

## Complex Mental Health Network Committee March 2022

### 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 psychology 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, the impact of Recovery Colleges, on training for mental health practitioners and on the contribution of psychology to the acute care pathway.



### 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>

**Ebrahim, S** (2018) "Multi-professional approved clinicians' contribution to clinical leadership", *The Journal of Mental Health Training, Education and Practice*, Vol. 13 Issue: 2, pp.65-76, <https://doi.org/10.1108/JMHTEP-03-2017-0019>

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Oates, J., Brandon, T., Burrell, C., **Ebrahim, S.**, Taylor, J., Veitch, P. (2018) Non-medical approved clinicians: Results of a first national survey in England and Wales. *International Journal of Law and Psychiatry*. Volume 60, September–October, Pages 51-56. <https://doi.org/10.1016/j.ijlp.2018.07.005> Get rights and content

Oates, J., Burrell, C., **Ebrahim, S.**, Taylor, J., Veitch, P, Brandon, T. (2020) Responsibility as professional leadership and decision making: Interviews with non-medical Responsible Clinicians. *International Journal of Law & Psychiatry*. Volume 71; July-August. Available at: <https://doi.org/10.1016/j.ijlp.2020.101575>

**Ebrahim, S.** (2021) 'Psychologists' Perspectives on the Value of Psychology in Acute Adult Mental Health Inpatient, Crisis Home Treatment and Mental Health Liaison Services.' *Journal of Mental Health*. Available at: <https://doi.org/10.1080/09638237.2021.1875410>

Oates, J., Burrell, C., **Ebrahim, S.**, Taylor, J., Veitch, P, Brandon, T. (2021) Implications for mental health workforce strategy, professional training and supervision of more widespread adoption of the multi-professional Responsible Clinician; Results of a qualitative inquiry. *International Journal of Law and Psychiatry*. Volume 76, <https://doi.org/10.1016/j.ijlp.2021.101696>

### Contact

Email: [selma.ebrahim@cntw.nhs.uk](mailto:selma.ebrahim@cntw.nhs.uk)

Twitter: [@selma\\_ebrahim](https://twitter.com/selma_ebrahim)

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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.
- Howe, L. & **Brown, I.** (2014). An investigation of the usefulness of a Metacognitive training group programme for schizophrenia in a 'real-world' setting. *Psychiatric Bulletin*; 2015 Jun; 39(3): 114–118.
- Dimaro L. V., Roberts N. A., Moghaddam N. G., Dawson D. L. , **Brown I.**, Reuber, M. (2015). Implicit and Explicit Self-Esteem Discrepancies in People with Psychogenic Nonepileptic Seizures *Epilepsy and Behaviour*, 46, 109-117.
- Plumpton C.O., **Brown I.**, Reuber M., Marson T., Hughes D.A. (2015). Economic evaluation of a behavior-modifying intervention to enhance antiepileptic drug adherence, *Epilepsy & Behavior*, 45: 180-186
- Rawlings G.H., **Brown I.** & Reuber M. (2017). Predictors of health-related quality of life in patients with epilepsy and psychogenic nonepileptic seizures. *Epilepsy & Behavior*, 68:153-158.
- Rawlings G. H., **Brown I.** Stone B., & Reuber, M. (2017). Written accounts of living with epilepsy: A thematic analysis. *Epilepsy & Behavior* 72:63-70
- Rawlings G. H., **Brown I.** Stone B., & Reuber, M. (2017). Written accounts of living with psychogenic nonepileptic seizures: A thematic analysis. *Seizure* 50

### Contact

Email: [ian.brown10@nhs.net](mailto:ian.brown10@nhs.net)

Twitter: @IBrownCPsychol

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### Paul Sams, Expert by Experience

Hi, I'm Paul Sams and am currently the Feedback & Outcomes Lead, 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.

#### Contact

Email: [Paul.sams@cntw.nhs.uk](mailto:Paul.sams@cntw.nhs.uk)

Twitter: @psamsy



### 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., Kingeree, 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.

**Crockford, H.A.** & Pellegrini, M. (2019). Mentalising and Men's Mental Health: Helping Men to Keep Mind in Mind in Clinical Settings. Chapter in John Barry et al. (Eds). *The Palgrave Handbook of Male Psychology and Mental Health*.

#### Contact:

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Email: [helena.crockford@nsft.nhs.uk](mailto:helena.crockford@nsft.nhs.uk)

### 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 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/ACT. 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.

### Contact

Email: [Iris.Benson@merseycare.nhs.uk](mailto:Iris.Benson@merseycare.nhs.uk)

Twitter: [@irisbenson100](https://twitter.com/irisbenson100)

### Erin M Beal, Committee Member

I am a Trainee Clinical Psychologist working for Mersey Care NHS Foundation Trust and studying at the University of Liverpool. I am passionate about supporting trainee psychologists to engage in clinically meaningful research projects and to disseminate the wonderful work they are already doing throughout their time on training. I have previously worked in a range of clinical and research settings prior to gaining a place on training, including inpatient rehabilitation and primary care mental health as a PWP for IAPT. During training I have had the opportunity to work in the community and inpatient settings supporting a range of clinical presentations, including individuals with complex mental health issues and functional neurological disorder presentations.



I am currently interested in increasing my knowledgebase to aid in the support of individuals with complex mental health issues. I am also passionate about highlighting and supporting disadvantaged identities, both visible and invisible, in our society and widening access to psychological therapies to ensure a safe space for all.

I am also the current Trainee Representative for England for the ACP-UK and look forward to supporting the CMHN from a Trainee Psychologist position.

### Publications

Hendry, C and **Beal, E. M.** (2022). Supporting the socioeconomic needs of patients and their families within the context of a complex rehabilitation setting; Creating opportunities through collaboration,



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rehabilitation and beyond. In C. Pelser, H. Banks and G. Bavikattte (Eds.), *A Practical Approach to IDT Complex Rehab*. UK: Elsevier Health Sciences.

Strong, E., Callaghan, T., **Beal, E.**, Moffatt, C., Wickramasekera, N., Brown, S., Lee, M. J., Winton, C., Hind, D., Hind, D., Ali, K., Anderson, J., Bradburn, M., Brady, R., Branagan, G., Chater, T., Chaudri, S., Di Fabio, D., Din, F., ... Wysocki, P. (2021). Patient decision-making and regret in pilonidal sinus surgery: a mixed-methods study. *Colorectal Disease*, 23(6), 1487.

**Beal, E. M.**, & Pelser, C. (2021). Evaluation of psychoeducational videos for acquired brain injury. *Clinical Psychology Forum*, 340, 10–16.

Quayle, M., Wurm, A., Barnes, H., Barr, T., **Beal, E.**, Fallon, M., Flynn, R., McGrath, D., McKenna, R., Mernagh, D., Pilch, M., Ryan, E., Wall, P., Walsh, S., & Wei, R. (2019). Stereotyping by omission and commission: Creating distinctive gendered spectacles in the televised coverage of the 2015 Australian Open men's and women's tennis singles semi-finals and finals. *International Review for the Sociology of Sport*, 54(1), 3–21.

Brown, S., Hind, D., **Beal, E.**, Graham, C., Wilkinson, C., Lund, J., Senapati, A., Morton, J., Moffatt, C., Lee, M., Shaw, P. V., Shackley, P., Bradburn, M., Lee, E., & Wysocki, P. (2019). The PITSTOP Study: Pilonidal sinus Treatment: STudying the OPtions - Protocol.

**Beal, E. M.**, Lee, M. J., Hind, D., Wysocki, A. P., Yang, F., & Brown, S. R. (2019). A systematic review of classification systems for pilonidal sinus. *Techniques in Coloproctology*, 23(5), 435–443.

O, F. J., & **Beal, E. M.** (2018). Core competencies and high leverage practices of the beginning teacher: a synthesis of the literature. *Journal of Education for Teaching*, 44(4), 461–478.

## Contact

Email: [England-trainees@acpuk.org.uk](mailto:England-trainees@acpuk.org.uk) or [erin.beal1@nhs.uk](mailto:erin.beal1@nhs.uk)

Twitter: @BealErin

## Dr Andrea Davies, Committee Member (Wales Rep)

I am lead consultant clinical psychologist for acute mental health services in Cwm Taf Morgannwg University Health Board. I am also a systemic psychotherapist and member of the Q Community. I have worked in mental health services since qualifying in 2004 and have worked in acute care since 2013. I am committed to widening the scope of psychologically informed care and adapting the evidence-base to fit the needs of people in acute distress. Working with people who are experiencing acute psychosis has been the focus of my clinical work, as well as developing a style of 'assertive in-reach' to those deemed 'hard to engage'. In addition, I have worked as the lead family therapist in a medium secure unit for many years and chair our local Complex Case Peer Review Group. Acute care in Wales is entering an interesting time following the launch of the Welsh Government Reducing Restrictive Practices Framework (2021), which will create a greater emphasis on the importance of psychologically informed environments. I will be joining the pan Wales implementation group to ensure that reducing restrictive practices in acute care is high on the agenda.



## Publications:

Rea, S. & **Davies, A** (in press) Learning from practice: A locality mental health service response to the Covid-19 pandemic *Clinical Psychology Forum*.

**Davies, A.**, James, W., & Griffiths, L. (2020). Implementing a quality improvement programme in a locality mental health service. *Nursing Management*, 27(1).

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**Davies, A.** (2019) A critical discourse analysis of constructions of power by healthcare leaders. *SAGE Research Methods Database*

Morris, M., & **Davies, A.** (2018). Being Both Researcher and Subject: Attending to Emotion within Collaborative Inquiry'. *Emotion and the Researcher: Sites, Subjectivities, and Relationships (Studies in Qualitative Methodology, Volume 16)*. Emerald Publishing Limited, 229-244.

**Davies, A.** & Morris, M, (2018). A collaborative inquiry into the positioning of gender practice within systemic psychotherapy. *SAGE Research Methods Cases*.10.4135/9781526440952

**Davies, A.** (2016). The art of looking like you are doing very little: Working on a psychiatric ward with people experiencing psychosis. *Context*, 147, 32-35

**Davies, A.**, Mallows, L, Easton, R., Morrey, A., & Wood, F. (2014). A survey of the provision of family therapy in medium secure units in Wales and England *Journal of forensic psychiatry and psychology*. 25(5): 520-534

**Davies, A.**, & Doran, J. (2012). (Eds.) Working in forensic contexts. *Context*: 123, December

**Davies, A.** & Doran, J. (2012). Nowhere to hide. In A. Davies & J. Doran (Eds.) Working in forensic contexts. *Context*: 123, 17-20

**Davies, A.** (2010). Thinking about the needs of families where a parent has mental health difficulties. *Clinical Psychology Forum*, 205

### **Contact:**

Email: [Andrea.Davies@wales.nhs.uk](mailto:Andrea.Davies@wales.nhs.uk)

Twitter: @andreadavie5