

# Dr. Helen Diana Newby

Managing Director and Specialist in Neuropsychology and Older People



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## Summary

I have extensive experience in neuropsychological assessment, rehabilitation and therapy with adults and older people. I have a particular interest in Mental Capacity Act (2005) assessment in complex, high value and contentious cases, neuropsychological therapy with those that have suffered an acquired brain injury, neuropsychological assessment and older people.

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## Relevant Professional Qualifications and Registrations

- PgDip. in Clinical Neuropsychology, 2014, distinction, University of Glasgow
- 8-week Mindfulness-based Cognitive Therapy course, 2010, Chester
- M.Sc. module in Leadership, 2008, distinction, University of Chester
- Post-graduate course (6 days) Neuropsychology of Older Adults, 2003, Salomons, Kent
- Doctorate in Clinical Psychology, 2002, Liverpool University
- M.Sc. Applied Psychology (2 modules), 1998, University of Manchester
- Foundation Counselling Certificate, 1996, University of Chester
- B.Sc. (Hons) Psychology major, 1995, class 2i, Leicester University
- Associate Fellow of the British Psychological Society (current)
- Chartered Clinical Psychologist, British Psychological Society (current)
- Member of Division of Neuropsychology, British Psychological Society (current)
- Member of Division of Clinical Psychology, British Psychological Society (current)
- Member of Psychology Specialists Working with Older People, British Psychological Society (current)
- Entered on the Register of Applied Psychology Supervisors
- Registered Psychologist, Health Professions Council (current)

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## Recent CPD

- 2020 Capacity to consent to sexual relations: a legal and medical perspective following the JB judgement, lunch time Zoom webinar, hosted by Irwin Mitchell LLP
- 2020 Delivering Neuropsychology in the current context, ½ day Zoom webinar, hosted by University Hospitals Bristol NHS Trust
- 2020 Singing from the same song sheet: resolving the conflicts inherent in pre-litigation brain injury rehabilitation, 1 day training seminar hosted by Potter Rees Dolan LLP and AKA Case Management
- 2019 Record keeping: what do barristers want from clinicians?, lunch time seminar hosted by Brainwaves Training
- 2019 Health and Welfare Mental Capacity Issues, ½ day seminar hosted by Total Case Management
- 2019 Capacity to engage in social media: how to protect brain injury survivors online, ½ day seminar hosted by Potter Rees Dolan LLP
- 2019 Case Managing with Curiosity & Creativity: Planning the best personalised care, BABICM 1 day conference
- 2019 Motivational Interviewing. One day workshop hosted by Brainwaves Training and conducted by Dr David Manchester, Clinical Psychologist
- 2019 Mindfulness practice, 1 day, hosted by Dr Alistair Smith
- 2019 Using technology in brain injury rehabilitation, lunch time seminar hosted by Brainwaves Training

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## **Current Employment – February 2010 to date**

I have been a director and owner of Newby Psychological Services Ltd, which is based in the North West of England, since July 2010.

During this time, I have developed a reputation for providing comprehensive and valuable mental capacity assessments for clients with a range of difficulties. These have included acquired brain injury, learning disabilities, dementing conditions and mental illness. This work takes me all over the UK and Europe and I am commonly instructed in contentious, complex matters and high value cases. Common issues that I have worked with in this area are: testamentary capacity (both present and retrospective assessments), managing property and affairs, conducting litigation and health and welfare matters.

The other main area of my work is in conducting rehabilitation and therapy in cases where clients have suffered an acquired brain injury through, for example, clinical negligence, road traffic accidents or work place injuries. This very often involves taking the clinical lead in multidisciplinary teams, working with clients, their families, their support workers and the wider system around clients including case managers and solicitors. I pride myself on being professional, flexible and pragmatic in my approach and work hard to ensure a neuropsychological ethos guides the rehabilitation in a way that works for clients and their families at a time when lives have been turned upside down.

In my therapy work, I integrate psychological models including Cognitive Behavioural Therapy and Cognitive Analytical Therapy. I am also a fully qualified Mindfulness teacher.

I work with clients across the lifespan from 18 to those in their later years. I am particularly passionate about working with older people.

I also have an ongoing commitment to provide supervision in neuropsychology for psychological practitioners who work in the NHS, their own independent practices and in private companies.

I attend upon clients in their own homes, offices of instructing parties or can arrange to hire rooms.

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## **Past NHS Employment**

### **May 2003 – July 2011. Cheshire and Wirral Partnership NHS Trust, Principal Clinical Psychologist**

I was responsible for designing, developing and managing specialised psychological rehabilitation services in the Intermediate Care Service in Western Cheshire. This involved strategic and clinical responsibilities. Clinically, I conducted highly specialised psychological assessments including: identifying cognitive problems e.g. Stroke, Alzheimer's Disease and Vascular Dementia; mood disorders e.g. depression and anxiety, behavioural or personality based problems and driving assessments. I also obtained extensive experience of conducting assessments under the Mental Capacity Act (2005) e.g. financial and personal welfare issues. I conducted psychological therapy using an integrated approach. Common psychological models used include; Cognitive Behavioural Therapy (CBT), Cognitive Analytical Therapy (CAT) and Mindfulness Based Cognitive Therapy (MBCT).

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### **April 2002 – May 2003. Halton Primary Care Trust Clinical Psychologist for Older People**

I was responsible for designing, developing and managing specialised psychological services for older people and stroke sufferers in the Halton area. Common issues addressed in therapy were life re-adjustment, loss and bereavement.

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### **October 1998 – March 2002. Doctorate in Clinical Psychology Trainee Clinical Psychologist**

During training, core placements were in adult mental health, child and family, learning difficulty and older adult services. Specialist placements were in a psychotherapy service and older adult services. Skills and experience gained during training included: continued development of neuropsychological assessment and intervention, CAT, CBT, Family Therapy, integrating psychological approaches as well as working across agencies and providing consultation.

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November 1995 - October 1998. Assistant Psychologist in NHS Trusts September (Walton Centre for Neurology and Neurosurgery NHS Trust, Ashworth Hospital Authority and Mental Health Services of Salford)

My work as an assistant included working with those suffering from a range of neurologically based disorders and mental health problems. This included: Parkinson's Disease, Acquired Brain Injury, Dementia, Stroke and Epilepsy.

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### Ongoing Teaching and Training

I strongly believe in the importance of sharing skills and knowledge. In 2018 I led our team in a presentation "Is CBT the only fruit to a variety of professionals including case managers, physiotherapists, occupational therapists, speech and language therapist, and solicitors working with clients who have sustained a traumatic brain injury. This was hosted by Irwin Mitchell Solicitors in Manchester.

I am particularly passionate about the implications of the Mental Capacity Act (2005) when working with people with an acquired brain injury and older people. In 2014, I have delivered training to Irwin Mitchell Solicitors on assessing Testamentary Capacity. I also conducted training on this topic in conjunction with Alex Ruck Keene, Barrister, Thirty Nine Essex Street, London for CoPPA in 2013. In 2012, I presented on the MCA (2005) to the Ministry of Defence and in 2010 to IMCAs working across Cheshire.

I have supported the local Headway group in Halton by talking about anxiety and fatigue after an acquired brain injury in 2012 and 2013 respectively.

I have also delivered training on neuropsychology to APIL members and to Irwin Mitchell Solicitors in Manchester in 2011. Prior to this, I have taught at a Doctorate level at various academic institutions including: the Universities of Lancashire, Liverpool and Manchester. This has been on a range of topics including: Frontal Lobe Dementia, The Mental Capacity Act (2005), Clinical Psychology in Intermediate Care and Clinical Psychology in Nursing and Residential Homes.

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### Recent Publications

Newby, H. (2014) Guide Reference Group member, Making Financial Decisions: Guidance for Assessing, Supporting and Empowering Specific Decision-Making, Empowerment Matters CIC, September

Newby, H. and Ryan-Morgan, T. (2013) Assessment of Mental Capacity in G. Newby, R. Coetzer, A. Daisley and S. Weatherhead Practical Neuropsychological Rehabilitation in Acquired Brain Injury: A Guide for Working Clinicians, London: Karnac Books

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