

## CURRICULUM VITAE

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(previously Beresford)

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**Registered Psychologist March 2005 – present day**

**Summit Psychology Group, Nelson, BC**

**Providing a comprehensive assessment, diagnostic and treatment service to children, adolescents and adults**

### **Assessments**

- Psycho-educational assessments including, as needed, diagnosis of learning disabilities, ADHD, intellectual disability, mental health problems etc.
- Independent Medical Examinations
- General psychological assessments using interview, self report questionnaires and other standardized measures
- Referral sources for assessment have included private individuals as well as ICBC, WorkSafeBC, Police and RCMP (Screening and Periodic Psychological Debriefing for Special Assignments included isolated northern postings), BC Teachers Federation, Veterans Affairs, CanVet, Community Living BC, Employment Services, Selkirk College and schools

### **Treatment**

- provided to children, adolescents, adults, couples and families using CBT, Gottman Couples Therapy, EMDR for trauma and addictions, Behavioural Therapy, Solution Focused Therapy, Systemic Family Therapy and Narrative Therapy
- Treatment funded by third-party insurers including ICBC, WorkSafeBC, Veterans Affairs, RCMP, BC Teachers Federation, Community Living BC, Green Shield, Teck, Pacific Blue Cross, ALS Society
- Psychologist to Occupational Rehabilitation2 Program (WorkSafeBC, 2005 - 2010)
- Critical Incident stress debriefings provided through WorkSafeBC and RCMP Services

### **Consultation and Clinical Supervision**

- to Psychologists, Counselors, Community Mental Health Teams, PhD Practicum Students and Undergraduate Psychology Students

### **Teaching:**

- to community mental health teams, community groups, school counselors, Rotary Youth Leadership Camp (RYLA) etc.
- Topics have included stress management, pain management, returning to work, sleep hygiene, positive psychology/optimism, cognitive therapy, grief and bereavement, depression, anxiety management, Critical Incident Stress Debriefing

### **Areas of special interest**

- include trauma, anxiety, couples work, chronic pain, eating disorders, grief, Critical Incident Stress Debriefing and positive psychology

**Clinical Psychologist**

**Sept 2003 – Feb 2005**

**Child and Family Community Team  
Kensington and Chelsea, UK**

- Provided comprehensive assessment (general and psycho-educational) and treatment services to children and their families from a variety of ethnicities and cultural backgrounds including working with refugee populations from Iraq, Rwanda and former Yugoslavia
- Ran a uni-disciplinary psychology service from a GP surgery
- Provided solution-focused consultation to a group of health visitors
- Supervision in Cognitive Behavioural Therapy provided to social workers
- Supervised Clinical Psychology Interns
- Established and ran a school outreach initiative providing an in-school clinical psychology service to children, parents and teachers
- Attended weekly psychodynamic group supervision (Freudian and Jungian)
- Designed and facilitated parent groups, including: relaxation training, parenting skills (Webster Stratton), sleep, play, feeding and behavioural management

**Private Practice – Psychologist**

**May 2004 – March 2005**

**South London, UK**

Providing psychological services for children and their families. Systemic, CBT and Solution Focused approaches

Qualitative research thesis completed using Interpretative Phenomenological Analysis (IPA) to study religious coping in clinical psychologists

**Practicum/Internships**

*April 2003 – Sept 2003*

*Chelsea & Westminster Hospital, London, UK*

- Elective family therapy practicum in the adult psychology
- Participated in weekly systemic clinics with supervision from a highly respected systemic practitioner
- Case load included CBT, Cognitive Analytic Therapy (CAT) and Narrative work with clients presenting with OCD, self harm, life-cycle issues and depression
- Completed Foundation Course in Systemic Psychotherapy (Module Two) and three day CAT training course
- Contributed psychological input to twice weekly inpatient community meetings

*and July 2003 – Sept 2003*

*The Royal Brompton Hospital, London, UK*

- Piloted an initiative to include a psychological assessment in annual assessment packages offered to children with Cystic Fibrosis. Engaging quickly with children and their families, implementing a semi-structured assessment, and analyzing and writing up the findings for the team
- Cardiac and Cystic Fibrosis ward rounds twice weekly
- Refined psychometric skills (WISC, WORD & WAND)

*April 2002 – March 2003*

*Brent Child and Family Clinic, London UK*

- Working within a systemic family therapy context (one year of equivalent teaching, reading and clinical work to attain Module One Level of The Foundation Course in Systemic Psychotherapy)
- Weekly group and individual therapy with supervision from the Consultant Clinical Psychologist, the Principal Family Therapist and two Psychodynamic Psychotherapists
- Weekly in-house teaching, including issues surrounding work with refugees and asylum seekers
- Worked individually with children and adolescents with a variety of difficulties (e.g. intellectual and learning disabilities, sexual and physical abuse, OCD, anxiety, PTSD, family break-ups)
- Contributed clinically to the family therapy, looked after children and ADHD teams
- Worked regularly with refugee and ethnic minority families, through interpreters where necessary

*Oct 2001 – March 2002*

*Kingsbury Community Hospital, London, UK*

- Worked in an inpatient setting with dual diagnosis clients who had intellectual disabilities and long-term mental health problems. Used CBT, Solution Focused and Behavioural approaches
- Provided weekly therapy to clients who had severe and enduring problems and regularly displayed challenging behaviours
- Designed and facilitated a fourteen session 'coping skills' group, including supervision of nursing staff who co-ran the group

*Oct 2000 – Oct 2001*

*Adult Psychology Department, Hunter Street Health Centre, London, UK*

- Developed formulation, assessment and intervention skills with adults from a variety of age groups and ethnic backgrounds with depression, memory problems, schizophrenia, PTSD, OCD, and phobias
- Designed and co-ran anxiety management group and evaluated group as part of on-going service development
- Spent one session per week at an Alcohol Problem Service (long-term alcohol issues) and two at a GP practices

**PRE DOCTORAL EXPERIENCE**

*Rehabilitation Assistant March 2002 – Sept 2000*

*Royal Hospital for Neuropsychology, London, UK*

- Worked with clients on a brain injury rehabilitation unit. Within a multidisciplinary team, implemented programs designed to redevelop practical, social and behavioural skills aimed at helping clients to function as optimally as possible in the community

*Assistant Psychologist Jan 2000 – March 2000*

*Springfield Hospital, Dept. of Psychology, London, UK*

- Assisted with a project exploring the experiences of adults who hear voices. Responsible for recruiting subjects by visiting community teams and wards, and conducting semi-structured interviews with clients
- Evaluated the effectiveness of the intervention through interviews with patients who had been through group

therapy

***Therapeutic Care Worker      May 99 – Jan 2000      Private Patient, Italy, New York and Caribbean***

- One-on-One therapy with a client for chronic childhood onset anorexia nervosa. Provided support and guidance to parents and household staff. Supported client's transition from an inpatient unit to her home environment. This position required independence and initiative as the supporting multidisciplinary team were based in UK

***Research Assistant      March 99 – June 99      St. George's Hospital Medical School, London, UK***

- By invitation: Worked with The Eating Disorders Research Team on a research project arising from the findings of my undergraduate dissertation. Tasks were: writing a scientific protocol, completing a funding application form, applying for ethical permission from the Ethics committee and presenting the work to the departmental research meeting

***Therapeutic Care Worker Aug 97 – Aug 98      Great Ormond Street Children's Hospital, London, UK***

- Developed and implemented appropriate care plans for children and adolescents on a psychiatric inpatient unit. Key-worker for patients with anorexia nervosa, chronic fatigue, medically unexplained chronic headaches and pseudo-seizures
- Active role in supervised family therapy
- Carried out assessment interviews with children and their families, at home and school
- Used personal and group supervision to combat stress at work and deal with team issues
- Supervised nursing students and psychology undergraduates on placement
- Organized and taught at an Eating Disorders Teaching Day for senior nurses
- Ran workshop on mealtime management

***Research Assistant (voluntary)      Aug 95 – Sept 96***

***Eating Disorders Research Team, Great Ormond Street Hospital, UK***

- Participated in, and observed, the various stages of research including funding applications, data collection, data analysis and publication
- Participated in, and observed, weekly eating disorders clinic
- Observed family and individual therapy sessions and feedback discussions
- Devised and began the pilot study of a research project entitled "Towards Secondary Prevention of Childhood Onset Anorexia Nervosa" and co-presented the findings at The Institute of Child Health, London

***Editorial Assistant (voluntary) Aug 95 – Sept 96      Journal of Clinical Child Psychology and Psychiatry***

- Managed the day-to-day running of this journal, gaining valuable insight into the publishing side of research
- Organized four editorial board meetings
- Attended two child psychiatry conferences
- Flew to Vancouver to liaise with editorial staff and authors
- Mastered computer literacy and clerical skills

## **EDUCATION**

Oct 2000 – Sept 2003 University of East London

- **Doctoral Degree in Clinical Psychology (Clin.Psy.D.)**

Sept 93 – July 97 University of Wales, Cardiff

- **BSC (hons.) in Applied Psychology. Grade: 2:1**
- Represented Cardiff University at the University of Wales psychology conference by presenting a paper on childhood onset anorexia nervosa

## **VOLUNTEER EXPERIENCE**

- Fully trained University of Wales 'Nightline' volunteer. Commitment and communication skills essential.

Received praise for calmness during high-pressure calls.

- Successfully organized and participated in a ten day visit to orphanage for 5-16 year olds in Romania. Raised funds, took supplies, taught children how to play despite language barriers and appalling conditions