

## Dr Charlene Plunkett

BA Hon Psych & HRM, MSc, Health Psychology,  
MSc Applied Psychology Children & Young People, DClinPsych.

### Clinical Psychologist



Health Professions Council Registration: **PYL32843**

Dr Charlene Plunkett is a qualified HCPC registered Clinical Psychologist who has worked in the NHS for over 10 years.

Dr Plunkett has worked with children, families, adolescents and adults; providing psychological assessment, formulation and intervention across the age range to treat difficulties such as depression; self harm; anxiety, phobias; OCD; Trauma and low self esteem. She has also supported families and adults with ASD/ADHD. Dr Plunkett has also worked in physical health settings such as Renal Dialysis and is experienced in supporting adjustment to medical conditions or coping with chronic pain. Dr Plunkett has also worked with adults and young people recovering from personal injury. She has a wide skill set using therapeutic models such as Cognitive Behavioural Therapy (CBT), Compassion Focussed Therapy (CFT), Cognitive Analytic Therapy (CAT), Acceptance and Commitment Therapy (ACT) among other approaches in accordance with each person's individual needs. Dr Plunkett also has specialist interests working with individuals or couples impacted by fertility difficulties and those experiencing perinatal mental health issues.

Dr Plunkett is therefore able to provide psychological therapy for a range of difficulties to a range of ages across the lifespan. Dr Plunkett is also an experienced supervisor and can offer supervision to other clinicians in the private and third sector settings. Dr Plunkett's clinical practice is built on a strong ethos of compassion. Relationships built on compassion are central to her work with clients and other professionals. Dr Plunkett is an approachable and adaptable clinician who works hard to place her client's needs at the centre of her work.

#### AREAS OF SPECIALISM

- Psychological Assessment and intervention for children
- Psychological Assessment and intervention for adolescents
- Psychological Assessment and intervention for adults
- Common mental health difficulties - depression, anxiety, phobias, OCD, low self esteem
- Perinatal mental health
- Fertility issues
- Adjustment to Physical health Difficulties
- Personal Injury

#### WORK HISTORY

##### 2023 – Present

##### Programme Director MSc Applied Psychology Children & Young People, University of Edinburgh

- Strategic leadership and operational management of the MSc programme.
- Ensure compliance with requirements of the accrediting body the British Psychological Society
- Promote the highest standards of professional conduct by taking lead responsibility for quality assurance and enhancement of the Programme
- Oversee training in Psychological competencies: Assessment, formulation, Psychological Intervention

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- Deliver teaching in psychometrics

**Dec 2020 – Feb 2023      Clinical Psychologist (P.T.) The Psychology rooms**

- Provide assessment, formulation & psychological intervention (informed by CBT, CFT, ACT, CAT, Systemic & Family systems) to individuals across the lifespan with mental health difficulties
- Provide consultation to multiagency colleagues
- Attend and contribute at monthly peer supervision
- Provide written psychological reports, communicating formulation, assessment and intervention outcomes.

**Apr 2017 – Mar 2021      Specialist Clinical Psychologist NHS Lanarkshire**

- Provide assessment, formulation & psychological intervention to children, families & young people with moderate to severe mental health difficulties
- Models of intervention, CBT, Systemic, Family systems, CFT, ACT
- Provide consultation to multiagency colleagues
- Liaise with A&E colleagues, provide psychological assessment for young people admitted to hospital in patient setting
- Provide supervision, and clinical placements to Clinical Psychology (Core & Advanced) trainees and to junior clinicians

**Aug 2019 – Dec 2022      Senior Teaching Fellow, Doctorate Clinical Psychology University of Edinburgh**

- Lead & develop the clinical curriculum review for Health, Beliefs and Behaviour, Formulation & Intervention
- Teach skills in specialist psychological intervention, Systemic therapies, Child Protection issues
- Liaise with senior stakeholders NHS & NES to support teaching Health, Systemic and Perinatal Mental Health
- Contribute to Selection for academic posts & clinical programme intake
- Contribute to Systemic and Child Protection teaching
- Supervise MSc & DClPsych Research in areas of Perinatal Mental Health, Attachment and coping with paediatric illness, Compassionate healthcare
- Personal tutor role for MSc Students & DClPsych trainees

**Oct 2017 – Mar 2019      Research Associate, Centre for Excellence for Looked after and Accommodated Children (CELCIS) University of Strathclyde**

- Research Consultation to third sector organisation – contribution to leadership through developing in house service evaluation.
- Principle Investigator – managing and coordinating service evaluation
- Report writing for publication e.g. seminar or peer reviewed journal
- Feb 2016 – Mar 2017: Clinical Psychologist NHS Greater Glasgow & Clyde
- Provide specialist psychological assessment, formulation and intervention to young people within a Tier 3 CAMHS
- Models of intervention, CBT, Systemic Approaches, CFT
- Work as a reflective practitioner, drawing on the scientist-practitioner approach to offer psychological formulation in MDT meeting to support the work of non-psychology colleagues
- Supervise trainee clinical psychologists

**Oct 2012 – Sept 2015      Trainee Clinical Psychologist Manchester MHSC (NHS)**

- Skills in assessment, formulation, intervention with clients across the life span
- Understand the aetiology & maintenance factors pertaining to mental health difficulties
- Use psychological models (CBT, Attachment, Neuropsychology etc) to provide evidence based, formulation driven interventions.
- Acquire a working knowledge of supervision & consultation models
- Develop and deliver bespoke training to professionals in partner agencies, gathering training feedback/evaluation

- **Thesis:** Role of the Baby in Recovery from Postpartum Psychosis - Thematic analysis, Meta-analysis of recovery from postnatal mental illness

**Mar 2010 – July 2015      Child & Adolescent Therapist NHS Greater Glasgow & Clyde**

- Provide psychological assessment, formulation and intervention to young people and families with mild to moderate mental health difficulties
- Contribute to Research Teaching MSc Applied Psychology for Children & Young People
- Deliver manualised training seminars to professionals in partner agencies

**Feb 2009- Jan 2010      Trainee Clinical Associate NHS Lanarkshire**

- Develop skills in assessment & formulation to deliver bespoke psychological intervention
- Audit of assessment practice - Presentation on findings

**Apr 2005 – Jan 2009      Post-Graduate Research Assistant Queen Margaret University**

- Co-presenting at research seminar & communication skills workshop
- Evaluation of parenting interventions in Lanarkshire
- Review of nursing in the community – mixed methods.
- Systematic Reviews & Literature Reviews
- **Grants:** 2007 – Lanarkshire (NHS & Local Authority) – Review of Parenting services – (£43k) (Co-applicant).

**TRAINING**

2009	Incredible Years Parenting	Behavioural management principles to support parents managing children's behaviour, social emotional coaching, reward systems
2009	Dinosaur School	Group work with primary aged children, emotional expression
2009	STORM Training	Suicide prevention, incorporate into risk and formulation approaches
2009-	Mellow Parenting	Attachment based approach to parenting, help parents to reflect on their own experiences.
2011	Triple P Primary care, Group level	Behavioural management principles to support parents managing their child's behaviour
2011	Triple P Seminar Series	Training other professionals (e.g. teachers, social work) in key principles
2015	Introduction to VIG	Attachment based intervention, use with parents and infants, strength based approach
2015 University of Manchester	Introduction to CAT	Developing CAT formulations, maps, in particular reciprocal roles
2016 Campomile Hotel	Attachment Theory	Consideration of attachment theory across all client groups
2016 Glasgow South side	Nes Generic Supervision	Support senior staff in supervising trainees
2017 NES Teachers Building Glasgow	Functional Analysis training	Assessment and intervention for behaviour difficulties in Children

		with LD. Can be applied to clinical work with children with mild to moderate LD
2017 NHSL	IY programme additional needs/preschool	Adapting IY programme for additional needs and preschool children. To support parents with behaviour management and social emotional coaching.
March 2017 NHSL	New Supervisor Training	Take on DClinPsych Trainees
February 2018 NES University of Edinburgh	Supervisor training for complex CBT course/Neuro developmental CPD session	Supervise junior clinicians on CBT course for CAMHS complex cases. Revision of working with neurodiverse children.
November 2018 NES Jurys Inn Glasgow	CBT-E part one	Working with young people to support weight gain through exposure to feared/avoided foods
February 2019 NES Jurys Inn Glasgow	CBT-E part two	Targeting residual ED cognitions using reattribution strategies, pie charts, continuums.
June 2020 NHSL	Dyadic Developmental Practice	Cancelled due to Covid-19 pandemic
Mar/April 2020	Bessel Van Der Kohl – Online adapting to pandemic, emotional regulation strategies	Lots of psychoeducation ideas to normalise anxiety and reasonable fear in clients in response to the pandemic.
April 2020	BRED online seminar	How to adapt to working remotely/online with young people with ED
June 2021 NHSL	Dyadic Developmental Practice	Cancelled due to Covid-19 pandemic second wave/lockdown
March – May 2021	Russ Harris ACT foundations	Applying basic principles with clients across the lifespan
September 2022	BICA foundation Fertility counselling	Foundations of fertility counselling, which is an area of practice I would like to specialise in the future
November 2023	Mental Health Foundation – Introduction to CFT	Introduction to CFT training which informs a large part of my clinical work and research. I aspire to become an accredited provider, supervisor and trainer in this model as part of my long term practice.