

DR CATHRYN WOOD, DCLINPSYCH, CPSYCHOL, AFBPSS

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Prestatyn

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PROFILE

Currently working in Independent Practice in Prestatyn, North Wales with a variety of presentations and age groups.

- Five and a half years of working as a Chartered Clinical Psychologist in Wirral Child and Adolescent Mental Health Services.
- Two years working in a project with Wirral Child and Adolescent Mental Health Services in partnership with Wirral Drug and Alcohol Services to reduce the amount of adolescents admitted to hospital with alcohol ingestion.

WORK HISTORY

Apr 2012 **Chartered Clinical Psychologist**
to *Cathy Wood Psychology*
Present *Prestatyn, North Wales*

Providing assessment, formulation and a variety of evidence-based psychological therapies for children, young people and adults. I work with a wide variety of difficulties, including depression, trauma, anxiety and occupational health problems, using a range of evidence based therapies. I also work with a variety of presentations, such as people who also have Asperger Syndrome/ASD, ADHD or other neurodevelopmental problems or cognitive abilities.

Services provided are:

- Cognitive Behaviour Therapy (I am Provisionally Accredited by the BABCP).
- Mindfulness Cognitive Therapy.
- Solution Focused Brief Therapy.
- EMDR.
- Parenting Skills programmes/teaching.
- Expert Witness Testimony.

- Training.
- Supervision.
- Consultation.
- Adult ASC Assessments.
- WISC IV cognitive assessments.

I have been contracted to and work successfully with several companies, such as Fit for Work, Rhyl City Strategy (a local initiative to provide 6 sessions of CBT for people struggling with mental health problems that might keep them off work); rehabilitation companies such as CBT Clinics, Argent Rehabilitation and Validium, usually in respect to adults who have suffered a trauma; and insurance companies such as AVIVA, AXA PPP and BUPA, with a variety of possible difficulties. I also accept self-referrals – adults, young people and children, with a variety of difficulties.

I am currently employed to do occasional work on the bank for the NHS at Betsi Cadwaladr University Health Board NHS Trust, providing neurodevelopmental assessment for children and young people.

I am also an Honorary Recognised Teacher for the Liverpool DCLinPsychol course.

Apr 2009 **Chartered Clinical Psychologist**
to *Wirral CAMHS, Cheshire and Wirral Partnership Trust*
Oct 2014 *Wirral*

Provided assessment, formulation, and a variety of evidence-based therapies for young people aged 0-16 years of age.

- Co-ordination of trainee psychologists' placements with the Liverpool, Manchester and Lancashire DCLinPsych courses.
- Creation, provision and evaluation of a trainee induction programme.
- Training, consultation and supervision within the service.
- Assisting management of the locality team.
- Service development of a new team, using new systems - CAPA, CYP-IAPT.
- Setting up and providing a service to reduce admissions of young people to hospital due to ingestion of alcohol.

Oct 2008 **Clinical Psychologist**
to *Under 5s Team, North West Wales NHS Trust*
Apr 2009 *Wrexham*

Provided assessment, formulation and a variety of evidence based psychological therapies for parents and children under the age of 5.

- Parenting programmes.
- Individual therapy.
- Assessment.

Oct 2008 **Clinical Psychologist**
to *Paediatrics, Conwy and Denbighshire, NHS Trust*
Apr 2009 *Bodelwyddan*

Provided assessment, formulation and a variety of evidence-based psychological therapies for young people attending the Paediatric Department of Ysbyty Glan Clwyd.

Oct 2005 **Trainee Clinical Psychologist**
to *MerseyCare NHS Trust/Liverpool University*
Oct 2008 *Liverpool*

Placements: Adult Mental Health, Older Adults, Learning Disabilities, Child and Adolescent Mental Health, CAMHS Early Intervention Service, Paediatrics.

- Doctorate in Clinical Psychology

Nov 2002 **Assistant Psychologist**
to *NHS*
Oct 2005 *Varied*

- 18 months working with children -
- Gathering information for ASD and ADHD assessments.
- Helping with the Incredible Years Parenting Programme.
- 1 year working with adults -
- Cognitive Behavioural assessment and treatment of adults with mental health difficulties.

Apr 1997 **Paediatric Nurse**
to *Conwy and Denbighshire NHS Trust*
Nov 2002 *Bodelwyddan*

EDUCATION

- Jan 2012* **Brief**
London
Certificate
- Certificate in Solution Focused Practice
- Dec 2008* **University of Liverpool**
Liverpool
Doctor of Clinical Psychology (DClinPsych)
- Pass
- Dec 2005* **The Open University**
Milton Keynes
MSc, psychology.
- Pass.
- Dec 2001* **The Open University**
Milton Keynes
BSc, psychology
- 2:1
- Dec 1997* **Llandrillo College**
LLandrillo
BTech
- NVQ assessor.
- Jun 1997* **John Moore's University**
Liverpool
Diploma in Higher Education, Sick Children's Nursing.
- Pass
- Apr 1997* **John Moore's University**
Liverpool
ENB, Registered Sick Children's Nurse
- Apr 1993* **Ysbyty Glan Clwyd**
Bodelwyddan
WNB, Registered General Nurse

MEMBERSHIPS

Health Care Professions Council (HCPC) - registration number
PYL22907.

The British Psychological Society (BPS) - registration number
042123.

The British Association for Behavioural and Cognitive
Therapies (BABCP) - membership number 140344.

EMDR Association UK & Ireland – W0270

LANGUAGE SKILLS

- Welsh - intermediate in speaking, reading and writing.

COURSES/WORKSHOPS/CONFERENCES

- Social Value When Tendering - workshop. August 2015. Business Wales.
- EMDR Part 3. July 2015. EMDR Masterclass.
- CBT for Chronic Pain – Workshop. April 2015. BABCP.
- EMDR Part 2. April 2015. EMDR Masterclass.
- 8 Week Mindfulness Course. January – March 2015. Centre for Mindfulness Research and Practice, Bangor University.
- Compassion Focused Therapy for Shame Based Difficulties. February 2015. 3 day course by Dr Mary Welford. BABCP.
- EMDR Part 1. January 2015. EMDR Masterclass.
- Using Compassionate Therapy for Over Eating. November 2014. BABCP
- What Works in Depression. November 2014. BABCP.
- Surviving and Understanding Trauma. November 2014. TIOFP.
- Expert Witness Training. Parts 1, 2, 3 & 4. September & October 2014. BPS.
- Abuse, Trauma and Dissociation. April 2014. DCP.
- Behaving Well Workshop. April 2014. BABCP.
- Introduction to Working with Military Clients. February 2014. BABCP.
- BPS Conference. Wrexham. November 2013.
- Attachment in Supervision. November 2013. Liverpool University.
- Mindfulness for Children Introduction. May 2013. Bangor University/Wirral CAMHS.
- Foundation Training for Supervisors. Oct 2011. Liverpool University.
- Evaluating Trainee Competence Through Coursework.

- March 2011. Liverpool University.
- Providing Alcohol Identifications and Brief Advice Interventions. March 2010. HIT.
 - The Incredible Years: Parent Group Leader Training. July 2005. The University of Wales, Bangor.
 - Suicide Risk Awareness Training. March 2003. The University of Wales, Bangor.

PUBLICATIONS

- Wood, C. (2012). 'Goal Based Outcomes and the SF approach', *Solution News*, 6, 4, pp4-7.
- Wood, C. (2003). 'CBT with the Adult Mental Health Team', *Psych-Talk*, 41. October. pp32-33.
- Wood, C. (2002). 'Conduct disorder. Theory and Experience', *Psych Talk*, 36th May, pp27-31.
- Wood, C. (2002). 'Introducing a protocol for procedural pain', *Paediatric Nursing*, 14, 8, pp30-33.
- Wood, C. (2002). 'Supporting the parents of adolescents with conduct disorder', *Paediatric Nursing*, 14, 8, p24-26.