



**Dr Jessica Eade**

B.Sc., Ph.D., D.Clin.Psych.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL04819**  
British Psychological Society Membership: **175355**

Dr Jess Eade is a Chartered Clinical Psychologist registered with the Health Care Professionals Council. She has over 20 years of experience working with individuals, families and groups with diverse emotional, psychological and physical difficulties in a variety of clinical and research contexts. She has a broad level of clinical experience working in both community and physical health care settings and across all aspects of adult mental health. Her last substantive post within the NHS was at consultant grade.

Dr Eade's area of special interest is in persistent physical symptoms and iatrogenic distress, including the assessment of trauma and post traumatic distress after injury, disease or medical intervention. Dr Eade uses a theory-informed, individualised approach with her clients and has experience of treating a wide range of mental health difficulties including, anxiety, depression, post-traumatic stress disorder, obsessive compulsive disorder and attachment-based trauma.

#### **AREAS OF SPECIALISM**

- Adult mental health assessment
- Treatment of anxiety
- Depression
- PTSD
- OCD
- Attachment-based trauma.
- Persistent physical symptoms e.g. Chronic Pain

#### **PROFESSIONAL QUALIFICATIONS**

**2007** Doctor of Clinical Psychology – Bangor University

**2001** Doctor of Philosophy – Bangor University

**2004** Bachelor of Social Science in Psychology with Health Psychology – Bangor University

#### **WORK HISTORY**

**2020 – Present** **Self-Employed Clinical Psychologist**

Inspired during the COVID pandemic, I have completed 200 hours+ of refreshing and returned to practice as a clinical psychologist.

**2016 – 2020** **Self Employed at Dinorwig Distillery**

As a self-taught distiller, I developed an award-winning artisan gin and set up a micro gin distillery. I managed product development, production, safety, marketing and sales.

**2014 – 16** **Consultant Clinical Psychologist, BCUHB**

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I was the psychology lead in developing a service to better manage frequent attendance in the emergency department and regular admission to physical health care wards across three hospital sites. I led a team of three clinical psychologists and one assistant psychologist. Developing the service involved:

- Audit of patient attendance to inform best distribution of limited resources across hospital sites.
- Liaison with hospital health care teams, psychiatric liaison services, ambulance services, police, primary care & community mental health teams
- Multidisciplinary case management & intervention work
- Clinical work including trauma, depression, anxiety, chronic physical health conditions, medically unexplained physical symptoms & high levels of iatrogenic distress
- Consultation & training other health care professionals

**2013 – 14**      **Principal Clinical Psychologist, BCUHB**

This post was an Early Intervention in Psychosis Service that also included Autistic Spectrum Disorders (ASD)

Assessment for adults. Key roles included:

- Assessment & intervention work with individuals, groups, carers & other health care professionals
- Training & supervision of clinical psychology trainees
- Facilitation of a special interest group in ASD assessment

**2010 – 13**      **Principal Clinical Psychologist, BCUHB**

I was the lead clinician for a multidisciplinary pain management programme. This role also involved:

- Multidisciplinary case formulation and intervention work with individuals
- Training & supervision of clinical psychology trainees

**2007 – 10**      **Student Mental Health Adviser at Bangor University and Clinical Psychologist, Kemish-Eade Psychology Services Ltd**

As a student mental health adviser, I assisted students to gain the support needed to engage with student life despite the barriers posed by mental health and neurodevelopmental issues.

With a clinical psychology colleague, I developed and established an independent psychology service for adults.

We offered assessment & treatment for range of mental health issues and prepared court reports.

**2004 – 07**      **Trainee Clinical Psychologist, BCUHB**

Training in clinical psychology, working across the life span in adult mental health, child, older adults, and learning disability services.

**2002 – 04**      **Research Officer, Bangor University**

I worked on an Evaluation of the Incredible Years Parent Training Programme. The role included: supervision of more junior research staff; evaluation of the programme & dissemination of findings; and training of health care professionals to deliver the programme.

**1997 – 2002**      **Research Assistant, Bangor University**

During the completion of my PhD, I worked on various research projects under the supervision of Professor Mark Williams, including the initial trials of Mindfulness based Cognitive Behaviour Therapy.