

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 now independently with Newby Psychological Services. Additionally, I offer supervision and consultation to clinicians and MDT working within neuro-rehabilitation.

From 2018 - 2023 I was the Clinical Lead of Family Interventions for Psychosis within my local NHS Trust where I was responsible for designing and governing the Family Therapy pathway. This included delivering training in Family Interventions and systemic approaches and supervise clinical practice. Other previous roles included assessment and co-ordination of young people's mental health needs.

I am an AFT Approved Systemic Supervisor. I supervise Family Therapy teams and the work of clinicians working with families with range of conditions and circumstances including strokes, chronic illnesses and bereavement.

I had a previous role as a honorary lecturer at the University of Liverpool teaching Family Therapy on the Doctorate in Clinical Psychology and I currently supervise on the University of Exeter Family Intervention in Psychosis course.

My areas of specialism are in Brain Injury and Psychosis but I am most skilled when working with clients who present with and array of complex and co-morbid difficulties.

Contact details

For any supervision requests please contact me at davidkennyfamilytherapy@gmail.com or go to <https://www.davidkennyfamilytherapist.co.uk> for further details.

I undertake neurorehabilitation 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
- 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 – October 2023

NHS Mersey Care Foundation Trust

This was a new role within the team and recognised the need to deliver evidence-based family support to service users who experience first episode psychosis. My role required me to design and develop a Family Therapy referral and treatment pathway that complemented the pre-existing model of care for our service users. I governed all family work in the service and supervise the Family Therapy Clinic and lead on recruitment of Family Therapists and on creating opportunities for staff to train in systemic practice. I worked directly with people who have a wide range of complex physical and mental health needs including addiction, personality

disorder, psychosis, OCD, and other yet-to-be-understood presentations. I also provided Supervision and Consultation to staff across the Trust. I 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

University of Exeter

I work as a supervisor 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 2023

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

- Last Chance Couple Therapy: Working with Couples and Infidelity: Association of Family Therapy May 2024.
- Supporting families living with stroke or acquired brain injury: Association of Family Therapy March 2024.
- Safeguarding Adults Level 3: November 2023
- *Sex & Brain Injury: Controversy & opportunity*: Rippling Minds. June 2023
- *Exploring emotions in supervision using the framework of PPRR* John Burnham. June 2023
- *Working Systemically with Domestic Violence*: Arlene Vetere. April 2023
- 2-day Supervision in Family Intervention for Psychosis June 2022
- Association of Family Therapy Annual Conference 2022
- 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 Monthly Supervision

Recent Trainings/Presentations

- Presented at Irwin Mitchell Court of Protection Conference, Birmingham June 2024
- Presented at Domain Theory Special Interest Group January 2024
- Presented at Brainwaves: *Family Therapy: A Necessary Luxury?* November 2023
- Presented at British Association of Brain Injury and Complex Case Management: *Family Therapy and Neuro-Rehab and beyond: The role of a Family Therapist in Brain injury and Complex Case Management.* June 2023
- 5 Day In house training on Systemic and Integrated Family Intervention for Psychosis 2023
- Presented at Potter Rees Dolan Event: *Introducing Family Therapy: The practical challenges and solutions of supporting families alongside their injured relatives.* September 2022

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