

EDUCATION AND QUALIFICATIONS

- 2014 **Paramana Doula**
Birth doula preparation and training course
- 2010 – 2011 **University of Sheffield**
PG Cert in Higher Education
- 2008 – 2009 **University of Manchester, Salford Cognitive Therapy Centre**
Postgraduate Diploma in Cognitive Therapy (Dip Cog Th) with Distinction
- 2004 – 2007 **University of Manchester**
Doctorate in Clinical Psychology (D Clin Psy)
- 2001 – 2004 **University of Manchester**
PhD Experimental Clinical Psychology (Supervisor: Professor Richard Bentall)
- 1998 – 2001 **University of Oxford (New College)**
BA Hons in Experimental Psychology (1st Class)
- 1985 – 1998 **European School, Luxembourg**
European Baccalaureate (overall mark: 93.8%)

EDUCATIONAL AWARDS AND PRIZES

From the University of Oxford:

- 2001 Gibbs Prize for Best Library Dissertation
1999 Scholarship for Distinction in Preliminary Examinations

From the ESRC:

- 2001-2004 Postgraduate Studentship – 3 year full funding for PhD

From the European School, Luxembourg:

- 1998 Prize for best performance in European Baccalaureate
Prize for best performance in French as a Foreign Language
Prize for best performance in Latin Translation

EMPLOYMENT HISTORY

- 2014 – now **Recognised Birth Doula (registered with Doula UK)**
- 2011 – now **Clinical Psychologist**
Oxford Health NHS Foundation Trust
- 2010 – 2013 **Expert Witness Psychologist for the Family Courts**
Carter Brown Experts
- 2009 – 2011 **Lecturer in Clinical Psychology, Academic & Research Tutor**
University of Sheffield, Clinical Psychology Unit
- Principal Clinical Psychologist**
Barnsley Primary Care Trust, Mental Health Access Team

- 2007 – 2009 **Specialist Clinical Psychologist**
Lancashire Care NHS Foundation Trust
- 2004 – 2007 **Trainee Clinical Psychologist**
University of Manchester / Manchester Mental Health & Social Care Trust
- 2002 – 2004 **Research Assistant**
Wellcome Trust project grant, Dept of Psychology, University of Manchester
- 2001 – 2004 **PhD Student (ESRC grant)**
Dept of Psychology, University of Manchester

CONTINUING PROFESSIONAL DEVELOPMENT

Selected training courses include:

- 2016 Infant Mental Health (University of Warwick)
- 2016 Watch, Wait & Wonder (OXPIP)
- 2016 Handling Disclosures of Historic Sexual Abuse (Oxford Health NHS Foundation Trust / Thames Valley Police)
- 2016 Transference and Countertransference in Cognitive Models and Therapies (Oxford Health NHS Foundation Trust)
- 2015 Using imagery in CBT for Bipolar Disorder (Oxford Health NHS Foundation Trust)
- 2015 Advancing your Schema Work (Oxford Cognitive Therapy Centre)
- 2015 CBT for survivors of childhood trauma: Oxford 18-session programme for individuals, pairs and groups (Oxford Cognitive Therapy Centre)
- 2014 Mentalisation-Based Treatment Basic Training (Anna Freud Centre)
- 2014 Integrating CBT with Systemic Ideas (Oxford Health NHS Foundation Trust)
- 2014 Parental Mental Health (Oxford Health NHS Foundation Trust)
- 2014 Working with Older People (Oxford Health NHS Foundation Trust)
- 2012 Effective CBT with Military Veterans (Oxford Health NHS Foundation Trust)
- 2012 Risk Assessment and Safety Planning (Oxford Health NHS Foundation Trust)
- 2012 Dialectical Behaviour Therapy (Oxford Health NHS Foundation Trust)
- 2011 Service Evaluation (Oxford Health NHS Foundation Trust)
- 2010-11 PG Cert HE Certificate in Learning and Teaching (University of Sheffield)
- 2010-11 Supervisor Training, Accreditation & Recognition (University of Sheffield)
- 2010 Service User Involvement with Service Development & Recruitment (DCP)
- 2010 Introductory Supervisor Workshops (Yorkshire & Humber SHA)
- 2010 Working with Asperger's Syndrome (Positive about Autism)
- 2009 Introduction to Group Work (York Groupwork Ltd)
- 2008 Supervision in CBT (Newcastle Cognitive Therapy Centre)
- 2008 Excellence in Report Writing (Bond Solon Legal Training Consultancy)
- 2007 Mental Capacity Act Training (Lancashire County Council)

- 2007 Introduction to Cognitive Analytic Therapy (ACAT)
- 2006 CBT for PTSD (Nick Grey, BABCP)
- 2004 Motivational Interviewing (Windsor Clinic Training Unit)
- 2003 Schedule for Clinical Assessment in Neuropsychiatry (University of Manchester)
- 2002 Structured Clinical Interview for DSM-IV (SCID, University of Manchester)