

Dr Cara A Pouchly

BSc (Hons)., MSc., D. Clin. Psy., Registered Clinical Psychologist

Clinical Psychologist



During my career as a clinical psychologist I have worked with clients across the life span providing comprehensive neuropsychological assessments and offering integrative psychological therapies to clients with varying physical, neuropsychological and mental health needs. My current role in the NHS involves assessing older adults and aiding differential diagnosis to possible dementias. I am responsible for providing post diagnostic support, encouraging psychological adjustment and supporting cognitive rehabilitation. I also have substantial experience in formulation both individualised and in consultation with families and multidisciplinary teams. Therapeutically, I offer integrative psychological therapies to enable the individual needs, values and resources of the client to be met. I work with individuals experiencing psychological distress in all its forms including anxiety, depression, psychoses and those with inter-relational difficulties. To enable a person-centred therapy, I draw from a variety of models and approaches including CBT, CAT, CFT, DBT, ACT, narrative, mindful and solution focussed approaches.

Contact details

I undertake private work as an associate with Newby Psychological Services and can be contacted at: info@newbypsychological.co.uk / +44 (0)7981 839614.

Qualifications

Doctorate in Clinical Psychology

Lancaster University – 2012

MSc Research Methods in Psychology

University of Liverpool – 2008

BSc (Hons) in Psychology

University of Essex – 2003

Membership of Professional Bodies

- Registered Clinical Psychologist - Health Care Professions Council (HCPC)
- British Psychological Society (BPS)

Experience

Associate Clinical Neuropsychologist
Newby Psychological Services Ltd

November 2017 – present

In my role with Newby Psychological Services I undertake neuropsychological and capacity assessments and provide neuropsychological rehabilitation and therapy to support clients, families and staff with managing the impact of neurological injury and illness.

Clinical Psychologist (8a)

November 2014 – present

Greater Manchester Mental Health NHS Foundation Trust

Within this role I aid differential diagnosis of dementias via comprehensive neuropsychological assessment and in the writing of neuropsychological reports. I offer post diagnostic support to clients with neuropsychological health needs such as those with poor executive function, memory difficulties, language problems and/or visuo-spatial difficulties. Therapeutically, I provide integrative talking therapies to older adults drawing on CBT, CAT, CFT, DBT, ACT, SFBT and narrative approaches to individuals with a range of mental health difficulties and neuropsychological diagnoses.

Clinical Psychologist (B7)

April 2013 – November 2014

Merseycare NHS Trust

Working with Adults of working age with complex and enduring mental health needs I provided direct therapy with patients and offered consultation with client's their families and within multidisciplinary teams. I delivered groups on 'managing your mood'; Mindfulness (MBCT); and CFT. Talking therapies offered drew from various approaches as detailed above. I also offered a neuropsychological assessment service to assess for delayed developmental disorders or missed ABI.

Clinical Psychologist (B7) (Locum post)

September 2012 – January 2013

Pennine Care NHS Trust

This post was split between the Tameside Early Intervention Team (EIT), CMHT and Neuropsychology Service. I provided talking therapies to young adults with first onset psychoses offering CBT, DBT and Cognitive analytic informed approaches. I also delivered a variety of talking therapies to individuals with severe and enduring mental health difficulties. Within the neuropsychological service, I provided individual assessments to obtain neuropsychological profiles to enable psychological therapies to be adapted accurately and to inform families and teams.

Trainee Clinical Psychologist

October 2009 – October 2012

Lancaster University/ Lancashire Care NHS Trust

I completed my D. Clin. Psy. at Lancaster University. The course delivers academic teaching on a variety of psychological approaches. Clinical placements include the core areas of clinical psychology being child & adolescent, adult, older adult and learning difficulty. I specialised in a cognitive analytic therapy service.

Assistant Psychologist Roles

December 2005 - April 2009

University Hospitals Aintree; National Autistic Society

Offering neuropsychological assessments to patients on stroke wards; offering educational/academic based assessments for students on the autistic spectrum.

Relevant CPD

Frontal Lobe Seminar

Greater Manchester Mental Health NHS Foundation Trust – 2017

Neuropsychology in Clinical Practice Workshop

University College London - 2016

Cognitive Stimulation Training

Cognitive Stimulation Therapy – 2016

Workshops in Neuropsychology

Canterbury Christ Church University – 2015

Mindfulness Based Stress Reduction Training (Staff)

Merseycare NHS Trust – 2014

Narrative Therapy Summer School

The Institute of Narrative Therapy - 2014

Introduction to Theory & Practice of CFT

Compassionate Mind Foundation – 2013

Supervisory Training

Lancaster University 2012/2013

Publications

Cara A. Pouchly, Louise H. Corbett, Kati Edwards, (2013)

"Life story work – overcoming issues of consent and confidentiality", *Quality in Ageing and Older Adults*, Vol. 14 Iss: 2, pp.116 – 127

Pouchly, C. A. (2012).

A narrative review: arguments for a collaborative approach in mental health between traditional healers and clinicians regarding spiritual beliefs *Mental Health, Religion & Culture*, 15, (1), 65-85. doi: <http://dx.doi.org/10.1080/13674676.2011.553716>

References

Dr Kate Evershed

Consultant Neuro Clinical Psychologist
Greater Manchester Mental Health
NHS Foundation Trust

Dr Kathryn Dykes

Lead Consultant Clinical Psychologist
Greater Manchester Mental Health
NHS Foundation Trust

Reference contact details available on request