

Dr Helen Nicholas, PsychD., CPsychol., AFBPsS.

Chartered Counselling Psychologist



www.hcpc-uk.org

Health Professions Council Registration: **PYL26005**
British Psychological Society Membership: **40622**

Dr Helen Nicholas is a practitioner psychologist registered with the Health and Care Professions Council (HCPC), chartered with the British Psychological Society and an accredited EMDR therapist with EMDR Europe. She runs an independent private practice in Frome, Somerset. She has taught in academia at undergraduate and postgraduate levels as a senior lecturer and was the (Interim) Head of Department for psychological health, trauma, forensic psychology at the University of Worcester. Dr Nicholas specialises in working with adults and older adults with a wide range of psychological difficulties, including trauma, post-traumatic stress disorder (PTSD), adjustment disorders, depression, anxiety, phobias, and work-related stress. She specialises in the psychological assessments for the civil courts for individuals who have suffered personal injury or clinical negligence.

Dr Nicholas is experienced in providing psychological assessments, formulations, reports and therapeutic treatment to individuals. She has undertaken specialist training in EMDR and the British Psychological Society's practitioner psychologists as expert witness training.

SPECIALIST AREAS OF EXPERTISE

- Psychological assessments for personal and/or catastrophic injury
- Assessments of adults and older adults who have experienced traumatic life events.
- Diagnostic assessments of Trauma, PTSD and Adjustment Disorder
- Evidence-based therapeutic interventions for trauma and mental health difficulties including EMDR, CBT and psychotherapy.

WORK HISTORY

2010 – Present	Practitioner Psychologist, Independent Private Practice, HCN Psychology, Frome, Somerset
2015 – Present	Health and Care Professions Council Fitness to practice panel member
2015 – 2020	Senior Lecturer, Counselling psychology, University of Worcester - BSc Counselling Psychology, course leader for the MSc Counselling degree
2012 – 2015	Psychologist, The Priory Hospital Bristol, Complex Care, The Priory Grange, Bristol
2009 – 2010	Counselling Psychologist – Trainee, Somerset Partnership NHS – Secondary / tertiary care CMHT (Cognitive Behavioural Therapy placement)
2008 – 2009	Counselling Psychologist - Trainee / Psychotherapist, Womankind Bristol Therapy Centre (Psychodynamic placement)

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2007 – 2008	Counselling Psychologist – Trainee, Personal Recovery Service (Humanistic/Person-Centred Placement)
2006 – 2007	Research Psychologist. Tau-Rx, Research / Drug trial – Alzheimer’s Disease
2003 – 2006	Assistant Psychologist, Research, Older Adults, Surrey and Hampshire Borders NHS
2004 –2005	Assistant Psychologist, Research, Older Adults, Institute of Psychiatry, London
2003 –2004	Assistant Psychologist, Older Adults, Clinical caseload

PROFESSIONAL QUALIFICATIONS

2017	Postgraduate certificate- learning & teaching in higher education, University of Worcester
2015	Creative Minds Training – Dementia, University of Brighton and Amore Care
2013	EMDR – Level 4, EMDR Works
2012	EMDR – Level 3, EMDR Works
2011	EMDR – Level 1 and Level 2, EMDR Works
2010	Doctorate in Psychology (PsychD). Psychotherapeutic and Counselling Psychology, University of Surrey, Guildford
2006	Foundation course in Family Therapy and Systemic Practice, Blackwater Valley & Hart NHS PCT
2000	B.A.(Hons), University of South Africa
1997	B.A. Degree (Majors: Psychology & Communication), University of South Africa

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2018	Practitioner psychologist as expert witness workshop, BPS
2017	University of Worcester, Postgraduate certificate- learning & teaching in higher education
2015	Creative Minds Training - Dementia, University of Brighton and Amore Care
2014	Neuropsychology training
2014	Clinical Neuropsychology of ageing workshop
2014	Understanding psychosis workshop
2013	EMDR – Level 4, EMDR Works
2013	Mindful Compassion training
2012	EMDR – Level 3, EMDR Works
2012	BPS Supervision for RAPPs register training
2012	Approaching Borderline Personality Disorder workshop
2011	EMDR – Level 1 and Level 2, EMDR Works

PUBLICATIONS

- McIntosh, M., Nicholas, H. & Huq, A.H. (2019). Leadership and diversity in psychology: moving beyond the limits. Oxford: Routledge. (in press).
- Nicholas, H.** (2017). Professional developments in counselling psychology. In V. Galbraith (Ed.), *Counselling psychology: Topics in applied psychology*. (pp. 210-215). Oxford: Routledge
- Jones Nielsen, J.D. and **Nicholas, H.** (2017). Counselling Psychology in the United Kingdom. In R.K. Goodyear and J.W. Lichtenberg (Eds.) *A global portrait of counselling psychology*. New York : Routledge
- Nicholas, H.** (2016, May, 2) Working relationally with clients living with a neurodegenerative disorder (<http://wp.me/p3Wub6-Bp4>)
- Goodyear, R.K., Lichtenberg, J.W., Hutman, H., Overland, E., Bedi, R., Christiani, K., Di Mattia, M., du Preez, E., Farrell, W., Feather, J., Grant, J., Han, Y., Ju, Y., Lee, D., Lee, H., **Nicholas, H.**, Jones Nielsen, J., Sinacore, A., Tu, S., & Young, C. (2016) A Global Portrait of Counselling Psychologists' Characteristics, Perspectives, and Professional Behaviors. *Counselling Psychology Quarterly*, 29(2), 115-138.
- Jones Nielsen, J.D. and **Nicholas, H.** (2016). Counselling Psychology in the United Kingdom. *Counselling Psychology Quarterly*, 29(2), 206-224.
- Prior, J. , Abraham, R., **Nicholas, H.**, Chan, T., Vanvlymen, J., Lovestone, S., & Boothby, H. (2016) Are Premorbid Abnormal Personality Traits Associated with Behavioural and Psychological Symptoms in Dementia? *International Journal of Geriatric Psychiatry*, 31(9), 1050-5.
- Nicholas, H.** and McDowall, A. (2012). When work keeps us apart: A thematic analysis of the experience of business travellers. *Community, Work and Family*, 15(3), 335 – 355.
- Nicholas, H.** (2011). DCoP enjoys annual conference in Bristol. British Psychological Society. www.bps.org.uk/news/dcop-enjoys-annual-conference-bristol
- Nicholas, H.**, Moran, P., Archer, N., Foy, C., Brown, R., Lovestone, S. & Boothby, H. (2010). Are abnormal premorbid personality traits a marker for Alzheimer's disease? –A case-control study. *International Journal of Geriatric Psychiatry*. 25(4), 345-51.
- Foy, C.M.L., **Nicholas, H.**, Poppe, M., Archer, N., Hollingsworth, P., Dowzell, K.F., Williams, A., Moore, P.J., Boothby, H., Williams, J., Owen, M.J., Al-Sarraj, S. & Lovestone, S. (2007). Diagnosing Alzheimer's disease – non-clinicians and computerised algorithms together are as accurate as the best clinical practice. *International Journal of Geriatric Psychiatry*. 22(11), 1154-63.
- Archer, N., Brown, R., Reeves, S., Boothby, H., **Nicholas, H.**, Foy, C., Williams, J., & Lovestone, S. (2007). Premorbid personality and behavioural and psychological symptoms of Alzheimer's disease. *American Journal of Geriatric Psychiatry*. 15(3), 194-205.
- Archer, N., Brown, R., Boothby, H., Foy, C., **Nicholas, H.** & Lovestone, S. (2006). The NEO-FFI is a reliable measure of premorbid personality in patients with probable Alzheimer's Disease. *International Journal of Geriatric Psychiatry*. 21, 477-484.

- Ellul, J., Archer, N., Foy, C., Poppe, M., Boothby, **H., Nicholas**, H., Brown, R.G. & Love-stone, S. (2006). The effects of commonly prescribed drugs in patients with Alzheimer's disease on the rate of deterioration. *Journal of Neurology, Neurosurgery & Psychiatry*. 78(3), 233-9.
- Archer, N., Brown, R., Boothby, H., Foy, C., **Nicholas, H.** & Lovestone, S. (2004). The re-lationship between premorbid personality and the BPSD in patients with Alzheimer's dis-ease. The 9th international conference on Alzheimer's disease and related disorders.
- Archer, N., Boothby, H., Brown, R., Foy, C., **Nicholas, H.**, Poppe, M., Shabbat, S. & Love-stone, S (2004). The relationship between premorbid personality and behavioural and psy-chological symptoms of Alzheimer's disease (BPSD) in patients with Alzheimer's disease. *Neurology of Aging*. 25, S305-S306 Suppl. 2, Jul 2004.