

Dr Emma Weymouth

BSc (Hons), PGCert., Clin.Psy.D, Registered Clinical Psychologist
Diploma in Nutritional Therapy – College of Naturopathic Nutrition (CNM)



Clinical Psychologist

My particular area of clinical interest is within the field of clinical neuropsychology and pain management, particularly individualised cognitive rehabilitation for clients with acquired brain injury and comorbid difficulties such as complex chronic pain, functional neurological disorder, mood difficulties and trauma reactions. I specialise in taking an integrative therapeutic approach, incorporating CBT and Schema Therapy, Acceptance and Commitment Therapy (ACT), Compassion-Focused approaches, Cognitive Analytic Therapy (CAT), trauma-focused approaches including Eye Movement Desensitisation and Reprocessing (EMDR) and Solution Focused approaches as clinically indicated.

Contact details – Psychology

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

Qualifications

Diploma in Nutritional Therapy
College of Naturopathic Medicine – 2020

Doctorate in Clinical Psychology
University of Liverpool - 2016

Post Graduate Certificate in Primary Care Mental Health Practice
University of Central Lancashire – 2010

BSc (Hons) Psychology (1st Class Degree) (with Graduate Basis for Chartered Membership)
Manchester Metropolitan University - 2009

Membership of Professional Bodies

- Registered Clinical Psychologist - Health Care Professions Council (HCPC)
- Association of Clinical Psychologists (ACP)
- UK Association for Solution Focused Practice (UKASFP)
- British Association for Nutrition and Lifestyle Medicine (BANT)

Experience

Associate Clinical Psychologist specialising in Neuropsychology

Newby Psychological Services Ltd

October 2017 - present

My work with Newby Psychological services has included providing neuropsychological rehabilitation and psychological therapy for clients with acquired brain injury. I also engage in work with family members and provide consultation to members of the multidisciplinary teams and services around neuropsychological considerations regarding the client's rehabilitation and care. I am able to offer my skills and experience in the care of client's experiencing persistent pain syndromes. I am also experienced in conducting capacity assessments.

Specialist Clinical Psychologist

November 2020 - Present

The Walton Centre NHS Foundation Trust

Specialist Clinical Psychologist within a multidisciplinary pain management service providing enhanced specialist psychological assessment and therapeutic interventions. I offer advice and consultation to the multidisciplinary team regarding patient's psychological care and holistic management of complex chronic pain and medically unexplained pain symptoms. I deliver a specialist Pain Management Programme (PMP) as part of an MDT and undertake teaching and research in the area of clinical health psychology and biopsychosocial rehabilitation. I have a special interest in Complex Regional Pain Syndrome, female pelvic pain conditions and functional neurological disorder.

Senior Clinical Psychologist

October 2018 – November 2020

Lancashire Care NHS Foundation Trust

Clinical Psychologist within a multidisciplinary pain management service providing enhanced specialist psychological assessment and therapeutic interventions.

Clinical Psychologist

October 2016 – October 2018

Aintree University Hospital

My role within the clinical health psychology department involved working therapeutically with clients in a variety of health specialties, including those with long-term health conditions, acute and chronic pain. My primary role was Clinical Psychologist within the Stroke Early Supported Discharge (ESD) team providing neuropsychological assessment, rehabilitation and psychological therapy for patients adjusting to life following a stroke and dementia. I worked closely with the multidisciplinary team to provide a neuro-bio-psycho-social approach to treatment for patients with ABI. I provided support for families and carers and consultation, including capacity assessments to the ESD MDT, residential and rehabilitation care facilities and wider services.

Clinical Psychologist in Pain Management

October 2016 – April 2017

Blackpool Hospital NHS Foundation Trust

Within this service I provided psychological assessment and formulation for patients with chronic pain conditions and functional neurological symptoms. Within this client group, a significant proportion had experienced traumatic brain injury and subsequent acute psychological reactions such as post-traumatic stress disorder (PTSD).

I provided consultation to the MDT to enhance psychologically- informed patient care and holistic management of complex chronic pain and medically unexplained pain symptoms alongside facilitating the Pain Management Programme.

Psychologist in Clinical Training

2013 – 2016

Merseycare NHS Foundation Trust

I successfully completed clinical placements across adult mental health, child and adolescent mental health, learning disabilities, older adult and physical health specialities, focusing particularly on adult physical health and paediatric health as my specialism. Neuropsychological assessment was a core feature of all of these placements providing personalised neuropsychological formulations and treatment plans to inform care and therapeutic intervention.

Research Assistant

2011 - 2013

The University of Manchester

My role involved the recruitment, assessment and follow-up of service users diagnosed with bipolar disorder into a randomized controlled trial for a National Institute of Health Research programme focusing on the development, evaluation and implementation of psychological approaches to bipolar disorder and co-morbid problems. I presented the findings of this work at the British Association for Behavioural and Cognitive Psychotherapies annual conference in Leeds (2012) and the BABCP Bipolar Special Interest Group.

Psychological Wellbeing Practitioner

2009 - 2011

5 Boroughs NHS Foundation Trust

Cumbria Partnership NHS Foundation Trust

As a PWP I worked within the Improving Access to Psychological Therapies Programme (IAPT) providing Cognitive Behavioural Therapy (CBT) for clients with experiences of anxiety and depression within Primary Care.

Relevant CPD

Family Matters in Brain Injury – It's a family affair, so why are we only helping one person?

Potter Rees Dolan – September 2022

Eye Movement Desensitisation and Reprocessing (EMDR)

EMDR Association – September 2022

Somatic Integration Psychotherapy Introduction

Trust Psychology – September 2022

CBT Formulation: From Fundamentals to Real-World Complexity

Association of Clinical Psychologists UK – June 2022

Functional Neurological Disorder and Pain Management

Walton Centre NHS Foundation Trust - September 2021

Cognitive Analytic Therapy in Healthcare

The Walton Centre NHS Foundation Trust - September 2021

Applied Polyvagal Theory in Therapeutic Yoga – Level 1

Embodied Yoga – October 2020

International Chronic Pain Virtual Summit

RTW Plus - 18 – 19th June 2020

Treating Trauma Master Series

NICABM – April 2019

Clinical Supervisor Training

University of Liverpool - 2017

Complex Neuropsychological Cases Peer Supervision

Aintree University Hospital NHS Trust

Evidence Based Community Stroke Services

UK Stroke Forum - 2016

Managing Stroke as a Long Term Condition

Stroke Association Professional Masterclass - 2016

Solution Focus Works

UK Association of Solution Focused Practice (UKASFP) 11th Annual Conference - 2014

Publications

Jones, S., Petesr, S., Roberts, C., Robinson, H., Riste, L., Weymouth, E., Bateman, L.

Barrowclough, C. (*in press*). Integrated psychological therapy for people with bipolar

disorder and comorbid alcohol use: a feasibility and acceptability randomized controlled

trial. *Contemporary Clinical Trials*.

Bray, D., Groves, K., Latham, J., Iddon, J. & Weymouth, E. (2015). 'First, do no harm': A solution-focused approach to pain measurement and management. *European Journal of Palliative Care*. 22. 190-193.

Simm, R., Hastie, L., & Weymouth, E. (2011). Is training in solution-focused working useful to community matrons? *British Journal of Community Nursing*, 16 (12), 598-60.

Presentations and Teaching

Evidence based nutritional interventions for pain management

A presentation to the Royal College of GPs (RCGP)

One Day Essentials – Pain Management – August 2022

References

Reference details available on request