

COMPLEX MENTAL HEALTH NETWORK

Complex Mental Health Network Event:

Wednesday 6th April 09.00 – 11.00

This event will provide a brief overview about the recent work of the Complex Mental Health Network. There will also be presentations on two projects the network has been involved with over the last year. The first on a competency framework for Adult Mental Health Inpatient Services with colleagues at UCL, the second on guidelines for understanding and working with dissociation.

There will be time for discussion about the presentations and questions to speakers.

Dr Ian Brown, Consultant Clinical Psychologist, Secretary CMHN will act as host for the event. We will also provide time to share ideas about the practical demands of working in a range of complex mental health services. We are keen to hear what you want from the network and how it can support you.

Presentations:

A brief overview of the network activity Dr Selma Ebrahim, Consultant Clinical Psychologist, Lead CMHN, ACP-UK

A Competency Framework for Adult Mental Health Inpatient Services, Lisa Wood, Associate Professor, University College London, Principal Clinical Psychologist, North East London NHS Foundation Trust

Guidelines for Understanding and Working with Dissociation, an Opportunity for Coproduction. Helena Crockford, Consultant Clinical Psychologist, Member CMHN & Iris Benson, MBE, Expert by Experience

It will be FREE for members. Please do try to attend at the time of the live event if you sign up as we do like to make our webinars as interactive as possible.

We expect this to be a popular event, so please do book now to avoid disappointment.

Insert link to sign up

With very best wishes,

Dr Selma Ebrahim, Lead Complex Mental Health Network

Information about the presenters:

Selma Ebrahim

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.



Lisa Wood

I currently work as Principal Clinical Psychologist and Specialist Care Pathway Lead for Acute and Inpatient Psychology in North East London NHS Foundation Trust, and as a Clinical Associate Professor at University College London. I have a specialist interest in working with people in acute mental health crisis, particularly those who experience psychosis. Alongside my clinical role, I undertake research aiming to improve acute mental health care. Current projects I am working on include adapting Cognitive Behavioural Therapy for psychosis for inpatient settings, evaluating a crisis planning intervention for those sectioned under the Mental Health Act, and examining the use of digital suicide interventions for people receiving care from Home Treatment Teams to see if they can help reduce future hospital admissions. I also teach on a Clinical Mental Health Sciences MSc at UCL and co-lead a current research in psychosis and bipolar module.



Helena Crockford

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.



Ian Brown

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.



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

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