

## Curriculum Vitae – Dr Helen Pickering

### Qualifications:

- BSc Honours in Psychology, Brunel University, Middlesex - 1995.
- D.Clin.Psych (Doctorate in Clinical Psychology), Oxford - 2001.
- Chartered Psychologist (British Psychological Society) (C.Psychol).
- Registered Clinical Psychologist (Health and Care Professions Council).
- Cognitive Analytic Therapy Practitioner, ACAT North – 2005/7.
- EMDR (Eye Movement Desensitization Reprocessing) Level 1, EMDR Inst Inc, Manchester 2007/8.
- Recognised member of the BPS Register of Applied Psychology Practice Supervisors (RAPPS).
- Associate Fellow of the British Psychological Society (AFBPS).

### Employment:

- 1992: Auxillary Nurse, Royal Manchester Children's Hospital, Pendlebury.
- 1993: Student Psychologist, HMYOI Feltham, Middlesex.
- 1994: Student Psychologist, HMP Risley, Warrington.
- 1995: Research Assistant, Psychological Services, Kent.
- 1995-97: Assistant Psychologist, Three Bridges Regional Secure Unit, West London Healthcare NHS Trust.
- 1997-98: Assistant Psychologist, Rayners Hedge Physical Disability and Rehabilitation Service, Aylesbury Vale Healthcare NHS Trust.
- 1998-2001: Trainee Clinical Psychologist, Oxfordshire Mental Healthcare NHS Trust.
- 2002: Clinical Psychologist (0.5wte), Chronic Pain and Neuro-rehabilitation services, Aylesbury Vale Primary Care Trust.
- 2002–2004: Clinical Psychologist (0.5-1.0wte), Amersham Adult Mental Health, Buckinghamshire Mental Health Trust.
- 2004-2011: Principal Clinical Psychologist, Warrington, 5 Boroughs Partnership NHS Trust/Cheshire Wirral Partnership NHS Trust.
- 2009-2012: Member of Clinical Leadership Team/Clinical Advisor, Warrington Primary Care Trust.
- 2011 to 2014: Principal Clinical Psychologist, Warrington Primary Care Psychological Services, Cheshire and Wirral Partnership NHS Foundation Trust.
- 2012 to date: Director, Embrace Psychological Services LTD, Northwich, Cheshire.

### Research:

- Doctoral thesis: 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.