|  |  |
| --- | --- |
| **Dr Helen Matthews**  **Clinical Psychologist**  **Professional Qualifications**  Diploma in Clinical Neuropsychology – University of Bristol, 2020  Doctorate of Clinical Psychology – University of Leicester, 2013.  MSc Psychological Research Methods – Open University, 2008  BSc (honors) Psychology – Coventry University, 2005  **Professional Membership**  HCPC (Health and Care Professions Council) PLY29925  Association of Clinical Psychologists (ACP-UK)  **Current Role**  *Birmingham Community Healthcare Trust*  *Inpatient Neurological Rehabilitation Unit*  *Moseley Hall Hospital, Alcester Road, Birmingham, B13 8JL (06-2017 – Present)*  I am currently the team Psychologist on a rehabilitation ward for service users who have recently experienced traumatic head injuries. I also provide assessment, formulation and treatment to services users who have neurodegenerative conditions.  In my current role, I am responsible for conducting complex cognitive assessments and reports, neuropsychological formulation, and treatment planning for service users on the ward. I provide individual psychological therapy and work systemically with family members providing psycho education about the nature and effects of the injury and offer support when needed. I provide reflective supervision to other members of the rehabilitation team and often joint work with different professionals to help improve the service user’s treatment outcomes.  I work closely with all members of the team, helping to inform the holistic treatment of the service users. I am responsible key working service users which includes taking the lead in welcoming the service users and their families to the ward, meeting with them regularly to help address any concerns, and co-ordinating treatment goals and discharge planning, which often involves working with third party companies.  **Career Pathway**  *Birmingham & Solihull Mental Health Foundation Trust Secure & Complex Care/Forensic Service.*  *Ardenleigh Hospital, 385 Kingsbury Road, Erdington, Birmingham, B24 9SA (08-2015 - 05-2017*)  My role in Secure and Complex Care was split between being a team Psychologist in a medium secure female hospital and between the Forensic Psychological Assessment Service (FPAS).  As a team Psychologist, I was responsible for providing psychological therapy for complex mental health difficulties as well as forensic treatment specific interventions. I conducted regular risk assessments, developed care plans and helped the patients work towards discharge. I regularly supervised Trainee Psychologists, Assistant Psychologists and other members of the multidisciplinary team. I provided regular ward-based supervision and took a lead on developing the family and relations pathway of service users care.  My role in FPAS required me to provide psychological assessments, commissioned by the local authority, parole services or under instruction from the courts on individuals for a variety of reasons. These included the assessment of parents whose children were under a child protection plan, prisoners who may have been eligible for parole or cognitive assessments. I provided complex reports and recommendations within strict deadlines and have been required to attend court as an expert witness.  ***Birmingham & Solihull Mental Health Foundation Trust***  ***CMHT, Newington Centre, Marston Green, B37 7RT – (10-2013 – 08-2015)***  My role as a Psychologist in the CMHT involved providing direct clinical services to clients, families and carers with specialist psychology assessments, individual psychological therapeutic formulation, intervention and evaluation. I was required to work with clients with a variety of complex difficulties including those with severe depression and anxiety, intrusive thoughts, complex trauma, post traumatic stress, personality disorders, obsessive compulsive disorder, body dysmorphia, psychosis etc. I used a variety of therapeutic intervention models such as CBT, ACT, CFT and systemic, which was always driven by formulation and the evidence base/NICE guidelines.  I worked collaboratively as part of a multidisciplinary team consisting of Psychologists, Occupational Therapists, CPNs, Social Workers and Psychiatrists. I regularly attended MDT meetings and represented the psychology service in the Solihull zone at a variety of special interest groups.  I worked autonomously within the parameters of the service and provided training to other Psychologists as part of a CPD programme on the use of neuropsychological assessment in CMHT working.  I provided supervision and liaison consultation services to enable and support client related work undertaken by other members of the MDT and third-party services.  ***Leicestershire Partnership Trust***  ***University of Leicester 104 Regents Road, Leicester, LE1 7LT (10-2010 – 09-2013)***  As part of the training course I was required to attend training at the university, complete coursework and gain work experience on placements. The coursework component consisted of case studies, literature reviews and a doctoral research thesis. My thesis focused on identifying a screening tool from a battery of neuropsychological assessments to identify attainment difficulties in children with sickle cell disease and epilepsy.  My placements over the three years have included work in the Severe and Enduring Mental Health Service, Older Adults, a forensic adolescent medium secure inpatient unit and a specialist placement in neuropsychology department.  ***Birmingham and Solihull Mental Health Foundation Trust***  ***ED:IT 1 Miller Street, Aston, Birmingham (08-2009 – 08-2010)***  My role in the Early Detection and Intervention Team was to provide assessment, formulation, intervention and evaluation of young people who were at risk of psychosis. I worked with the service user collaboratively to develop formulations and would provide psychotherapeutic intervention for a range of difficulties such as low mood, anxiety, self-esteem, through to a range of models including mindfulness and CBT.  ***Coventry & Warwick PT***  ***CAMHS, Whitestone Centre, Nuneaton, CV11 4SG (08-2008 – 08-2009)***  My role in CAMHS primarily focused on providing psychological and therapeutic intervention for children who with significant learning disability/neuro-development disorder. This involved carrying out functional analysis to understand the functions of child’s behaviour and developing formulations and interventions bases. Within this role I also contributed to a multi-professional team assessment in diagnosing ADHD. This involved administrating, scoring and interpretation of a number of standardised neuropsychological tests and feeding back these results to a wider team. Other duties included co-facilitating a number of therapeutic groups and delivering one to one therapeutic intervention to children within the mainstream CAMHS service.  ***Lincolnshire PT***  ***Neuropsychology, Yarborough Court, Long Leys Road, Lincoln, LN1 (02-2008 – 08-2008)***  I provided one to one intensive rehabilitation to a brain injured man. This included promoting his independence with his limited mobility. I assisted the client to pursue social interests by helping with him with confidence and self esteem building. I carried out rehabilitation programs set by other members of staff. I was also required to work on the neurorehabilitation ward one day a week and visit clients in the community to perform a range of neuro-psychological assessments.  ***Telford and Wrekin PCT***  ***Neuropsychology, SET, 15 Deercote, Hollinswood, Telford, TF3 2BH (04-2007 – 12-2008)***  I assisted with therapy of brain injured people in their own home. I carried out therapeutic programmes set out by the Speech and Language Therapist, Physiotherapist, Occupational Therapist and the Clinical Psychologist. I had constant supervision from the Clinical Psychologist and also had the experience of carrying out cognitive psychological assessments and psychometric tests. I carried out literature reviews and searched through various journal articles when requested. I was responsible for planning my own diary and training that I felt would be relevant.  I was also responsible for the organising and running of various groups of clients such as Cognitive Rehabilitation and Memory. I also spent two days a week at a client’s house to provide intensive rehabilitation. I had to adapt to her family environment and interact with her young children.  **Publications**  Dale, M., Freire-Patino, D., & Matthews, H. (2014), “Caring with Confidence for Huntingon’s disease”. Social Care and Neurodisability: vol. 5 No.4, p 191-200 | **Contact Details**  Birmingham Office:  Innovation Centre  Longbridge Tech. Park  Birmingham  B31 2TS  Telephone  0121 222 5342  Email  [dbrophy@headwise.org.uk](mailto:dbrophy@headwise.org.uk) |