

Dr Fiona Fitch

BSc (Hons), D.Clin.Psychol, CPsychol



Chartered Clinical Psychologist Specialising in Neuropsychology

Over the last 20 years I have gained extensive experience working with adults with acquired brain injury and a range of neurological conditions. They often have comorbidities including physical and/or mental health problems. I particularly enjoy interdisciplinary working, and have worked within community neurorehabilitation teams, and inpatient brain injury units, supporting individuals and their families through rehabilitation, and in long-term care placements. I have highly developed skills in completing mental capacity assessments on a range of issues, and I facilitate reflective practice and supervision for staff groups and colleagues. I am highly competent at delivering training specifically designed to increase understanding into a particular clinical approach, theoretical underpinnings, or in formulating a clients' presentation. I can support teams in understanding behaviours of concern, developing positive behaviour support plans and risk assessments, as well as in facilitating trauma informed care. I have experience of working through interpreters in providing therapy.

Relevant Professional Qualifications

- Doctorate in Clinical Psychology, 2003, University of Plymouth
- BSc Psychology, 1996, University of York

Membership of Professional Bodies

- Registered Clinical Psychologist with the Health Professions Council (HCPC) – Registration No PYL15403
- Chartered Psychologist of the British Psychological Society
- Full member of the British Psychological Society – Membership No 486424

Recent Relevant CPD

- March 2024 - After Matters: Brain Injury in Young People. Hosted by Slater and Gordon Lawyers, Manchester.
- March 2024 - Two-day advance workshop: Clinical Applications of Internal Family Systems (IFS). Facilitated by Frank Anderson

- February 2024 - Finding meaning in Loss: The Sixth Stage of Grief. Training by David Kessler
- February 2024 - Mental Capacity regarding sexual relations and contact – North-West Neuro and Stroke Psychology Special Interest Group
- February 2024 - Capacity Assessments in Neurorehabilitation – Facilitated by the Community Neurorehabilitation Network
- December 2023 - Trauma Informed Practice – The Association for Psychological Therapies
- November 2023 - Mental Capacity Act Update
- October 2023 - Goal Setting in Community Rehabilitation – The Community Neurorehabilitation Network
- June 2023 - What to do when P won't engage in a capacity assessment – Bevan Brittan Solicitors
- May 2023 - Ahead Together Conference – Families after Brain Injury: The Untold stories
- March 2023 - Update training day on Functional Cognitive Disorders – British Psychological Society, Division of Neuropsychology
- March 2023 - Delivering Acceptance and Commitment Therapy to individuals with an acquired brain injury – ACT-ADJUST – The Ingham Institute
- November 2022 - Using CFT for trauma: enhanced applications for understanding and using compassion in trauma treatment – Presented by Chris Irons
- November 2022 - The clinical assessment of mood after severe ABI – The Royal Hospital for Neuro-disability
- July 2021 - When are you not allowed to have sex? When incapacity intervenes – Peter Edwards Law

Teaching and training

- In my role within Impression Health and Support, I have designed a number of training packages that I regularly deliver to support workers and nursing staff within my organisation, and other MDT members, covering the following topics;
 - Introduction to working with clients with brain injury
 - The Mental Capacity Act and Deprivation of Liberty Safeguards
 - Team working
 - Supervision and reflective practice
 - Mental health awareness
 - Boundaries in clinical practice
 - Learning disabilities, autism and Positive Behaviour Support (PBS)
 - Self-harm and suicide awareness, and trauma informed care

Experience:

Associate Chartered Clinical Psychologist Specialising in Neuropsychology

Newby Psychological Services

April 2024 – present

In my role with Newby Psychological Services I complete specialist neuropsychological assessments and provide neuropsychologically based rehabilitation for clients who have suffered an acquired brain injury. This can also involve interdisciplinary working and the provision of training. I also carry out complex assessments of client's mental capacity to make a range of decisions. These include testamentary capacity, capacity to manage property and affairs, to engage in sexual relations and to make decisions regarding their care and support.

Clinical Psychologist specialising in Neuropsychology

Impression Health and Support Ltd

February 2019 - present

I lead the neuropsychological assessment and rehabilitation provision across two brain injury inpatient services; St Cyril's Rehabilitation Unit on the Countess of Chester Health Park, and Derby House in Liverpool. I also provide clinical psychology and consultation input to a residential learning disability service for clients with complex needs. I complete supervision of Assistant Psychologists and other psychological colleagues. I design and then deliver client bespoke training to staff as required to increase their understanding and skills in supporting clients' neuropsychological needs. Interventions involve direct client work, work with families and carers, as well as with teams/systems. I undertake regular mental capacity assessments for a range of decision-making processes. These include consent for care and treatment, decisions around place of residence, management of finances/appointing of LPAs, consent for medical procedures, capacity to make decisions around feeding at risk, and testamentary capacity. I have undergone PBS training and lead on the development and review of Positive Behaviour Support plans for the clients with learning disabilities.

Clinical Psychologist specialising in Neuropsychology

Oak Vale Gardens, Priory

November 2013 – February 2019

I provided psychological assessment and interventions to clients with acquired brain injury or progressive neurological conditions. This was part of the pathway for the Cheshire and Merseyside Rehabilitation Network.

Clinical Psychologist specialising in Neuropsychology

Stockport NHS Foundation Trust

September 2006 – November 2013

I provided psychological assessment and intervention across two community neuro-rehabilitation teams (the Star Team covering Stockport, and SpRINT covering Tameside and Glossop). As part of this, I worked in an inter-disciplinary team providing rehabilitation for a range of neurological conditions such as brain injury, stroke, multiple sclerosis, motor neurone disease and spinal cord injury. The ethos of the service was to provide interventions to support clients to reach their own goals, and to support them in the long-term adjustment to their condition.

Clinical Psychologist

**Health and Social Care Partnerships
(Vancouver House, Liverpool)**

January 2012 – August 2012

I provided specialist psychological assessment and treatment to a brain injury unit, and also to a unit for people with learning disabilities.

Clinical Psychologist

Alpha Hospitals Ltd, Bury

September 2004 – September 2006

I worked in an MDT supporting a wide range of inpatient mental health services including specialist deaf services and input to low and medium secure units. This included working through interpreters which enabled the development of my skill base for considering language and cultural issues, and the impact on therapeutic engagement and process within this context. I completed Level One in British Sign Language.

Trainee Clinical Psychologist

Taunton and Somerset NHS Foundation Trust

September 2000 – July 2003

I completed my Doctorate in Clinical Psychology through the University of Plymouth with placements in Bristol and Weston-Super-Mare. Core placements were in Child and Adolescent Mental Health, learning disability services, and in community adult and older adult mental health teams. My specialist placement was in an NHS outpatient eating disorders service.

Research Psychologist

**The Research Institute for the
Care of the Elderly (RICE)**

September 1999 – September 2000

I conducted cognitive assessments and provided advice and support for older adults with memory impairments and/or dementia. I supported national randomised clinical trials and conducted research in collaboration with the psychology departments at the Universities of Bristol and York. This involved writing up research in papers for publication.

Assistant Psychologist

Phoenix NHS Trust, Bristol

September 1998 – September 1999

I worked as part of a community learning disabilities team providing psychology input across two different geographical teams.

Assistant Psychologist

Coventry and Warwickshire NHS Trust

September 1997 – September 1998

I worked as part of the Community Mental Health Team for Older Adults.

References

Reference contact details available on request

Contact Details

I undertake private work as an Associate with Newby Psychological Services and can be contacted at info@newbypsychological.co.uk