

Dr Stephanie Davies
D Clin. Psych.
Clinical Psychologist



Health Professions Council Registration: **PYL33669**

Dr Davies is an HCPC registered Clinical Psychologist who works in the NHS in Physical Health care settings. She qualified in 2016 and since then has held a number of roles predominantly working with children and adults whose mental health has been impacted by their physical health condition or disability. Her skills include psychological assessment, formulation and interventions, reflective practice and supervision, and training of medical professionals. She works in a trauma-informed way and draw on a range of models in her work.

AREAS OF SPECIALISM

- Adult Mental Health
- Living with chronic health conditions
- Trauma, PTSD
- ACT
- Compassion focused approaches
- Reflective practice and supervision of medical professional.

PROFESSIONAL QUALIFICATIONS

- 2016** Doctorate in Clinical Psychology, Staffordshire and Keele University
- 2010** PG Dip in Low Intensity Cognitive Behavioural Interventions, University College London, London
- 2006** BSc Psychology 2:1, Leeds University, Leeds

WORK HISTORY

2020 – Present **Senior Clinical Psychologist (Band 8a), Dudley Physical Health Psychology Service, Black Country Partnership NHS Foundation Trust**

Responsibilities

Roles in Palliative Care, Renal medicine and Diabetes.

- Palliative Care

Training and supervising Specialist Nurses to recognize and assess a range of mental health and adjustment difficulties with patients. Conducting psychological assessments and interventions with a range of patients and their families/carers. Conducting inpatient, outpatient and home visits. Offering supervision to medics training in Palliative Care

- Diabetes

Developing joint referral pathways with the local IAPT service, developing referral criteria as well as risk management and other service policies. Promoting the service and liaising with hospital staff and outside agencies to deliver holistic care to patients. Running supervision groups of CBT therapists centred on patient with Diabetes. Delivering training to Diabetes teams on risk management, screening for mental health difficulties

- Renal

Working as the lone Psychologist within the Renal Team, designing and managing referral pathways, managing waiting lists, designing patient education materials, representing psychology at MDTs. Consultation and MDT working with the Renal Team to deliver holistic care to patients. Conducting psychological assessments and interventions with a range of patients and their families/carers. Supervising trainee Psychologists. Contributing to service development using audit and service evaluation

2018 – 2020 Band 8a Macmillan Clinical Psychologist (part time), Worcester Cancer Psychology Service, Worcestershire Acute Hospital's Trust

Responsibilities

- Setting up a new Psychology service for Cancer patients and their families across 3 hospital sites, along Macmillan 4 tier model service guidelines.
- Acting as the Clinical Lead for the service (job sharing), having management and supervisory responsibility for Band 6 Counsellors.
- Developing referral pathways and criteria as well as risk management and other service policies. Promoting the service and liaising with hospital staff and outside agencies to deliver holistic care to patients.
- Training and supervising Specialist Nurses to recognize and assess a range of mental health and adjustment difficulties with patients.
- Conducting psychological assessments and interventions with a range of patients and their families, 1:1 and in groups.

2019 Clinical Psychologist (Part-time fixed term), Innovating Minds CIC, equivalent to mid Band 7

Responsibilities

- Working on a project with Staffordshire Virtual Schools Team. Taking individual referrals for Looked After Children having difficulties in educational settings
- Delivering trauma informed training and supervision with school staff to help them understand the impact of developmental trauma on children and young people in educational settings and how to work differently with them. Also creating a safe and containing supervisory space for difficult feelings to be shared and team working to be facilitated.
- Training the Virtual Schools team on attachment and developmental and relational trauma
- Working 1:1 with young people with developmental trauma to work on strategies around emotional recognition and regulation.

2017 – 2018 Band 7 Clinical Psychologist, Health in Mind, Birmingham Children's Hospital, Birmingham Women's and Children's NHS Foundation Trust

Responsibilities

- Conducting psychological assessments and interventions with children and young people with health conditions and their families, bringing together complex information to develop holistic and collaborative formulations
- Using systemic, attachment focused, compassionate and ACT models in intervention work
- Developing and running a CBT based anxiety management group for children, running a Triple P parenting group
- "Link working" with two medical teams, attending their MDT and clinics to offer support to staff and a psychological viewpoint, offering team formulation and reflective practice groups and more formal teachings and trainings

- Attending “Duty” appointments, urgently needed assessment or intervention for inpatients at the hospital. Managing high levels of distress whilst flexibly meeting patient needs
- Liaising with and working alongside medical teams to manage high levels of risk and challenging situations
- Contributing to service development using audit and evaluation and working with colleagues to develop patient pathways
- Clinical supervision of other professionals e.g. Assistant Psychologist
- Attending and contributing to team meetings and reflective group supervision

2016 – 2017 Clinical Psychologist Band 7 (Fixed Term), Umbrella Pathway, Worcestershire CAMHS

Responsibilities

- Conducting ADOS assessments (formal assessments of Autistic Spectrum Disorder) with children aged 4-18 and writing reports used for diagnostic purposes
- Liaising with other professionals to consider whether a diagnosis of ASD was appropriate
- Working with parents to record developmental histories and consider other explanations for behaviour such as attachment difficulties or trauma

2013 – 2016 Trainee Clinical Psychologist Band 6, Doctorate in Clinical Psychology, Staffordshire and Keele University / South Staffordshire & Shropshire Healthcare NHS Foundation Trust

CAMHS Placement

Responsibilities

- Reviewing waiting list and selecting priority cases
- CHOICE assessments, determining clinical need and suitability for service.
- Cognitive assessments and report writing e.g. WISC
- Screening of autistic spectrum disorders and referrals to specialist services
- Formulation of difficulties and Individual therapy for child or young person from CBT, systemic, and attachment informed perspectives
- Intervention for variety of clinical presentations; anxiety, OCD, phobia, low mood, self-harm.
- Liaison with other services and MDT working

Clinical Health Psychology Placement

Responsibilities

- Working with adults with physical health conditions in a hospital setting
- Undertaking assessments and delivering interventions from CBT, ACT, Compassion and Systemic perspectives
- Referrals taken from Neurology, Rheumatology and Respiratory and Palliative care services
- Designing and delivering training for other professionals e.g. Anxiety in COPD for Respiratory Nurses

Other Placements

Responsibilities

- Undertaking comprehensive psychological and psychometric assessments with a variety of client groups, planned and delivered interventions, undertaken joint working with colleagues in an MDT and contributed to service development by training staff and undertaking audits.

- Undertaken placements in Older Adults, CAMHS Learning Disabilities team, a CMHT and a Medium Secure Forensic Learning Disabilities Ward.
- Contributed to service development by conducting service audits, collating materials for tender bids and designing service pathways.

2013 Locum Primary Care Mental Health Worker, Increasing Access to Psychological Therapies Service, Birmingham and Solihull Mental Health Foundation Trust

Responsibilities

- Working collaboratively with adults suffering mild to severe depression or anxiety problems, delivering low intensity cognitive behavioural interventions
- Managing risk effectively, communicating with GPs and other mental health care professionals verbally and in writing to ensure patient safety and best possible outcomes
- Liaising with colleagues and utilising supervision to make decisions around stepped care or referring to other NHS services or voluntary agencies
- Conducting telephone screening assessments using outcome measures

2012 – 2013 Assistant Psychologist, Tamarind Centre, Birmingham and Solihull Mental Health Foundation Trust

Responsibilities

- Working collaboratively with men in a secure forensic service, delivering individual interventions in line with MOJ guidelines. Presentations included Personality Disorder diagnoses and Psychosis.
- Conducting psychometric assessments and specialist risk assessments e.g. HCR-20
- Working with staff to develop joint formulations of difficulties.
- Contributing to staff training.

2009 – 2012 Primary Care Mental Health Worker, Camden Psychological Therapies Service, London

Responsibilities

- Working collaboratively with adults suffering mild to severe depression or anxiety problems, delivering low intensity cognitive behavioural interventions
- Managing risk effectively, communicating with GPs and other mental health care professionals verbally and in writing to ensure patient safety and best possible outcomes
- Liaising with colleagues and utilising supervision to make decisions around stepped care or referring to other NHS services or voluntary agencies
- Delivering and facilitating group interventions including a specialist sleep group
- Leading on the “Books on Prescription” service, including selecting suitable titles, working jointly with local libraries and delivering presentations to GPs on the service

2008 – 2009 Healthcare Assistant, Cygnet Lodge Westlands, Harrow

Responsibilities

- Working with female patients experiencing complex mental health problems including diagnoses of Psychosis and Emotionally Unstable Personality Disorder on a locked rehabilitation unit.
- Facilitating a Dialectical Behavioural Therapy and Mindfulness group.
- Escorting patients on leave, managing risk including self-harm behaviour.
- Facilitating activities of daily living.

TRAINING

- 2023** Transforming Trauma (Internal Family Systems), Psychology Northwest; 8 days
- 2023** ACT training (Introduction and ACT for Physical Health Conditions), Think Psychology Ltd, 3 days
- 2022** Compassionate Mind for Physical Health, Compassionate Mind Foundation; 1 day
- 2019** Introduction to Compassionate Mind, Compassionate Mind Foundation; 3 days
- 2018** STAR training- Supervisor Training and Recognition, Birmingham University; 2 days.