

ACP-UK Complex Mental Health Network Committee October 2023

Helena Crockford, Chair

I have worked as a Consultant Clinical Psychologist in adult mental health services in Norfolk for many years, and now work in independent practice. I have been passionate for many years about 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 led a range of strategic developments, including the mental health trust's innovative strategy for training and skills development to improve the standard of care for people with dissociative difficulties. A valuable orientation for me has been mentalisation-based therapy (MBT) as an Accredited Practitioner, Supervisor and MBT Skills Trainer. 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 BPS Division of Clinical Psychology. I have a number of publications in this area. Within the ACP-UK CMHN I am co-chairing the development of the Professional Practice Guidelines for Clinical Psychologists Working with Trauma-Related Dissociation.



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Publications

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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.

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Selma Ebrahim, Past 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 am CBT accredited, and 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 multi-professional Approved Clinicians, the impact of Recovery Colleges, training for mental health practitioners and on the contribution of psychology to the acute care pathway.



Contact

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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 and Treasurer

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 I work in an adult mental health psychological therapies team that specialises in working with people who have 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. In addition 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 settings. I have remained active in research and have a number of publications in academic journals mainly focused on non-epileptic attack disorder and complex mental health. Prior to working in the NHS I worked in industry where I was involved in sales and management, as well as third sector organisations with people who are homeless and substance dependent.



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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.

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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 Foundation Trust. 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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Iris Benson, MBE, Expert by Experience

Hi my name is Iris. I work for Mersey Care NHS Foundation Trust 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 and 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, all 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, and understand that we all have lived experiences. No one is a "just a..."; everyone has a part to play in a person's care. We are all human beings together.

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Craig Steel, Psychosis Rep and Research Co-Rep

I currently work as a Consultant Clinical Psychologist on an in-patient unit for Oxford Health NHS Foundation Trust, along with my role as Academic Director for the Oxford Clinical Psychology Training Programme.

My clinical and research work has focused on the development and evaluation of psychological treatments for psychosis. I have a particular interest in developing models than enable us to 'make sense' of psychotic symptoms within the context of a reaction to traumatic life events. Current research includes developing a 'voice dialogue' approach to working with distressing voice hearing experiences, working with a London refugee service to help evaluate trauma interventions and working with colleagues across Europe and the UK to evaluate an imagery-based intervention aimed at helping people diagnosed with bipolar disorder better regulate their mood.



I am passionate about raising the profile and influence of a psychological approach within the psychiatric system and challenging the dominant medical model.

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Publications:

Steel, C., Young, K., Akbar, S., Chessell Z., Stevens, A., Vann, M. & Arntz, A. (in press). The Treatment of PTSD in refugees and asylum seekers using imagery rescripting within an NHS setting. *Behavioural and Cognitive Psychotherapy*.

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Joe Judge, Scotland Rep

I currently work as a Consultant Clinical Psychologist within NHS Ayrshire & Arran, in Scotland. I am the lead psychologist for acute inpatient mental health services in Ayrshire and have experience of working with people with complex mental health difficulties in a range of different contexts: from community-based working through to working in prisons and at the State Hospital, the high security forensic hospital for Scotland and Northern Ireland. I am a Board Member at the Risk Management Authority (RMA), the Scottish public body that ensures that effective risk assessment and risk management practices are in place to reduce the risk of harm caused by offending.



I am an accredited Cognitive Analytic Therapy (CAT) practitioner. CAT is a radically relational approach to psychological therapy and human development and I am passionate about using it in my work with people with complex difficulties and in complex systems. Until recently I was a member of the CAT Scotland National Executive Committee. I have previously been active within the BPS DCP.

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**Dr Laura Goody, Crisis and Home Treatment Teams Rep,
Communications Rep**

I work as a Principal Clinical Psychologist within a Crisis and Home Treatment Team in Oxford Health NHS Foundation Trust, and within independent practice. I have worked within adult mental health care for over 12 years, specialising in NHS acute crisis care for suicidality and complex difficulties. I am passionate about promoting the benefit of psychologically informed care for service users going through particularly challenging points in their journey. I have training in EMDR, CFT, DBT and ACT which I draw on heavily in both my direct and indirect clinical work.



Crisis and home treatment is underrepresented in the psychology workforce and the model of care is continuing to evolve. I am passionate about raising the profile of this speciality with the aim to both improve patient care and enhance the confidence of psychologists working with suicidality and acute crisis. I have led strategic developments within this area, including development of a support pathway for staff following serious incidents, providing specialist training in risk formulation/management, refining the psychological care pathway within crisis teams, and hosting a national ACP-UK Webinar about Crisis Psychology.

I also have a strong interest in compassionate trauma-informed leadership within the NHS. I feel strongly that we need to improve our collective voice as a profession, hence my keen involvement in the ACP-UK Complex Mental Health Network Committee. I am excited to be part of the ongoing work of the committee, and in particular highlighting the value and opportunities for Psychologists within Acute Crisis Care.

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Lina Papista, Community Rep

I currently work as a Principal Clinical Psychologist in East Cheshire CMHT , CWP NHS Foundation Trust, having just moved from Acute and Crisis services.

My role is to lead on the provision on clinical psychology services and psychologically informed care in the context of the transformation agenda that community services need to deliver.



For the greater part of my career I have worked in the NHS in Complex Mental Health services such as a psychological therapies service, a home treatment team and an adult inpatients ward.

I am trained in schema therapy, EMDR and DBT. I am also a national assessor of DISCO (Diagnostic Interview of Social and Communication Disorders) and work privately in an autism diagnostic service.

I am passionate about de-medicalising and de-mystifying human distress and supporting trauma-informed practices. I also have a special interest in neurodiversity and its overlap with subjective experiences of distress and marginalisation.

Before moving to the UK I worked as a clinical psychologist for the Hellenic Army. I achieved my BPS Statement of Equivalence in Clinical Psychology in 2008.

I feel that I have had such a fascinating career journey so far practising across different countries, cultures and professional identities !

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John Ferguson, Northern Ireland Rep

Consultant Clinical Psychologist, Shannon Clinic Regional Secure Unit, Community Forensic Mental Health Team

Sharon Hope, EbE Carers Rep

Heledd Lewis, Wales Rep and Research Co-Rep

Consultant Clinical Psychologist and Senior Clinical Tutor, South Wales Doctoral Programme in Clinical Psychology