

Mr David Kenny

BSc (Hons), PGCert., MSc, PGDip

Systemic Psychotherapist



I am a highly skilled and experienced Family Therapist who has worked within both Adult and Child & Adolescent NHS Mental Health Services. I am currently the Clinical Lead on Family Interventions for Psychosis in Mersey Care and responsible for developing a Family Therapy pathway and to deliver training in Family Interventions. My previous role included assessment and co-ordination of young peoples mental health needs and engage with them in individual or Family Therapy. Additionally, I am a qualified Systemic Supervisor able to supervise Family Therapy teams and clinicians who work with families. I have previously been an honorary lecturer at the University of Liverpool teaching Family Therapy on the Doctorate in Clinical Psychology.

My areas of interest are Psychosis, OCD, Anxiety, Brain Injury, Autism and I am most skilled when working with clients who present with complex and co-morbid (multiple) difficulties. I am very capable of supporting families who have experienced emotional and physical trauma, including illness. After a significant trauma, families often have to re-organise themselves and accommodate to new behaviours, changes to personality, memory and/or functioning levels. Family Therapy can help unpick and understand the impact of this and support people to move forward with old or new goals and values. I am proficient in engaging with all ages of people so all family members are welcomed to the appointments.

I am the local branch representative for the Merseyside Association for Family Therapy and offer Family Therapy, Consultation and Supervision on a private basis.

Contact details

I undertake private work as an associate with Newby Psychological Services and can be contacted at: info@newbypsychological.co.uk / +44 (0)7775 437363

Professional Qualifications

Post Graduate Diploma in Systemic Psychotherapy

Parkview Clinic 2015-2017

Msc in Systemic Psychotherapy

Leeds Institute of Family Therapy, Leeds University 2011 – 2013

Post Graduate Certificate in Systemic Practice

Leeds Institute of Family Therapy, Leeds University 2008-2010

BSC Hons in Psychology

Sheffield Hallam University 1999-2002

Membership of Professional Bodies

- Association of Family Therapy
- United Kingdom Council of Psychotherapy
- The British Psychological Society. Department of Clinical Psychology: Psychosis and Complex Mental Health Faculty.
- Branch Representative of the Merseyside Association for Family Therapy

Experience

Senior Systemic Psychotherapist and Clinical Lead

NHS Mersey Care Foundation Trust

January 2018 - present

This is a new role within the team and recognises the need to deliver evidence based Systemic care to service users who experience first episode Psychosis, and their relatives. My role requires me to design and develop a Family Therapy referral and treatment pathway that complements the pre-existing model of care for our service users. I work with people who have a wide range of complex physical and mental health needs including Addiction, Personality Disorder, Psychosis, OCD, and other complex and yet-to-be-understood presentations. I believe that family relationships respond to stressors such as illness or injury in unique ways and once this is better understood, relationships can be utilised to enable people and families to move towards a better future.

In my role, I also offer Supervision and Consultation with the aim of developing the Systemic theory and practice of all staff across the Liverpool and Sefton footprint. I have also designed a five-day training course that, if accredited, can be rolled out to wider Mersey Care staff.

Honorary Lecturer

January 2015 – 2018

University of Liverpool

I was an Honorary Lecturer at the University of Liverpool and taught Family Therapy on the Doctorate in Clinical Psychology.

Senior Mental Health Practitioner

January 2014-2018

Alder Hey Children's Hospital

I was employed as Senior Mental Health Practitioner by Alder Hey Children's Hospital and responsible for assessing and formulating care plans for young people. I worked with lots of young people who experienced a range of mental health difficulties such as anxiety, OCD, low mood and gender dysphoria, all often complicated by social and communication difficulties. While in this role, I developed the Family Therapy service across Sefton that included supervising two Family Therapy Teams as well as several individual practitioners. I also led on Looked After Children Consultations with the Local Authority.

Mental Health Worker

2007 – 2014

Cheshire and Wirral Mental Health Trust

I was employed as a Mental Health Worker in a Tier 4 Child and Adolescent Mental Health Team. This was an innovative service that worked with the regions most challenging CAMHS cases. My role was to apply evidence based Psychological approaches to young people who experienced crippling and debilitating co-morbid mental health needs such as anxiety, low mood and self harm. I was required to work extensively and intensively with the young people and their families in implementing care plans.

Mental Health Worker

2002 – 2007

Alder Hey Children's Hospital

This role required me to work with children in care who had experienced multiple placement breakdown and subsequent moves. The service was a Multi-Systemic Therapy service meaning the young people received a professional foster care placement with 24/7 wraparound community based support. I worked alongside multiple professionals in a way that encouraged seamless co-ordination of the young peoples care in a very challenging and complex care setting. My role was to deliver various aspects of the young persons treatment plan in order to give their foster carer placements the best chance of success. This included individual work with the young person and support for the foster and biological family in finding coherence and collaboration in their approach to the young persons care. .

Relevant CPD

- Delivered Five Day training on Family Intervention for Psychosis. 2018
- A Celebration of Salvador Minuchin. Association For Family Therapy. 2018
- Best Practice Guidelines in Family Intervention for Psychosis. The British Psychological Association. 2018
- Collaborative Leadership Forum. Mersey Care NHS Trust. 2018
- Surviving and Thriving in Care and Beyond. Merseyside Association for Family Therapy. 2017
- Podcast host on 'Utilising Family Therapy in Community Mental Health Teams' (not yet published). 2018
- Four years teaching Family Therapy at University of Liverpool as an Honorary Lecturer. 2015-2018
- One day workshop on Understanding Pathological Demand Avoidance. Hosted by Phil Christie and Lorraine Dormond. 2016
- Working Systemically with Learning Disabilities. Derbyshire Association for Family Therapy. 2014
- Ongoing Bi-Monthly Supervision of Supervision (SOS)
- Ongoing Quarterly Supervision on using Domain Based Family Therapy
- Ongoing Monthly Supervision

Recent Publications

Stevens, J. and Kenny, D. 2018, September Edition. Implementing Family Interventions Pathway in an Early Intervention in Psychosis Service. *Royal College of Psychiatry, Early Intervention in Psychosis Network Newsletter*
<https://www.rcpsych.ac.uk/pdf/eipnewsletter-issue01.pdf> .

References

Reference contact details available on request