



Dr April Ward
BSc (Hons), DClinPsych
Chartered Clinical Psychologist



Chartered Psychologists



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Health Professions Council Registration: **PYL35061**
British Psychological Society Membership: **515500**

Dr April Ward is a Chartered Clinical Psychologist registered with the Health Care Professionals Council. She has a broad level of clinical experience working in both community and acute settings and across all aspects of adult mental health. Since qualifying Dr Ward has worked in specialist trauma informed services including perinatal mental health and mental health of learning disabilities, giving her experience of working with clients with complex trauma, personality and mental health difficulties. Dr Ward's area of special interest is in the assessment of trauma and PTSD, her experience allows her to have a good understanding of the impact trauma has on mental health and an individual's psychological and social functioning. Dr Ward also has experience of treating a wide range of mental health difficulties including, anxiety, depression, post-traumatic stress disorder, and obsessive compulsive disorder and personality difficulties.

PROFESSIONAL QUALIFICATIONS

- 2017** Doctorate in Clinical Psychology, Canterbury Christ Church University
2007 BSc Psychology, University of Southampton

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2020** Cardiff University Bond Solon Expert Witness Certificate
2020 Level 1 & 2 EMDR training
2020 Supervisor training, Salomons centre for applied psychology
2019 Perinatal mental health interventions framework workshop, Exeter University
2018 ITSIEY- an introduction to perinatal and infant mental health, Anna Freud Centre
2018 ITSIEY Mentalising in practice, Anna Freud Centre

WORK HISTORY

2020 – Present **Senior Clinical Psychologist, Mental Health of Learning Disabilities Service (MHLDS) – Kent and Medway NHS and Social Care Partnership Trust**

- Specialist psychological assessments involving psychometric and outcome measures
- Development of comprehensive formulations to inform treatment plans in line with best practice guidelines and tailored to the individual's psychological need, while taking into account their developmental and communication needs.
- Liaison with families and professionals, development of care plans, coordination of multi-professional meetings.

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- Training to staff teams on challenging behaviour management.
 - Mental Capacity assessments.
 - Adapted EMDR for individuals with a learning disability .

2017 – 20 Clinical Psychologist, Kent Mother and Infant Mental Health Service (MIMHS) – Kent and Medway NHS and Social Care Partnership Trust

- Specialist perinatal mental health assessments drawing on a variety of sources including clinical interviews with services users and their family members, observations of parent and infant interactions and self-report measures.
- Assessment and formulation encompassing both historical and current factors contributing to and maintaining the individual's mental health difficulties
- Development of treatment plans drawing on appropriate therapeutic and theoretical models that addressed both the mother's mental health issues and the relationship issues within the mother-infant dyad
- Psychological interventions including CBT, Compassion Focused Therapy and Acceptance and Commitment Therapy
- Perinatal risk assessments
- Facilitation of reflective practice groups for clinical staff.

2014 – 17 Trainee Clinical Psychologist, Surrey and Borders NHS Foundation Trust

- Placements included: Southwark acute mental health service, Southwark IAPT, Southwark Mental Health and Learning Disabilities Service, Croydon CAMHS, Southwark Talking therapy service (long term psychodynamic therapy), Kent and Medway Community Older Adults Mental Health Service
- Clinical responsibilities included psychological assessments, administration and interpretation of neuropsychological assessments, providing psychological interventions to support mental health difficulties across the life span and with a range of difficulties.
- Doctoral thesis explored how is social media use impacts on adolescent identity formation and young people's developing self-esteem. Research project was presented at the Ofcom digital media lives conference in London (2017)

2013 – 14 Research Assistant, Anna Freud Centre and University College London

- Research Assistant on a nationwide randomised control trial that assessed the effectiveness of Multisystemic family therapy
- Administration of research protocol to young people and their carers in the community
- Data collection/entry and liaison with multi-agency professionals
- Engagement of hard to reach families in order to optimise study retention

2012 – 13 Assistant Psychologist, Wandsworth Mental Health and Learning Disabilities Team – South West London and St. Georges Mental Health Trust

- Contributed to psychological assessments, including psychometric tests, direct and indirect structured observations and semi-structured interviews with service users and members of their network.
- Assisted in delivery of care plans for behavioural, emotional, neurological and psychosocial difficulties
- Participated in the preparation of assessment and clinical reports and advised on care plan implementation.

2010 – 12 Assistant Psychologist, Choice Care Group

- Developed and supported staff teams to implement positive behavioural support plans.
- Training for care staff with a focus on managing challenging behaviour.
- One to one psychological therapy

2010 Assistant Psychologist, Home Treatment Service and Memory Clinic- Kent and Medway NHS and Social Care Partnership Trust

- Contributed to initial assessments, formulation and planning of interventions and clinical report writing.
- Utilised a Kitwood's person centred approach to identify behavioural challenge, develop interventions and provide psycho-education to families and care systems.
- Administered psychometric tests assessing memory difficulties and writing clinical reports.