

Dr Amanda Walker

## Chartered Clinical Psychologist



Health Professions Council Registration: **PYL34218**

Dr Walker is a Registered Clinical Psychologist and a Chartered Psychologist. Dr Walker is experienced in working with adults and young adults. She provides assessment and therapeutic intervention for a range of common psychological issues including depression, anxiety, trauma and interpersonal/ emotional difficulties.

She specialises in Trauma (PTSD) and working with adults with emotional/interpersonal problems linked to childhood. Dr Walker utilises several therapeutic approaches including Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation & Reprocessing (EMDR), Compassion Focused Therapy (CFT) and Dialectical Behavioural Therapy (DBT). She also has a postgraduate diploma in the delivery of supervision.

Dr Walker has worked within a number of NHS settings over the past 14 years. Her most current position is working as a Highly Specialist Clinical Psychologist in an Adult Community Team whilst also working part time on her own practice. The prime focus of her work is working with those who have complex trauma, emotional / interpersonal difficulties or longer term depression and anxiety.

- PTSD and trauma
- Adult mental health- depression/ anxiety/ interpersonal difficulties/ OCD
- Personality disorders

### PROFESSIONAL QUALIFICATIONS

<b>2015</b>	Post-Graduate Certificate in Clinical Supervision for Inpatient and Complex Care Settings – University of Sheffield
<b>2011</b>	Clinical Psychology Doctorate – University of Birmingham
<b>2004</b>	MSc in Health Psychology with Distinction – University of Derby
<b>2003</b>	BSc (Hons) in Psychology with English – University of Derby

### SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

<b>2020</b>	EMDR (Parts 1, 2, 3) – Eye Movement Desensitization Reprocessing
<b>2015</b>	Foundation Training to Dialectical Behavioural Therapy
<b>2015</b>	Introduction to Compassionate Mind Therapy
<b>2014</b>	Maastricht Interviewing Schedule
<b>2012</b>	The Risk for Sexual Violence Protocol
<b>2012</b>	Star supervision course – University of Birmingham
<b>2012</b>	International Personality Disorder Examination Training
<b>2011</b>	HCR20 Violence Risk Assessment Training

**2011** Introduction Course in Cognitive Analytic Therapy

**2011** Primary Certificate in Rational Emotive Behavioural Therapy

## **WORK HISTORY**

### **2019 – Present Independent Private Practice – Clinical Psychologist**

- Working independently in private practice, undertaking assessments and therapy to adult clients with a range of presenting difficulties including anxiety, depression, trauma
- I have also undertaken a number of independent court reports

### **2015 – Present Highly Specialised Clinical Psychologist- Derbyshire Healthcare NHS FT:CMHT**

- Exercising autonomous professional responsibility for assessing, formulating and implementing appropriate psychological interventions and treatment to individuals
- Assessment of complex risk and risk management
- Direct Intervention: individual client work; drawing upon an array of psychological approaches including CBT, CAT etc. for a range of complex presentations including attachment difficulties, trauma, depression, interpersonal difficulties
- Providing specialised DBT intervention on individual and group basis.
- Managing complex waiting lists
- Working as a member of MDT's
- Providing specialist psychological advice, guidance via consultation to other professionals
- Delivery of individual and group supervision

### **2013 – 15 Highly Specialised Clinical Psychologist- Derbyshire Healthcare NHS FT: *Acute Care/ inpatient* providing provision to four acute inpatient wards and crisis team.**

- Exercising autonomous professional responsibility for assessing, formulating and implementing appropriate psychological interventions and treatment to those individuals within the most distressed phase of their illness.
- Assessment of complex risk and risk management
- Direct Intervention: individual client work; drawing upon an array of psychological approaches including CBT, CAT, DBT to offer short-term intervention/ crisis management to contribute and build client's resiliency skills and develop safety management plans.
- Development and delivery of DBT skills based group
- Staff training relating to personality disorder, self-harm, DBT
- Working as a member of several MDT's
- Providing specialist psychological advice, guidance via consultation to other professionals
- Delivery of individual and group supervision
- Service development: development of and implementation of group interventions within each setting.
- Development of psychological input into new service delivery model; focusing upon a "recover/resilience" model.
- Facilitation of "Schwartz Rounds"
- Liaison with external agencies and services appropriate for client's future treatment pathway.

**2011 – 13      Clinical Psychologist -Cambian Healthcare: Psychiatric Rehabilitation within a 30 bedded male unit with a range of severe and enduring mental health difficulties, including schizophrenia, schizoaffective disorder, Bipolar Disorder and personality disorder.**

- Exercising autonomous professional responsibility for assessing, formulating and implementing appropriate psychological interventions and treatment.
- Undertaking formal comprehensive risk assessments (i.e. HCR20/ RSVP) and contributing to risk assessment and management for individual clients
- Direct Intervention: individual client work; drawing upon an array of psychological approaches including CBT, CAT, DBT
- Providing specialist psychological advice, guidance via consultation to other professionals
- Delivery of staff training on a variety of relevant topics including personality disorders, self-harm, suicide
- Delivery of supervision
- Developing and maintaining appropriate liaison with staff from other disciplines and external agencies
- Completing necessary CPA and MHRT documentation.
- To pursue all CPD

**2008 – 11      Trainee Clinical Psychologist -Dudley and Walsall Mental Health NHS Trust**

**2007 – 08      Clinical Assistant Psychologist - Cambian Healthcare**

**2006 – 07      Clinical Assistant Psychologist -Assertive Outreach Team. Derbyshire Mental Health NHS Services**

#### **CONFERENCE PRESENTATIONS AND RESEARCH**

- 2018**      Rose, J. & Walker, A. (2018). Understanding Staff to provide Effective Support and Development. In Linsey, W. R. & Taylor.J. L. (2018). The Wiley handbook on Offenders with Intellectual and Developmental Disabilities: research, Training an Practice. Wiley Blackwell.
- 2012**      Walker, A., Rose, J. & Thrift, S. (2012). Working with Sex Offenders with a Learning Disability: What factors Matter. Presentation at the International Conference on the Care and Treatment of Offenders with a Learning Disability.
- 2012**      Rose, J., Walker, A. & Thrift, S. (2012). Working with Sex Offenders with an Intellectual Disability: What factors matter? Submitted to: Sexual Abuse: A Journal of Research and Treatment
- 2005**      Walker, A & Coulson, N.S. (2005). A thematic analysis exploring the online realities and social support in breast cancer computer-mediated support groups. Presented at the British Psychological Society Quinquennial Conference. Manchester. UK.
- 2005**      Walker, A & Coulson, N.S. (2005). Researching Virtual Communities: some ethical considerations. (under review)
- 2005**      Coulson, N.S. & Walker, A. (2005). Coping with breast cancer in cyberspace: understanding the role of the online support group. Presented at the Health Psychology Society Annual Conference. Galway. Ireland.
- 2008**      Walker, A. & Molodynski, A. (2008). Can Smoking Cessation in Assertive Outreach Team be Effective? Poster presented at National Forum for Assertive Outreach.