

Dr Helen Pickering

BSc, D.Clin.Psych, DipCAT.

Clinical Psychologist & CAT Practitioner



Helen qualified as a clinical psychologist in 2001 and as a Cognitive Analytic Therapist (Practitioner level) in 2007. She worked in the NHS for 19 years in various neuro-rehabilitation, mental health, physical disability and forensic settings. This has involved working with individuals and as a key member of multi-professional teams. She has developed an expertise in skilling up other team members through providing training, consultation and supervision.

In her therapeutic work, Helen uses an integrative approach to develop bespoke interventions that best suit the client's needs, drawing upon her skills, training and experience. This includes Cognitive Analytic Therapy (CAT), Cognitive Behavioural Therapy (CBT), Trauma-Focused Cognitive Behavioural Therapy (TF-CBT), Compassion Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT) and Internal Family Systems (IFS).

Her specialist areas of interest include supporting individuals with the emotional and physical sequelae of, and in adjusting to, having experienced traumatic life events. She also has expertise in working with individuals with chronic pain and fatigue. Helen enjoys working with clients to instil hope and promote psychological adjustment to their changed lives or circumstances.

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

Full IFS Competency Programme

Therapy Northwest IFS Consultation, Training and Retreat Services

EMDR Level 1

EMDR Institute, Manchester

Practitioner Diploma in Cognitive Analytic Therapy

ACAT North, Manchester

Doctorate in Clinical Psychology

Open University – 2001

BSc in Psychology

Brunel University, Uxbridge – 1995

Membership of Professional Bodies

- Registered Clinical Psychologist - Health Care Professions Council (HCPC)
- Chartered Psychologist (BPS)
- Member of the British Psychological Society's Register of Applied Psychology Practice Supervisors (RAPPS) and supervisor-in-training (ACAT)
- Associate Fellow of The British Psychological Society (AFBPsS).

Experience

Associate Clinical Psychologist **September 2024 – present**
Newby Psychological Services Ltd

In my role with Newby Psychological Services, I provide neuropsychological rehabilitation and therapy to support clients, families and staff with managing the impact of neurological injury and illness.

Director, Embrace Psychological Services **July 2012 – present**

Independent provider of clinical psychology and psychotherapy services – including assessment and therapy for adult and young people with a range of mental health and physical health difficulties, clinical supervision, teaching and training.

Principal Clinical Psychologist (8b) **2011-2014**
Warrington Primary Care Psychological Services (Step 4)
Cheshire and Wirral Partnership NHS Foundation Trust

Member of Clinical Leadership Team / Clinical Advisor
Warrington Primary Care Trust (7.5hrs a week) **2009 – 2012**

Principal Clinical Psychologist (8b) **2004 – 2011**
Warrington - AMH
5 Boroughs Partnership NHS Trust

Clinical Psychologist **2002 - 2004**
AMH (0.5wte) Buckinghamshire Mental Health NHS Trust
Physical Disability and Neuro-rehabilitation (0.5wte), Aylesbury Vale Primary Care Trust

Trainee Clinical Psychologist **1998 - 2001**
Oxfordshire Mental Healthcare NHS Trust

Assistant Psychologist **1997 - 1998**
Physical Disability and Rehabilitation, Aylesbury Vale Healthcare NHS Trust

Assistant Psychologist - Forensic 1995 - 1997

Three Bridges RSU, West London Healthcare NHS Trust

Research Assistant

Jan – March 1995

Psychological Services, Kent

Relevant CPD

Transforming trauma with Internal Family Systems Therapy: full IFS Competency Programme (Online). Therapy Northwest IFS Consultation, Training and Retreat Services. 1st March – 28th April 2026

Working systemically with neuro-populations. Northwest Neuro & Stroke SIG workshop. Eccles, 3rd December 2025.

Enhancing CAT through Internal Family Systems (IFS) Therapy. Catalyse, Manchester. 28th November 2025.

Effective and Respectful CAT with those who are neurodivergent. Catalyse, Manchester 16th October 2024.

Actionable Neuroscience for Stress, Anxiety & Trauma. Dr Heather Sequeira, PTSD Trauma Workshops. 5th October 2022.

Level 3 Working Together to Safeguard Children Refresher. Cheshire West and Chester Safeguarding Children Partnership, 23rd June 2022.

Responding to Sexual Abuse in Chester West and Chester. Cheshire West and Chester Safeguarding Children Partnership, 18th May 2022.

Level 2 Responding to Domestic Abuse Foundation. Cheshire West and Chester Safeguarding Children Partnership, 24th May 2022.

Complex Trauma, Dissociation & Flashbacks. Dr Heather Sequeira, PTSD Trauma Workshops. 15-16th February October 2022.

PTSD Master Class: Clinical Skills. Dr Heather Sequeira, PTSD Trauma Workshops. 28-29th April 2021.

25 years of Cognitive Analytic Therapy in the North Conference. Catalyse, Manchester. 17th May 2019.

Cognitive Therapy for PTSD. Professor Anke Ehlers, Charlie Waller Institute, University of Reading. 20th June 2018.

Embodiment, Relational Space and Working with Trauma to the Sense of Self. Catalyse, Manchester. 20 & 31 May 2018.

CAT Perspective of Trauma and Dissociation. Catalyse, Manchester. 29th April 2016.

Relational Skills in CAT Supervision. ACAT, Event held in Worcestershire. 4-6th February 2014.

Developing our workforce and enabling resilience in turbulent times. Division of Clinical Psychology Faculty for Leadership and Management Conference, British Psychological Society. 11th October 2013.

Complex Trauma Training. Dr Deborah Lee, Berkshire Traumatic Stress Service. 7th & 8th October 2013.

Establishing and running a CAT Group. ACAT, London. 28th June 2013.

Using CFT to enhance self-compassion with clients with high levels of self-criticism. Dr Christine Neff, July 2012.

Self-esteem and self-compassion conference. Professor Roz Shafran, Charlie Waller Institute, University of Reading. 16th April 2012.

19th Annual ACAT National Conference, Manchester. 7th July 2012.

Compassion Focussed Therapy and Compassionate Mind Training – Shiraz Farahmand, Warrington. 3rd July 2012.

Understanding and Treating Self-Harm Behaviours Workshop. Dr Michaela Swales, Bangor University. 25th May 2012.

Dissociation – Principles and Practice. Cheshire and Wirral NHS Foundation Partnership facilitated workshop. 22nd November 2011.

Publications

Dissertation: *Partners in pain – investigating the relationship between illness perceptions, psychosocial adjustment and coping in chronic pain partners*.

McGurk B.M, Clayton M, West T, **Newall H** and Russ C - *Experience and Perceptions of Integrated Regimes for Vulnerable and Non-Vulnerable Prisoners*. Research Bulletin 38. 1996 pp.45-49. Home Office Research and Statistics Directorate.

***Newall H** - *A Survey of the Level and Nature of Bullying at Risley*. May 1994.

***Newall H** - *Integrated Regimes ; A Survey of Inmates' Views*. July 1994.

***Newall H** - *Integrated Regimes ; Inmates' Experiences, Views and Perceptions*. September 1994.

(*Unpublished Home Office Mimeo. Obtainable from the Psychology Department at HMP Risley, Warrington Road, Risley, Cheshire)

References

Reference contact details available on request