

## CURRICULUM VITAE

### Dr. Lester Sireling

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Date of birth: 30th October 1950

Place of birth: London, England

### Medical qualifications and awards

LRCP (Lond.), MRCS (Eng.)	1974
MB BS (London)	1974
MRCPsych	1979
Merit Award	1995
Fellowship of the Royal College of Psychiatrists (FRCPsych)	2000
National Award for Clinical Excellence	2005
Expert Witness award, medicolegal category (Lawyer Monthly)	2019
Expert Witness award, psychiatry category (Lawyer Monthly)	2020
Clinical Negligence Expert Witness of the Year in the UK (Global Advisory Experts)	2020
Clinical Negligence Expert Witness of the Year in the UK (Corporate Intl Magazine Global Award)	2021

Full registration with GMC since 1976: no. 2203575.

Revalidated by GMC and licensed to practice until 2024.

GMC Specialist Register in General Psychiatry since January 1996.

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

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

### National and International Societies

British Association for Psychopharmacology	1980 to 2015 and since 2019
UK Register of Expert Witnesses	since 2003
Full Member, Academy of Experts	since 2004
Fellow of Faculty of Expert Witnesses	member 2012 to 2018, Fellow since 2018

### 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 over forty 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.

His NHS post from 1987 until 2006 carried clinical responsibility for the psychiatric needs of a suburban area with pockets of high deprivation, including consultant responsibility for inpatients and leadership of a multi-disciplinary team in the community. From 2006 to 2009 he provided medical leadership to a new service in Primary Care Mental Health, within the same trust (Barnet Enfield and Haringey Mental Health NHS Trust). Between 2001 and 2011 he was also the consultant to the Barnet Early Intervention in Psychosis Service, which he co-founded.

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 his NHS post in 2009 he worked part-time 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. Until retirement from private practice in 2015 he held the posts of GMC appointed medical examiner, and College Assessor for Advisory Appointments Committees.

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

**Recent clinical experience:**

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. The Mental Health jurisdiction deals with the fundamental right to liberty and private life of the citizen in every case it hears. Applicants to the Tribunal range from those who are detained under the civil sections of the Mental Health Act to get treatment for their illness to those who have been convicted of offences and are mentally ill. The applicants range from children to older adults. The responsibilities of the Tribunal Medical Member include interviewing detained psychiatric inpatients on the ward in which they are detained, interviewing community patients subject to Community Treatment Orders prior to their hearing, and scrutinising the case records. This preliminary interview is mandatory in some cases and optional in others. The interviews and hearings are conducted in the hospital where the patient is detained.

In 2018 after holding a weekly outpatient clinic for a year in Jerusalem, he was awarded a full medical specialist license to practice psychiatry in Israel.

**Medico-legal experience:**

Dr Sireling has acquired extensive experience as an expert witness over more than 20 years, mainly in civil litigation, and particularly in alleged clinical negligence. The large majority of instructions have been from claimants. Approximately 20 expert witness reports are prepared per year.

He has examined and reported on many cases of adults following alleged abuse as children, mainly in the Irish Industrial School system. He has acted as External Adviser to convenors regarding complaints in the NHS and as independent Expert Witness appointed by HM Coroner.

**Remote-work experience:**

Dr Sireling has been working virtually since 2011: conducting Skype clinics between 2011 and 2015 and working with electronic bundles from instructing lawyers. Dr Sireling has been sitting on tribunals on the CVP (Cloud Video Platform) since April 2020. He has had extensive experience of virtual meetings and teleconferences.

**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	Legal aspects of psychosomatic medicine	Royal College of Psychiatrists
November 1996	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 ii) capacity and consent	Mr R. Robinson (solicitor and member of MHA Commission) Dr S. Burton
February 2003	The expert witness -- expectations and pitfalls	Dr Keith Rix
November 2005	Into court	The Academy of Experts (TAE)
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 (Specialist Info)
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	Radcliffes LeBrasseur
May 2014	Writing Reasons and Decisions	Ministry of Justice
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
June 2015	More productive hearings	Ministry of Justice
July 2015	Psychiatric assessment of people	Royal College of Psychiatrists

	accused of war crimes	
February 2016	Risk training	Ministry of Justice
September 2016	Gross negligence	Academy of Experts
January 2017	Core course for Tribunal members	Ministry of Justice
May 2017	MHA refresher course for 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
February 2020	Digital working in court	Ministry of Justice
February 2020	Party appointed experts	Academy of Experts
March 2020	Digital upskilling	Ministry of Justice
April 2020	Acting lawfully under the Coronavirus Act	Bond Solon
April 2020	Virtual working for experts	Academy of Experts
May 2020	Expert evidence in a virtual era	Academy of Experts
May 2020	Cultural aspects of forensic evaluation	Dr David Fox
June 2020	Duties of experts	Lord Neuberger (TAE)
July 2020	Experts' meetings	Academy of Experts
July 2020	Advanced medicolegal course	Specialist Info
July 2020	Wasted costs	Academy of Experts
August 2020	Conferencing with MS Teams	Ministry of Justice
September 2020	Clinical negligence essentials part 2	Bond Solon
September 2020	Clinical negligence update	Legal Training Consultancy
October 2020	How an expert witness can help the Court	Academy of Experts
October 2020	Medicolegal Conference	Specialist Info
November 2020	Social Justice	Prof Marmot
December 2020	MS Teams conferencing advanced training	Ministry of Justice

### ***Training and teaching***

- (i) Educational Supervisor to Senior House Officers from Consultant appointment in 1987, until 2009.
- (ii) Clinical Tutor in Psychiatry to Barnet Health Authority from 1988 to 1992
- (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).
- (v) Co-author of two **books for carers and professionals on Death and Disability** (now in fourth edition: the earliest books in the Books Beyond Words series), short-listed for the 1990 Joseph Rowntree Foundation Award. For further details see below under 'publications: b) books'.
- (vi) Co-author of **textbook on Death and Handicap** published in 1991, now in its second edition.
- (vii) Author of **book for the lay public on bereavement**, published in 1990.
- (viii) 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).

### ***Publications***

#### a) 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, Quaitte 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* 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, Ylend 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.

b) 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 in 2004

c) Videos

1. "The last taboo: mental handicap and death", Sireling L I and Hollins S, 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
- d) Presentations to national and international scientific bodies
  1. Appendectomy 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. Appendectomy 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 Neuro-psychopharmacologicum), 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 13<sup>th</sup> 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.