

Dr Helen Barker, Consultant Clinical Psychologist

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Personal Statement

I am an experienced Consultant Clinical Psychologist registered with the HCPC (Health Care Professions Council) and Chartered with the BPS (British Psychological Society).

Since February 2018 I now work in independent practice with adults of working age and older people providing evidence-based psychological therapies and medico-legal reports concerning the psychological/psychiatric sequelae of personal injuries.

I am registered with most major health insurance companies for provision of psychological therapies and have passed the Cardiff University Bond Solon Civil Expert Witness Certificate.

Past experience is 24 years of full-time NHS employment and I have worked in the following specialisms as a qualified Clinical Psychologist: Adult Mental Health; Rehabilitation and Recovery; Older People's Mental Health and Young Onset Dementia.

I have 14 years experience as an NHS Consultant Psychologist, of which, five years have been at Head of Department/Professional Lead level.

My clinical area of expertise lies within the areas of assessment and psychological treatment for mental health/psychiatric conditions in adults of working age and older people, including people with dementia.

Conditions treated include addictions; adjustments (to health conditions and life events); agoraphobia; anger management; anxiety; bereavement; bipolar disorder; body dysmorphic disorder; bulimia; depression; general life stress; group treatments (including mindfulness, cognitive stimulation training, CBT for anxiety and depression etc.), habit disorders; health anxiety; insomnia; low-self-esteem; obsessive compulsive disorder (including pure "O"); panic disorder; perfectionism; post-traumatic stress disorder; psychosis and social anxiety disorder. I also have experience in the assessment and psychological treatment of people diagnosed with complex PTSD.

My main therapeutic modality is Cognitive Behavioural Therapy and I incorporate third-wave CBT approaches such as Acceptance and Commitment Therapy as required. I also have training in mindfulness, schema therapy, motivational interviewing, solution focussed therapy and Eye Movement Desensitisation and Reprocessing (EMDR) and use these therapies when appropriate.

I am able to carry out cognitive assessments to inform more holistic assessments of query dementia and to provide advice and strategies on coping with cognitive changes.

Employment History

19th February 2018 onwards – Clinical Psychologist in Independent Practice – 35 Park Place, Cardiff, CF10 3RL - Flow Psychology Ltd (Registration Number: 11870304)

Provision of psychological therapy for health-insured, self-funding and medico-legally instructed clients. Expert witness reports in the field of Clinical Psychology for adults of working age and older people involved in personal injury claims.

8d Professional Lead for Psychology Mental Health and Learning Disabilities Delivery Unit, Abertawe Bro Morgannwg University Health Board (ABMUHB) – Consultant Clinical Psychologist (September 2016 – February 2018)

Provision of leadership and support for 50 registered psychologists. Role included governance, service planning and development, recruitment and supervision. Clinical caseload within the Young Onset Dementia Service (YODS) and leadership of this team. Supervision of Adult Mental Health and Older People's Mental Health staff regarding complex cases.

8d Acting Head of Mental Health Psychology/Young Onset Dementia Team Consultant Clinical Psychologist, ABMUHB (January 2013 – September 2016)

Role as above but with budget control, more emphasis on multi-professional staff training and clinical input into general Older People Mental Health Services in addition to YODS.

8c Head of Older Adult Psychology (2004- January 2013): ABMUHB

Neuropsychological assessment of complex cases.

Psychological treatments for mental health disorders e.g. adjustments to loss (including health) anxiety, depression, health anxiety, panic disorder, PTSD, OCD (individual and group).

Extensive experience of working with people with health co-morbidities e.g. pain, post CVA, post MI, fibromyalgia, irritable bowel syndrome etc.

Introducing psychosocial models of care into OPMHS services e.g. Newcastle Model to meet the needs of people with dementia exhibiting behaviours which challenge, Cognitive Stimulation Training.

Staff training for multi-professional groups in psychological therapies, approaches and cognitive assessments.

Supervision, leadership, recruitment and governance of a team of older people's psychologists. Consultation for adult mental health psychologists around assessing and adapting therapies for people with cognitive problems.

Senior Clinical Psychologist (Adult Mental Health) (2001-2004): Derwen & Pembrokeshire NHS Trust

Clinical psychology role in a busy CMHT for adults of working age.

Assessment and treatments for people with a range of mental health difficulties (pre-Mental Health Measure), e.g. severe and enduring mental health difficulties (psychosis/bipolar disorder); traumatic brain injury with comorbid mental health problems; substance misuse with comorbid mental health problems; agoraphobia; anxiety; anorexia; body dysmorphic disorder; bulimia; chronic fatigue syndrome; depression; health anxiety; obsessive compulsive disorder; post-traumatic stress and social anxiety.

Supervision of Community Psychiatric Nurses delivering CBT.

Creation, delivery and evaluation of therapeutic groups for various conditions e.g. anger and PTSD.

Basic Grade Clinical Psychologist (Split Post: Psychiatric Rehabilitation/Older Adult) (1999-2001)

Clinical role within a rehabilitation ward, including follow up on discharge.
CBT for psychosis and family work.
Group development.
OPMHS Psychologist for Swansea.

Qualifications

Doctorate in Clinical Psychology (DClinPsy), 1999– University of Wales, South Wales Course in Clinical Psychology Training.

BSc (Hons) Psychology, 2i, 1993 – University of Leeds

Post Qualification Training

Motivational Interviewing (2000) – Rhoda Emlyn-Jones (2 days)
CBT for Psychosis and Dual Diagnosis (2000) – BABCP (Gillian Haddock & Norma Morrison) (2 days)
Personality Disorders and CBT (2001) – Christine Padesky (2 days)
CBT for PTSD and Complex Trauma (2002) – OTCCT (Claudia Herbert) (4 days)
Clinical Leadership for Team Managers (2003) – Sainsbury Centre for Mental Health (10 days)
CBT for Psychosis (2007) – Mike Jackson (3 days)
Neuropsychology for Older People (2007) – Salomon’s Centre (6 days)
Challenging Behaviour and Dementia (2007) – Graham Stokes (1 day)
Professional & Organisational Issues for Clinical Psychologists (2009) – DCP (Sandy Toogood & Pam Skinner) (1 day)
Adapting CBT for Older People (2009) – Ken Laidlaw (1 day)
Transdiagnostic Training for Eating Disorders (2009) – Prof. Chris Fairburn (3 days)
Solution Focussed Therapy (2010) – Billy Hardy (3 days)
Introduction to NHS Finance (2013) – Healthcare Financial Management Association
Introduction to NHS Budgeting (2013) - Healthcare Financial Management Association
Positive Psychology (2013) – Neil Frude (2 days)
Schema Therapy (2014) – Arnie Reed Schema Therapy Workshops (7 days)
Leading to Deliver (2014) – ABMU Workforce & OD (7 days)
Mindfulness (2016) – Sue Bretton (5 days)
Acceptance and Commitment Therapy (2017-18) ACT 1, ACT 2 and ACT Skills – Cardiff University (60 hours) – A1 - (91-100%)
Cardiff University Bond Solon Expert Witness Certificate (Civil) – Pass - 2018
EMDR Parts 1 – 4 (2018) with EMDR Works
ACT Made Simple (2018) – Dr Russ Harris (2 days)
ACT for Trauma (2018) – Dr Russ Harris (2 days)
Introduction to Compassion Focussed Therapy (2018) – Prof. Paul Gilbert (3 days)
Brush up your EMDR Skills (2019) with Sandi Richman (6 hours)
EMDR Protocols for Fibromyalgia (2019) – Zeynep Zat (6 hours)
Focussed Acceptance and Commitment Therapy (2019) with Kiri Stroschal and Patty Robinson (12 hours)
Enhancing Acceptance and Commitment Therapy with Relational Frame Theory (2019) with Professor Yvonne Barnes-Holmes (12 hours)
ACT Immersion, 10 week online training with Professor Steven Hayes
Motivating Change using ACT (2020) with Prof Ray Owen (6 hours)
Legal Update for Expert Witnesses (2019) – Bond Solon
Discussions between Experts (2020) – Bond Solon
The Flash Technique (2020) – with Dr Philip Manfield (6 hours)

Professional Affiliations

Chartered Clinical Psychologist: BPS (British Psychological Society) Membership No. 074473

HCPC (Health Care Professions Council) Registered Practitioner Psychologist (Clinical)
Reg. No. PYL02240
Register of Applied Psychology Practice Supervisors (BPS) (until 31.12.2020)
National PSIGE Committee (BPS/DCP) Welsh Rep 2008-2009
National Psychological Therapies Management Committee (2015 – January 2018)
Applied Psychologists in Health Care National Advisory Group to the Welsh Government
(2013 – January 2018)
Professional Liability Insurance (£5,000,000 cover)
Registered with the Information Commissioner's Office – ZA524211