

Dr Ruth Burrell

BSc, MSc, ClinPsyD, CPsychol, SRCN

Consultant Clinical Neuropsychologist



I have extensive experience in neurorehabilitation for both adults and children, including developing and delivering person-centred rehabilitation plans, supporting clients to maximise functional independence, and working collaboratively with multidisciplinary teams to ensure coordinated, goal-driven intervention. My roles have also involved risk assessment and risk management, particularly in the context of cognitive impairment, emotional dysregulation and behavioural change following neurological injury or illness.

I have significant experience sharing formulations with other professionals and working systemically across multiple agencies. I am trained in a number of psychological therapies, including Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitisation and Reprocessing (EMDR).

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

Bond Solon Civil Expert Witness Certificate

The University of Aberdeen (2025-26)

MSc Clinical Neuropsychology

Glasgow University (2022-2026)

Doctorate in Clinical Psychology (ClinPsyD)

Coventry and Warwick Universities – (2014-2017)

MSc Speech and Language Therapy

University of Essex – (2009-2011)

BSc (Hons) in Psychology

University of Essex – (2006–2009)

Membership of Professional Bodies

- Registered Practitioner Psychologist & Clinical Psychologist - Health Care Professions Council (HCPC PYL35135)
- Registered as a Chartered Psychologist with the British Psychological Society (Membership No 250409)
- Entry on the Specialist Register of Clinical Neuropsychologists (SCRN) of the British Psychological Society

Experience

Associate Clinical Neuropsychologist August 2026 – present

Newby Psychological Services Ltd

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

Consultant Clinical Neuropsychologist – Head of Neuropsychology

Dumfries and Galloway NHS

April 2024 – present

My clinical input involves the provision of neuropsychological assessment, interpretation, formulation and report writing to aid diagnosis and to support rehabilitation. Alongside MDT/multi-agency working and consultation. The service is both community and inpatient based, referrals are received from neurology, major trauma, rehabilitation medicine and psychiatry. I regularly have specialist placements and offer supervision to both psychology and non-psychology colleagues.

Senior Clinical Psychologist

Jan 2022 – April 2024

NHS Borders

My role was across several services including Older Adult and Neuropsychology, focusing on neuropsychological assessment and formulation to inform diagnosis and rehabilitation planning.

Senior Clinical Psychologist

Dec 2019 – Dec 2021

Norfolk and Suffolk NHS Foundation Trust

During my role I worked across five wards based at the Julian Hospital. Of these wards, 3 specialised in dementia and the other 2 were mental health wards for older people who presented with a range of difficulties. I supervised both psychology staff and other members of the MDT. I was responsible for providing a psychological approach to the ward. This required strategy and leadership skills. I developed the team from a sole psychologist (myself) to a team of four.

Clinical Psychologist

October 2018 – June 2021

Rushcliffe Community Mental Health Team

I worked within Mental Health Services for older people. Part of my role involved undertaking cognitive assessments, as well as undertaking psychology assessments and therapy. All of which fed into wider team formulation and understanding.

I also established a working relationship between acute inpatient and community services, to improve outcomes for patients. I developed and embedded psychological pathways. I have also hosted research.

Clinical Psychologist (Locum)

March 2018 – October 2018

CAMHS - Huddersfield

This post varied in terms of role and involved individual therapy with children and young people as well as working within the neurodevelopment assessment team, conducting both ADI-r and ADOS-2 assessments.

Clinical Psychologist

September 2017 – March 2018

AMH, Birmingham

The role was within the Adult Mental Health Team and involved working with a wide range of presentations with patients, couples and families. The role involved working with multiple-agency and with the wider Community Mental Health Team.

Trainee Clinical Psychologist

2014 – 2017

Coventry and Warwick Universities

The completion of 6 placements (4 core and 2 specialist) to develop competences which meet the criteria to register as a Clinical Psychologist. Being able to call upon theories and concepts from the discipline of psychology and to use such theories and concepts in a creative way to solve problems in clinical settings. I have developed an ability to evaluate critical theories and clinical methods and possess a range of clinical and personal skills which make it possible to translate knowledge into effective action. The program has helped me to develop knowledge and skills which enable me to work at different levels: direct work with individual clients and families, indirect work through other health professionals or carers' and work within the organisation. Organising and balancing time between attending workshops, placements and completing written work, including a thesis.

Placement Experience

- Memory service, Leamington and Stratford
- Adult Community Mental Health, Worcester
- Child and Adolescent Mental Health, Redditch
- Learning Disabilities, Marston Green

Specialist Placements

- Early Intervention in Psychosis, Coventry
- Neuropsychology, University Hospitals Coventry and Warwickshire

Relevant CPD

- Good Clinical Practice - National Institute Health Research
- Group Skills Dialectical Behaviour Therapy - Coventry University 2017
- Introduction to Cognitive Analytic Therapy - Coventry University 2017
- Acceptance Commitment Therapy - Birmingham University 2017
- EMDR therapist – Training completed in 2018 with EMDR works (Parts 1 to 4) and under monthly supervision of a Consultant EMDR practitioner
- Supervisor Training completed with Nottingham University in 2018 and Refresher completed with University of Edinburgh in 2021.
- Regular attendance of the Heads of Neuropsychology in Scotland (HONS) and the BPS - Department of Neuropsychology – Scotland (DON-S) as well as attendance to regular conferences.

References

Reference contact details available on request