I am a consultant psychiatrist working at Springbank Ward, Fulbourn Hospital, in Cambridge. Springbank is a specialist unit looking after women with complex presentations and a diagnosis of personality disorder (PD).

There are only 2 units like Springbank in the NHS. We receive referrals from all over the UK, often regarding patients that have been treated in the private sector using coercive practices without benefit. I have developed an interest in reducing restrictive practices, as a way of improving the working environment and the outcomes for our patients. I share the positive results we have achieved in order to encourage people to move away from the default restrictive management approach to treat PD, which is generally unhelpful. The ward’s journey is one of the only positive stories about an NHS ward in the BBC archive ((<https://www.bbc.co.uk/news/health-47393050>).

I trained as a general adult and rehabilitation psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust. During my training, I carried out an MPhil in Psychiatric Research at the University of Cambridge. My medical training and foundation years were spent in London at Guy’s, King’s, and St Thomas’ School of Medicine and the Maudsley.