



Dr Arthur Pearce
BSc. MSc. ClinPsyD. CPsychol.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL37246**
British Psychological Society Membership: **506734**

Dr Pearce has over 12 years' experience working with adults with mental health and learning difficulties in a broad range of roles. He currently works full-time as the psychology lead for a pain management service, as well as running a successful private practice where he works with a very broad range of difficulties.

After gaining a Bachelor's degree at Liverpool University (2011), Dr Pearce worked in various roles across the homelessness sector in London, working with some of the most entrenched rough sleepers to improve multiple domains of their lives including mental health, substance use, financial difficulties, offending, domestic violence, and interpersonal relationships. He then went on to complete his Masters' degree in mental health psychology at Liverpool University whilst also continuing to work in the homelessness sector, achieving a distinction.

Following this, he completed his Doctorate at the University of Birmingham. His thesis focused on strategies to support recall for individuals with an acquired brain injury. He has extensive training in cognitive-behaviour therapy (CBT), acceptance & commitment therapy (ACT), and cognitive- processing therapy (CPT). He has also received training in systemic, behavioural, and psychodynamic approaches and draw upon these approaches where relevant.

AREAS OF SPECIALISM

- Chronic pain
- Physical health issues
- Common mental health issues including anxiety disorders
- Post-traumatic stress disorder (PTSD)
- Relationship difficulties
- Somatic symptoms
- Musculoskeletal conditions
- Pain management
- Psychophysiological disorders
- Physical disability
- CBT Therapy
- CPT Therapy
- ACT Therapy

PROFESSIONAL QUALIFICATIONS

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| 2019 | Doctor of Clinical Psychology – University of Birmingham |
| 2016 | MSc Mental Health Psychology – University of Liverpool |
| 2011 | BSc Psychology – University of Liverpool |

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WORK HISTORY

2020 – Present Associate Clinical Psychologist - Various Private Services including Moving Mind, CBT Clinics, My Online Therapy, and Psych Health

- Delivering effective, evidence-based psychological therapies to clients via video conferencing, in accordance with the current standards available for this mode of therapy.
- Having completed a range of training produced by experts in the field of e-health, I have a deep appreciation of the considerations necessary to create a successful online practice including risk management, organisational factors, information governance including self-audit, and enhancing the therapeutic relationship via the electronic medium.

2019 – Present Clinical Psychologist (Band 8a) – Pain Management Service Guernsey

- Expert psychological assessment of clients accessing the chronic pain service, utilising robust intake assessment alongside reliable and validated psychometrics to formulate level of need, risk management, potential for improved functioning, and secondary gains.
- Offering effective, evidence-based interventions (including CBT, ACT and other modalities) with routine outcome monitoring of individual therapy as well as a gold-standard multi-disciplinary pain management programme.
- Conducting regular audit and service evaluation in partnership with experts by experience in order to understand performance and need at a service level, and to inform the future development of the pain service and development of clinically relevant KPI's.
- Service innovations in the form of Virtual Reality Therapy (VRT) for pain management, and online assessments creating efficiencies within the service.

2019 Locum Clinical Psychologist (Band 7) Neuropsychology, Physical Health and Older Adults Psychology Services - North Staffordshire Combined Healthcare NHS Trust

- Comprehensive initial interviews to identify cognitive difficulties, determine appropriate assessment methods, and any risks to be managed as care coordinator.
- Conducting wide-ranging neuropsychological assessments including but not limited to the WAIS-IV, WMS-IV, ACE-III, RBANS, BMIPB, D-KEFS, TEA, MAE, TOPF, VOSP, GNT, TOMM, BFRT, Rey-15, and Hayling and Brixton.
- Skilled interpretation and feedback of neuropsychological assessment findings including differential diagnosis, and recommendations for future assessment.

2016 – 19 Trainee Clinical Psychologist University of Birmingham - Birmingham and Solihull Mental Health Foundation Trust

Year 3 placement (5 months): Moor Green Neuro-Rehabilitation Unit | Moseley Hall Hospital

- Facilitated a day-programme of evidence-based group interventions on fatigue management, emotional control, and cognitive strategies amongst others to enhance functioning for individuals with acquired brain injury and encourage clients to consider meaningful vocations.
- Synthesised information from comprehensive literature review in order to develop a group based on Acceptance and Commitment Therapy (ACT), to address the unique psychological needs of males with acquired brain injury.

Year 3 placement (5 months): Cerebra Centre | University of Birmingham

- Placement within renowned research centre for neurodevelopmental disorders at the University of Birmingham, conducting a range of assessments to assess for ADHD, ASD, and other conditions that are common in syndromes associated with intellectual disability.
- Managed a research project on overgrowth syndromes, overseeing logistics, assessments, and bespoke clinical and academic reports to support families.

Year 2 placement (5 months): Juniper Centre | Older Adults CMHT

- Supporting older people with moderate to severe mental health difficulties and their families. Offered clinical assessments, neuropsychological assessments, and interventions.

Year 2 placement (5 months): Health in Mind | Birmingham Children's Hospital

- Working with young people, families, and the wider systems of support around them including schools in order to address a range of emotional, behavioural, and mental health issues.
- Offered systemic therapy and CBT, including a reflecting team for a regular family therapy clinic.
- Delivered teaching to ward staff on topics such as the psychological impact of burns.

Year 1 placement (10 months): Tamarind Centre | Medium Secure Forensic Unit

- Achieving CQUIN's conducting HCR-20 risk assessments, delivering staff training, service evaluations and working therapeutically with inpatients.
- Co-produced and delivered a risk reduction group and facilitated the gold standard 'Life Minus Violence' programme.

2015 – 16	Team Leader and Mental Health Link Worker - Spear
2014 – 15	Mental Health Worker – Connection at St Martins in the Field
2013 – 15	Locum Progression Coach – Crisis
2012 – 14	Specialist Floating Support Worker – Single Homeless Project
2011 – 12	Project Worker – Single Homeless Project

PUBLICATIONS

- Riley, G. A., & Pearce, A. (2021). Wakeful rest during storage and consolidation enhances priming effects for those with acquired memory impairment. *Memory*, 1-12. DOI: 10.1080/09658211.2021.1907414
- Transatlantic Practice Exchange (2016). Homeless Link: <https://bit.ly/2S9Mm20>
- Overgrowth study - Cerebra centre for neurodevelopment disorders due for publication.