

Rebecca Coleman

BA (Hons)., GradDip., PGCert., MSc.

Cognitive Behavioural Psychotherapist



British Psychological Society Membership: **180263**

Rebecca Coleman is an experienced Cognitive Behavioural Psychotherapist with over 9 years of experience delivering collaborative psychological assessment, formulation, and intervention. Having worked with a diverse range of population groups, including individuals who have acquired a physical injury / disability, Rebecca is able to tailor psychological assessment and therapeutic intervention in her approach to meet individual needs. Through postgraduate study, Rebecca has gained expertise in working with PTSD and psychological trauma, within NHS trauma services.

Rebecca can see clients nationally via video platform.

AREAS OF SPECIALISM

- Adult Mental Health
- PTSD and Trauma
- Work related accidents
- Adjustment after injury
- Depression
- Anxiety

PROFESSIONAL QUALIFICATIONS

- 2022** MSc Cognitive Behavioural Therapy: Children and Adolescents - University of Oxford
- 2022** Postgraduate Certificate in Enhanced Cognitive Behavioural Therapy: Psychological Trauma - University of Oxford
- 2017** Postgraduate Diploma in Cognitive Behavioural Therapy: Complex Presentations - University of Oxford
- 2015** Postgraduate Certificate in Low Intensity Therapy - University of Essex
- 2014** BSc Graduate Diploma in Psychological Studies (conversion course) - University of Central Lancashire
- 2011** BA (Hons) Criminology and Communication Studies - University of Liverpool

WORK HISTORY

2023 Tutor / Lecturer in CBT

Psychology, Faculty of Health and Life Sciences, University of Exeter

2022 – 2023 Senior Research CBT Therapist, Secondary Care – Community Mental Health Team

Pennine Care NHS Foundation Trust

2022 – 2023 Senior Cognitive Behavioural Therapist: Complex Hand Trauma (Children & Young People),

Burns and Plastics Psychological Therapies team

Wythenshawe Hospital, Greater Manchester Mental Health NHS Foundation Trust

2022 – 2023 Independent Psychological Consultant

Coaching Programme for NHS Medical Students

University of Leeds

2021 – 2022 Trial Therapist

Coaching Programme for NHS Critical Care Nurses

Bradford Institute for Health Research, Bradford Teaching Hospitals NHS Foundation Trust

2020 – 2021 Cognitive Behavioural Therapist

Child and Adolescent Mental Health

CAMHS Professionals

2019 – 2020 Cognitive Behavioural Therapist

Outpatient and Inpatient Adolescent and Adult Mental Health

The Priory Hospital, Roehampton

2019 – 2020 Honorary Cognitive Behavioural Therapist

Outpatient Trauma Pathway for Adults

Centre for Anxiety Disorders and Trauma (CADAT), South London and Maudsley NHS Foundation Trust

2017 – 2019 Cognitive Behavioural Therapist

Adult Mental Health

Psychological Wellbeing Service (IAPT), Cambridgeshire & Peterborough NHS Foundation Trust

2015 – 2017 Psychological Well-being Practitioner

Adult Mental Health

Psychological Wellbeing Service (IAPT), Cambridgeshire & Peterborough NHS Foundation Trust

2014 – 2014 Inpatient Healthcare Assistant

Adult Mental Health

The Priory Group, Widnes

PUBLICATIONS

Johnson, J., Pointon, L., Talbot, R., **Coleman, R.**, Budworth, L., Simms-Ellis, R., Vogt, K., Tsimpida, D., Biyani, C. S., Harrison, R., Cheung, G., Melville, C., Jayagopal, V. & Lea, W. (2023). Reboot coaching programme: a mixed-methods evaluation assessing resilience, confidence, burnout and depression in medical students. *Scottish Medical Journal*, in press.

Al-Ghunaim, T., Johnson, J., Biyani, C. S., **Coleman, R.**, Simms-Ellis, R. & O'Connor, D. B. (2023). Evaluation of the Reboot Coaching Workshops among Urology Trainees: A mixed method approach. *BJUI Compass*, 4, 533-542.

Vogt, K. S., Simms-Ellis, R., Grange, A., Griffiths, M. E., **Coleman, R.**, Coleman, S., Harrison, R., Shearman, N., Horsfield, C., Budworth, L., Marran, J. & Johnson, J. (2023). Critical Care Nursing Workforce in Crisis: A Discussion Paper examining contributing factors, the impact of the Covid-19 pandemic and potential solutions. *Journal of*

Clinical Nursing, 32, 7125-7134.

Vogt, K. S., Grange, A., Johnson, J., Marran, J., Budworth, L., **Coleman, R.**, & Simms-Ellis, R. (2022). Study Protocol for the online adaptation and evaluation of the 'Reboot' (Recovery-boosting) Coaching Programme, to prepare critical care nurses for, and aid recovery after, stressful clinical events. Pilot and Feasibility Studies, 8, 63.