assessment of suicide risk in primary care. Davies L, Sireling L I (1998). Presented at Royal College of Psychiatrists Annual Meeting, Belfast, N. Ireland.
20. Deliberate and undeliberated self harm: theoretical basis and evaluation of a personal construct psychotherapy intervention. Winter D, Bhandari S, Metcalfe C, Riley T, Sireling L, Watson S, Lutwyche G (1999). Presented at 13th International Congress on Personal Construct Psychology, Berlin, Germany.
21. Working with GPs to increase knowledge and change attitudes towards suicide. Serfaty M, Sireling L I (2000). Presented at the Residential Conference of the Faculty of General and Community Psychiatry of the Royal College of Psychiatrists, London, England.
22. Learning from suicides and improving the network of care. Sireling L I (2001). Presented at 'Mental Health 2001' national conference, London, England.
23. Effective clinical governance tools in suicide. Sireling L I (2003). Presented at 'Modernising Psychiatry' national conference, London, England.
24. The bereavement liaison doctor. Sireling L I (2004). Presented at international conference on Death and Bereavement, Eilat, Israel.
25. Mind the Gap: the interface between CAMHS and adult services. Singh SP, Evans N, Sireling L, Stuart H (2004). Presented at the Joint Conference of the Faculty of General and Community Psychiatry and the Collegiate Trainees Committee of the Royal College of Psychiatrists, Cambridge, England.
26. Early Intervention in Psychosis. Sireling L I (2006). Presented at international conference of International Network of Orthodox Jewish Mental Health Professionals, Baltimore, USA.
27. Learning from the past: analysis of 194 suicides. Sireling L I (2012). Presented at the 14th European Symposium of Suicide and Suicidal Behaviour, Tel-Aviv, Israel.
28. Telepsychiatry: pitfalls and problems. Sireling L I (2015). Presented at Royal College of Psychiatrists telepsychiatry workshop, Birmingham, England.