

Dr Emma Weymouth

BSc (Hons), PGCert., DCLinPsy., Dip.ClinNeuropsych., Chartered Clin Psychologist



Clinical Psychologist Specialising in Neuropsychology

My particular area of clinical interest is within the field of clinical neuropsychology, particularly in the area of 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. I am also particularly interested in working within and supporting multidisciplinary rehabilitation teams, taking a lead on providing a neuropsychological framework upon which to guide person-centred rehabilitation.

Contact details

I undertake private work as an associate with Newby Psychological Services and can be contacted at: info@newbypsychological.co.uk / +44 (0)7759 148284

Qualifications

Postgraduate Diploma in Clinical Neuropsychology

Canterbury Christ Church University – 2025

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)
- Chartered Member of the British Psychological Society (BPS)
- Association of Clinical Psychologists (ACP) – Lead for the Independent Practice Network
- British Association of Lifestyle Medicine
- EMDR Association UK

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, such as care teams, around neuropsychological considerations regarding the client's rehabilitation and care. I am also able to offer my skills and experience in the care of clients experiencing persistent pain syndromes. I am also experienced in and regularly undertake complex mental capacity assessments.

Specialist Clinical Psychologist

November 2020 – June 2022

The Walton Centre NHS Foundation Trust

Specialist Clinical Psychologist within a multidisciplinary pain management service providing enhanced specialist psychological assessment and therapeutic interventions. I offered 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 delivered a specialist Pain Management Programme (PMP) as part of an MDT and undertook 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

Within my role, I developed and lead a clinical psychology service within a multidisciplinary pain management service providing 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 specialities, 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, consultation and capacity assessment across inpatient, residential and rehabilitation care facilities and community services.

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.

Publications

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

Barrowclough, C. (2018). 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.

References

Reference details available on request.