

07803 207591

philippacapel@googlemail.com

Profile

I am an experienced psychologist and have developed through my extensive work within the NHS, the British Psychological Society and other mental health related organisations. I have developing a wide range of knowledge about working in and developing different organisations over the last 6 years, including developing my private practice.

Experience

Principal Counselling Psychologist, Older Adult Psychology Service, Herefordshire and Worcestershire Health and Care NHS Trust, Herefordshire - May 2017 - Present

My role is developing and maintaining a psychological service for the Older Peoples Community Mental Health Team and the Mental Health and Neurodegenerative Inpatient Wards in line with the national psychological professions agenda.

Locum Psychologist, PsychHealth, Private psychology provider. October 2020 - September 2021

To offered psychological services to clients referred to the service via Health Insurance providers, Income Protection providers and private organisation.

Associate Lecturer, Worcester University. October 2017 - Present.

My role is to offer selected lectures and to facilitate seminars for Psychology Undergraduate and Postgraduate students on a range of topics.

Locum Principal Psychologist, Department of Community Mental Health, RAF Brize Norton, MoD – April 2019 –October 2019

Locum Psychologist, Older Adult Inpatient service, Dudley and Walsall NHS Trust - June 2018 - October 2018

Senior Counselling Psychologist, Assertive Outreach Team, 2Gether NHS Foundation Trust, Herefordshire. - September 2014 - April 2017

My role was initiating and developing, and then maintaining and evidencing a new psychological service for the Assertive Outreach Team (AOT).

Senior Counselling Psychologist, Working Age Adult Community Recovery Team, 2Gether NHS Foundation Trust, Herefordshire. - September 2009 - April 2017

My role was providing, developing and maintaining the psychological service to the working age adult Community Mental Health Recovery Team.

Principal Counselling Psychologist, Sandwell Older Adult Psychological services — 2005 - 2009

I began this job as a trainee and developed within the service. The work was individual assessment and therapy, and providing consultancy to the team. It was aimed at providing psychological support for both clients and staff to create a consistent therapeutic environment.

Education

University of Bristol – Post Graduate Diploma in Clinical Neuropsychology with BPS QiCN eligibility – 2023 - Distinction

University of Wolverhampton - Post Msc Diploma in Counselling Psychology and eligibility for Chartered Status with the BPS and HCPC, 2006

University of Wolverhampton - Msc in Counselling Psychology, 2005
City University, London - Post Graduate certificate in Counselling Psychology, 2002

University of Stirling - Psychology and Biology Bsc Hons, 2001

Courses

Structured Clinical Management (SCM) Anna Freud Centre, 2021

NHS Quality, Service, Improvement and Redesign (QSIR) Gold Training 2019

Leadership Development Programme, (LDP)
BPS, DOP and DCoP, 1 Year, 2016

ACT and ACT for Psychosis, Richard Bennet and Jo Oliver
3 days and 2 Days, 2015 - 2016

EMDR Part 1, 2, 3, 4, EMDR Works and EMDR Extra
8 Days, 2013-2014

Schema therapy for complex cases, 'Schema Therapists', London, 3 Days, 2012

High Intensity worker supervision course, IAPT trainers, University of Birmingham, 3 Day, 2011

Supervision Skills workshop: Enabling Supervision skills, Linda Charles, BPS, 1 Day, 2011

Supervision training: STAR 1 and 2 to provide supervision to clinical trainees, Coventry and Warwick University Clinical Psychology Doctorate program, 2 Days, 2010

Additional projects;

I have been offering my time to the national representative body for psychologists and psychology in the UK, British Psychological Society (BPS), since 2015 and have been involved in the practice and leadership initiatives of the Division of Counselling Psychology (DCoP) and the BPS. This includes two years as Practice Lead for the DCoP. One of my initiatives included leading on the BPS Senate priority proposal to promote Equity for Older Adults in the UK.

I am a Trustee of the local Age UK Charity.

Skills description

My current post is developing the Older Adult Psychology Service in Worcestershire. In addition to the clinical aspects, the role involves the development of Trust wide new psychology initiatives ways of working aligned with the national agenda.

Prior to this post I was providing psychological assessment, formulation, interventions and consultation to the Adult Team and the Herefordshire Assertive Outreach Team. I offered a service to people who present with complex and severe psychological difficulties, including clients who present with significant risk issues, forensic history, multiple diagnosis and complex needs.

My roles and responsibilities have included;

- Developing, maintaining and keeping up to date with current knowledge of specialist theories and practice for working with clients presenting with complex and severe psychological difficulties to aid provision of individual, joint and group therapy including neuropsychological assessments. This includes developing a Structured Clinical Management (SCM) offer with our service.
-

-
- Providing liaison and consultation with other professionals regarding client care and offering psychological expertise in complex case discussions.
 - Leading the development of group therapy for clients by developing and providing specific groups, including Cognitive Behavioural Therapy, Acceptance Commitment Therapy and Emotional Skills groups.
 - Providing advice and guidance in the weekly team meetings about clients appropriate for psychological assessment and therapy and to offer psychologically informed understanding of clients distress to guide the teams interventions and managing risk.
 - Offering supervision to a full range of professionals such as Psychologists, Psychiatrists, Trainee Clinical Psychologists, Community Mental Health Nurses, Support Workers, Psychological Well-being Practitioners and Counsellors.
 - Providing formal individual and group formulation sessions to professionals.
 - Leading and contributed to the development of audit and evaluation of Psychological Therapy Services and Multi Disciplinary Teams.
 - Contributing to all non-clinical aspects of the services, including;
 - Line management for members of the team
 - Interviewing for staff recruitment.
 - Delivering training, for example:
 - Working with Trauma workshops,
 - 'Time To Change' Anti Stigma workshops,
 - Trauma informed service initiatives
 - I offer older adult specialist lectures to Counselling Psychology doctoral students at several of Universities.

Publications

Capel, P. (2022) Chapter: *Older Adults' Psychology* in Best, D., Nicholas, H, Bradley, M. (2022). *Roles and Contexts in Counselling Psychology (1st ed.)*. Taylor and Francis. Retrieved from <https://www.perlego.com/book/3288024/roles-and-contexts-in-counselling-psychology-pdf> (Original work published 2022)

Capel, P. (2016) Poster: *Who are the Leaders and where are they working? Mapping our clinical leadership in terms of services where they are working.* Division of Counselling Psychology Conference, 2016

Black, R., Greenhalgh, B., Capel, P and Turner, A. (2017) Poster: ACTivate your service: Introducing an ACT model at the level of clinical intervention, training and supervision across the Adult Mental Health pathway of a rural county in the UK. ACBS World Conference 15 - Seville, Spain, 22-25 June, 2017

Capel, P. (2017) Poster: *Developing and Establishing a Service Outcome Evaluation Structure in Assertive Outreach.* Division of Counselling Psychology Conference, 2017
