



Dr Paula Redmond  
DClinPsych  
**Chartered Clinical Psychologist**



Chartered Psychologists



[www.hpcp-uk.org](http://www.hpcp-uk.org)

Health Professions Council Registration: **PYL24247**  
British Psychological Society Membership: **180448**

Dr Paula Redmond has over 15 years' experience working in mental health services in the NHS. Now working solely in private practice, she draws on her broad expertise to deliver effective evidence-based therapies online. Her main areas of interest are trauma, loss and burnout - particularly within the healthcare professions. Her approach is centred on compassion and connection to values.

- Trained in the use of cognitive-behavioural, systemic and brief psychodynamic therapies for individuals, families and groups
- Special interest in acceptance and commitment therapy, schema-focussed therapy, narrative therapy and family interventions.
- Complex case formulation and consultation, including challenging behaviour work with dementia care homes, and high-risk cases
- Skilled in administering and interpreting standardized psychometric and neuropsychological tests
- Committed team player offering compassionate clinical leadership in a multi-disciplinary context
- Clinical supervision and training of psychology and non-psychology colleagues
- Innovative service development
- Passionate about employee well-being and finding creative ways of nurturing this in resource-depleted contexts

### PROFESSIONAL QUALIFICATIONS

2018	Family Interventions for Adults with Psychosis and Dementia - University of Surrey
2012	Advanced Masters in Gerontological Sciences – Maximum Distinction – Vrije Universiteit Brussel
2009	Doctorate in Clinical Psychology – Canterbury Christ Church University
2004	Master of Arts (Honours), Psychology – First Class – University of St Andrews
1999	Independent Examination Board Matriculation – 6As, 1 B – St Mary's School for Girls, Johannesburg

### SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

2021	EMDR - EMDR Academy
2021	ACT for Trauma - Russ Harris
2020	Trauma -Psychopathology and Treatment - SDS
2019	Psychodynamic Skills - Experiential Psychotherapy Initiative
2019	Tree of Life Advanced Course - Phola
2018	Essential Supervision Skills (BPS Approved) - Paul Grantham, SDS
2017	STEPPS Facilitator Training - Sussex Partnership NHS Foundation Trust
2017	Brief Psychoanalytic Psychotherapy - Tavistock Centre, London

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- 2015**      Fluent and Flexible Acceptance and Commitment Therapy - Russ Harris (online)
- 2011**      Acceptance and Commitment Therapy (introductory and intermediate courses) – Mindfulness Ltd
- 2009**      Introduction to Psychodynamic Concepts: A Workshop for Clinical Psychologists – Tavistock Centre
- 2007**      Mindfulness Based Cognitive Therapy – Brenda Roberts, Salomons Centre

## **WORK HISTORY**

### **2020 – Present    Private Practice**

- With a special interest in working with health professionals and healthcare organisations through individual therapy, training and consultation. Also working in partnership with Surrey County Council, Intensive Care Society, and Frontline19.

### **2020 – Present    Principal Clinical Psychologist (Band 8b) - Community Mental Health Service for Older People, Kent and Medway Partnership Trust**

- A part-time role (through NHS Professionals) supporting the service with neuropsychological assessment, as well as staff wellbeing and consultation.

### **2003 - Present    Senior Clinical Psychologist (Band 8a) - Community Mental Health Service for Older People, Kent and Medway Partnership Trust**

- Providing specialist psychological assessment and intervention to older adults with complex mental health problems, for individuals, couples, families and groups, within a multi-disciplinary team;
- Neuropsychological assessment as part of the memory assessment service;
- Complex case consultation and formulation to support colleagues' work with high risk cases;
- Three secondments to establish and clinically lead time-limited complex behaviour projects to implement non-pharmacological approaches within dementia care homes;
- Supervision and management of assistant, trainee and qualified clinical psychologists;
- Leading on service development and innovation (e.g. setting up STEPPS group for older people; establishing family intervention clinic; developing post-diagnostic pathways)
- Taking a lead on staff wellbeing initiatives (e.g. offering regular sessions for creativity and restoration; implementing staff consultation processes to address low morale)

### **2010 – 11            Specialist Clinical Psychologist (Band 7) - Community Mental Health Team for Older People, Surrey and Borders Partnership NHS Foundation Trust**

- Therapeutic assessment and intervention for older adults with complex mental health problems;
- Neuropsychological assessment;
- Clinical supervision and training of assistant and trainee clinical psychologists and non-psychology colleagues;
- Leading on specific service development projects (e.g. outcome audit, post-diagnostic dementia information pack).

### **2009                    Specialist Clinical Psychologist (Locum Band 7) - Community Mental Health Team for Older People, Kent and Medway NHS and Social Care Partnership Trust**

- Therapeutic assessment and intervention for older adults with and without dementia;
- Neuropsychological assessment;

- Establishment of pre-diagnostic counselling service for memory clinic.

**2006 – 09                    Clinical Psychologist in Training - Canterbury Christ Church University**

Supervised clinical placements:

- Adult mental health primary and secondary care services (12 months)
- Community learning disability team (6 months)
- Child and adolescent tier 3 mental health services (12 months)
- Older adult community mental health team and memory clinic (6 months).

Research and audit projects:

- Independent Research Project – qualitative grounded theory study exploring the impact of HIV support groups on hope for African women in the UK.
- Quality Improvement Project - questionnaire survey study of public opinion of local CAMHS: Redmond, P., Geraghty, W., & Harmon, S. (2009). Clinical Psychology Forum, 195, 23-27.

**2005 – 06                    Assistant Clinical Psychologist - Community Learning Disability Team, Kingston Primary Care Trust**

- Challenging behaviour and mental health assessment and intervention;
- Dementia assessment;
- Consultation to professional and family carers.

**2004 – 06                    Helpline Volunteer – Samaritans**

- Responding to telephone calls, emails and text messages from members of the public in emotional distress, often suicidal; training and mentoring new volunteers.

**2004                            Support Worker – The Orpheus Centre**

- Personal care for young adults with physical and learning disabilities; supporting educational and social programmes; key-working to promote independent living and provide emotional support.