

Complex Mental Health Network Committee April 2021

Dr Selma Ebrahim, Chair

I currently work as a Consultant Clinical Psychologist, Approved Clinician & Associate Director within Cumbria, Northumberland Tyne and Wear NHS Foundation Trust. My role is leading in acute and rehabilitation mental health services, but I also have experience in a range of community services. I am passionate about enabling psychologically informed care for people with complex mental health issues, and have a particular interest in working clinically with people who have experienced complex trauma. I'm CBT accredited, EMDR and DBT trained. I value the opportunity I have to influence the organisational system to promote a compassionate, collective leadership culture. I was part of the Psychosis Complex Mental Health Faculty within the BSP for a number of years, and am a past chair of the Faculty. I greatly value the opportunity I have to promote clinical psychology, and psychological understandings of complex mental health issues at a national level, through the network. I have experience of providing training within a number of organisations, and have published papers on the contribution of multi-professional Approved Clinicians to clinical leadership, on the impact of Recovery Colleges, and on training for mental health practitioners.



Publications

Ebrahim, S., Robinson, S., Crooks, S., Harenwall, S., Forsyth, A. (2016) "Evaluation of awareness level knowledge and understanding framework personality disorder training with mental health staff: impact on attitudes and clinical practice", *The Journal of Mental Health Training, Education and Practice*, Vol. 11 Issue: 3, pp.133-143, <https://doi.org/10.1108/JMHTEP-07-2015-0030>

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Ian Brown, Secretary

I am a Consultant Clinical Psychologist working in the Pennine Care NHS Foundation Trust as the manager of a psychological therapies service and lead psychologist for Adult Mental Health inpatient services. Clinically work in an adult mental health psychological therapies team that specialises in working with people who are a range of complex mental health problems. Since qualifying in 2007 I have worked in four different NHS Trusts and for Turning Point substance misuse services. I have worked in a range of adult mental health settings in community and inpatient services including acute, rehabilitation and PICU wards as well as prison. I have remained research active and have a number of publications academic journals mainly focused on Non-Epileptic Attack Disorder and complex mental health. Prior to working in the NHS I worked in industry involved in sales and management, as well as third sector organisations with people who are homeless and substance dependent.



Publications

Brown I., Sheeran P., & Reuber M. (2009). Enhancing antiepileptic drug adherence: a randomized controlled trial. *Epilepsy & Behaviour*. 16(4):634-9.

Dimaro L. & **Brown I.** D. (2011) Comparisons of staff attitude and perceptions of psychological practice with inpatient and outpatient adult mental health services. *Clinical Psychology Forum*, 221, 32-36

Dimaro, L., Dawson D. L., **Brown I.**, Roberts, N. A., Moghaddamb N. G. & Reuber, M. (2014). Anxiety and avoidance in psychogenic nonepileptic seizures: The role of implicit and explicit anxiety. *Epilepsy and Behaviour* 14; 33: 77–86

Howe, L., Tickle, A., & **Brown, I.** (2014) 'Schizophrenia is a dirty word': Service-users' experiences of being diagnosed with schizophrenia. *Psychiatric Bulletin*, 38, 154-158.

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Complex Mental Health Network Committee April 2021 Isabel Clarke, Committee Member

Isabel Clarke is a consultant clinical psychologist with over 25 years' experience working as a therapist in the NHS with people with complex problems. She has developed a trans-diagnostic, trauma-informed, formulation based approach, Comprehend, Cope and Connect (CCC), which has been applied in acute services and beyond, enabling individuals to be understood at an emotional, felt sense, level and teams to work psychologically. Psychosis and spirituality, and the psychology of spirituality are further areas of specialism.



Publications

Clarke, I. & Nicholls, H. (2018) *Third Wave CBT Integration for Individuals and Teams: Comprehend, Cope and Connect*. London & NY: Routledge

Araci, D. & **Clarke, I. (2017):** Investigating the efficacy of a whole team, psychologically informed, acute mental health service approach. *Journal of Mental Health Journal*. 26, 307-311

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Clarke, I. & Wilson, H.Eds. (2008) *Cognitive Behaviour Therapy for Acute Inpatient Mental Health Units; working with clients, staff and the milieu*. London: Routledge.

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Paul Sams, Expert by Experience

Hi, I'm Paul Sams and am currently the Service User Project Coordinator with the Positive and Safe Care Team, Cumbria, Northumberland Tyne and Wear NHS FT. I have been in this role for over 2 years and get the opportunity to inform positive change within inpatient care using my lived experience as the foundation for this change.

I was a service user for 15 years, receiving support that aided my recovery from the very Trust that I work for. I am a Durham University Postgraduate, I have gained a BA in Archaeology and an MA in Cultural Heritage Management.

I have the experience of encountering extremely poor and excellent treatment during a prolonged period of illness. This experience spurs me on to support the system to be better for the service users who follow me.



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Helena Crockford, Committee Member

I work as a Consultant Clinical Psychologist in adult mental health services in Norfolk and Suffolk NHS Trust. I have been passionate for many years in working clinically with people with personality difficulties, complex trauma and dissociation, training staff and co-producing strategy with experts-by-experience. My experience spans a range of mental health settings including community mental health teams, acute mental health wards, an acute day hospital, and a low secure ward. I have had strategic involvement, including leading NSFT's innovative strategy for training and skills development in working with Dissociation. A key therapeutic orientation, has been Mentalisation-Based Therapy (MBT) as an accredited Practitioner and MBT Skills trainer, and I am currently working to complete the requirements for MBT Supervisor status with the Anna Freud Centre. I train and supervise regularly. I am also a qualified Dialectical Behaviour Therapist, and previously led a DBT treatment programme. I have been keen to support clinical psychologists nationally to disseminate psychologically-informed, and trauma and dissociation aware ways of working in mental health settings. I am a past chair of the Personality and Complex Trauma Network in the Psychosis and Complex Mental Health faculty of the Division of Clinical Psychology, BPS. I have a number of publications in this area.



Publications

Crockford, H.A., Brunton, J. and Surgenor, T (2003). 'Clinical effectiveness at an acute psychiatric Day Hospital.' *Therapeutic Communities*, **24**, 37-55.

Tickle, A.C. and **Crockford, H.A.** (2011). A Multidisciplinary Approach to Conversion Disorder with Nonepileptic Seizures: A Case Study. *The Internet Journal of Mental Health*. 2011 Volume 7, 1.

Crockford, H.A., Cairns, P., Kinglerlee, R. & Goodwin, M. (2019). "You have to start somewhere" – A Service Improvement Strategy for People with Trauma-related Dissociation in Norfolk. *Clinical Psychology Forum*, 314.

Mitchell, S. & **Crockford, H.A.** (2019). Editors, Special Issue: Improving Services for Trauma-Related Dissociation, *Clinical Psychology Forum*, 314.

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Iris Benson, MBE, Expert by Experience

Hi my name is Iris. I work for Mersey Care NHS FT and feel Proud and privileged to work alongside staff of all disciplines across the Trust, without their Care over many years I truly believe I would not be alive today, My journey has been both Frustrating Scary but incredibly worthwhile and I like many others continue to be on a Journey of discovery.

I am employed as a member of staff and have been involved in a variety of projects all of which I have gained and learned so much from, I continue to be



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inspired by so many wonderful people both qualified and unqualified very special Human Beings. I am an AHP Improvement Lead for Mersey Care, and a Trustee for BILD & Restraint Reduction Network. I am also a HSJ Patient Leader.

It is my belief that every person has a Gift, if we offer the right Support at the right time from the right people we can share those gifts in order to enable the changes we need to ensure that all voices are heard, that we together Listen to hear and Learn in a True Collaborate way to Understand that we all have Lived Experiences. That no one is "A Just A" that everyone has a part to play in a persons Care.

We are all Human Beings Together.

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Denise Porter, Carer Expert by Experience

I retired as a Vice Chair of Trustees for Rethink Mental Illness in November 2019 after 6 years as a trustee and Chair of the Regional Committee for Yorkshire & North East. I served on a number of national committees including the Honorary Officers and Audit, and am currently chair of their Council of Representatives covering its eight regions. Most importantly I am also a carer for my son, who has schizophrenia, for 20 years.

The role of the family and of carers is crucial in supporting someone on their recovery journey. I am a volunteer at Rethink Mental Illness, to give back for the excellent information and support we received as a family.



In 2015 I was appointed as a Carer Commissioner with the Commission to Review the Provision of Acute Inpatient Psychiatric Care for Adults in England and Northern Ireland led by Lord Crisp. Its recommendations published in 2016 support the need for rapid access to high quality care.

I became a voluntary and community governor for Cumbria, Northumberland, Tyne and Wear Foundation Trust in 2017 because mental health care is my passion, and I want to support CNTW to achieve the very best care possible for those within it. That's staff, carers and most importantly those who use the care. The voices of those who use our care need to be at the heart of all that is done so that the care truly represents and addresses their needs. Co-production is the key.

I am a member of the Council of Governors Steering Group and attend the MHLC meetings as a governor. I am also a member of the trusts Quality subgroup and Together – the Trust wide Patient and Carer Involvement group.

The most important role of a governor is to work together to help the trusts development of quality, effective processes with those who use those services at the heart of all that is done.