

# Mr David Kenny

BSc (Hons), PGCert., MSC, PGDip

## Systemic Psychotherapist



I am an experienced Family Therapist who has worked in adult and child NHS mental health and Neuro-Rehabilitation services. I am currently the Clinical Lead of Family Interventions for Psychosis for my NHS Trust and responsible for designing and governing the Family Therapy pathway, deliver training in Family Interventions and systemic approaches and supervise clinical practice. My previous role included assessment and co-ordination of young people's mental health needs and engage with them individually or through Family Therapy.

Additionally, I am an AFT Approved Systemic Supervisor and I supervise Family Therapy teams and the work of clinicians from various backgrounds who want to adopt a systemic approach to their practice. I am an honorary lecturer at the University of Liverpool teaching Family Therapy on the Doctorate in Clinical Psychology and a supervisor on the University of Exeter Family Intervention in Psychosis course.

My areas of interest are in Brain Injury, Psychosis, OCD, Anxiety, Autism (Adult and Child) but I am most skilled when working with clients who present with an array of complex and co-morbid difficulties.

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](mailto: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
- On the AFT Approved List of Systemic Supervisors

## Experience

### Family Therapist

2018 to date

#### **Newby Psychological Services**

I offer a high standard of Family Therapy and intervention for people and families who have been affected by a traumatic or acquired brain injury. I carry a specialised caseload of clients some of whom present with complex relationships that require exploration and intervention to support neurorehabilitation care plans. I have experience of working with people across the life span including parents of children with life changing brain injuries and couples adjusting to personality and relationship changes because of a brain injury. I also provide clinical supervision to clinicians from various professional backgrounds who are using a systemic approach to their work with individuals, their families, and professional networks.

### Senior Family Therapist and

#### **Clinical Lead of Family interventions**

January 2018 to date

#### **NHS Mersey Care Foundation Trust**

This is a new role within the team and recognises the need to deliver evidence-based family support to service users who experience first episode psychosis. 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 govern all family work in the service and supervise the Family Therapy Clinic and lead on recruitment of Family Therapists and systemic practitioners. I work directly 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 also offer Supervision and Consultation to staff across the Trust. I have also designed a five day training course on Family Interventions in Psychosis and a two-day training course in working with families in Community Mental Health Services.

### **Honorary Supervisor**

**2022 onwards**

I work on a sessional basis for the University of Exeter supervising trainees undertaking the AFT accredited Foundational course in Family Therapy and Family Interventions in Psychosis course.

### **Honorary Lecturer**

**2015 to Present**

#### **University of Liverpool**

I am an Honorary Lecturer at the University of Liverpool and teach Family Therapy and Systemic Approaches to Psychosis 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.

### 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

- Developing Culturally Sensitive Practices To Engage Marginalised Groups. Hendrix Hammond. Institute of Family Therapy . April 2021
- AFT Annual Conference September 2021
- 5 Day Group Analysis Network Supervision Course: Group Analysis North. 2020-2021
- Family Couple and relationship within Neuro-rehabilitation: Dr Giles Yeates, April 2020
- Singing from the same song sheet. Exploring the frictions between litigation, therapy, needs and financial considerations -Potter Rees Dolan 2020
- A Celebration of Salvador Minuchin. Association For Family Therapy. 2018
- Best Practice Guidelines in Family Intervention for Psychosis. The British Psychological Association. 2018
- 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