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Profile

I am an experienced psychologist and have developed through my extensive work within the NHS. I am looking for new opportunities in psychological therapy, consultation, teaching and service development.

Experience

Principal Counselling Psychologist, Older Adult Psychology Service, 2Gether NHS Foundation Trust, Herefordshire - May 2017 - Present

My role is developing and maintaining a psychological service for the Older Peoples Community Mental Health Team and the Functional and Organic Psychiatric Inpatient Wards.

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 Psychologist, Ministry of Defence, Department of Community Mental Health, RAF Brize Norton. May 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 developing, maintaining and evidencing a new psychological service for the Assertive Outreach Team (AOT) in Herefordshire.

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 in Herefordshire.

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 developing the in-patient, day hospital and community psychological service and at providing psychological support for both clients and staff to create a consistent therapeutic environment.

Education

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

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. I am currently the Practice Lead for the DCoP.

I led the development of an induction process for the Board of Trustees at the British Psychological Society. This project was to support best practice for Trustees and to develop the knowledge of the roles and responsibilities of being a Trustee.

Skills description

My current part time post is developing the Older Adult Psychology Service throughout Herefordshire. The role involves the development of new psychology initiatives which will utilise and develop my existing psychological and leadership skills.

Prior to this post I was providing psychological assessment, formulation, interventions and consultation to the Recovery Team since 2009 and the Herefordshire Assertive Outreach Team since 2014. Both teams offered a service to people who present with complex and severe psychological difficulties, including clients who present with significant risk issues, 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 where appropriate.
 - Providing liaison and consultation with other professionals regarding client care and offering psychological expertise in complex case discussions.
 - Leading and contributing to 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.
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- Offering supervision to a full range of professionals such as Psychologists, Psychiatrists, Trainee Clinical Psychologists, 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 non-clinical aspects of the services, including;
 - Being a central part of the AOT planning and development team.
 - Interviewing for staff recruitment.
 - Delivering training, for example:
 - 2 day Working with Trauma workshop,
 - 'Time To Change' Anti Stigma workshops,
 - Formulation in teams initiatives.

Publications

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
