

Speakers Biographies



Catherine Parker

**Consultant Clinical Psychologist, Clinical Lead for Familiar Faces –
Cumbrian Physical Health Psychology Service**

Catherine is a Clinical Psychologist and Clinical Lead for Familiar Faces in Cumbria. The Familiar Faces team is part of the Cumbria Physical Health Psychology Service and is commissioned to work with people whose complex physical, psychological and social needs bring them into frequent contact with the health care system.

Catherine trained as a Clinical Psychologist at Lancaster University and qualified in 2010. She worked for seven years in the Clinical Health Psychology Department at the Queen Elizabeth Hospital in Kings Lynn, where she took a lead in developing and delivering the psychological trauma, stroke and neuropsychology pathways. She joined the Cumbria Health Psychology Service in January 2018.

Catherine's has special interests in psychological trauma, health psychology and neuropsychology. She is an accredited EMDR therapist (from 2014) and a neuropsychologist (2017).



Dr Brenda Conolly

**Principal Clinical Psychologist, Familiar Faces – Cumbrian Physical Health
Psychology Service**

Brenda is a Principal Clinical Psychologist working in Familiar Faces, a pathway embedded within Integrated Care Communities across North Cumbria.

Brenda trained as a Clinical Psychologist at the University of Newcastle in 2009 and has worked with Cumbria Partnership NHS Foundation Trust since this time. Her first role was with Copeland Community Mental Health Team. In 2013 she joined the Cumbrian Physical Health Psychology Service, working for four years within the Long Term Conditions pathway. In 2017 Brenda became part of a new and innovative initiative to work directly with frequent attenders, Familiar Faces.

Brenda has a special interest in physical health, attachment and trauma. She is currently studying for an MSc in EMDR Therapy at the University of Worcester.



Filippo Varese

HCPC registered Clinical Psychologist and Senior Lecturer in Clinical Psychology at the University of Manchester

He is also the Director of the Complex Trauma and Resilience Research Unit (C-TRU), a new research unit within Greater Manchester Mental Health NHS Foundation Trust which aims to promote clinical innovation in the understanding and management of trauma-related difficulties, especially in those with complex mental health needs. His research interests focus primarily on the impact of trauma on the risk of developing severe mental difficulties and the psychological mechanisms that might account for these associations. He is also involved in projects funded by the National Institute of Health Research looking at feasibility of using trauma-focused therapies in people with psychosis and the efficacy of psychological interventions for severe mental health difficulties.



Derek Marshall

**Associate Director of Workforce Planning and Information (North)
Health Education England**

Derek leads the integrated workforce planning, information and intelligence function across the North and supports the National Director. This includes working with a range of stakeholders nationally, regionally and locally to ensure we support the wider workforce development agenda.

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Derek also is the Mental Health workforce SRO for HEE in the North of England, working with colleagues to ensure growth and development of the MH workforce to support Stepping Forward to 2020/21: Mental Health Workforce Plan for England, which identified a high level road map and reflected the additional staff required to deliver the transformation set out in the Five Year Forward View for Mental Health.



Clare Baguley

**Programme Manager, North West Psychological Professions Network
Interim HEE North of England Mental Health Lead**

Clare Baguley is the Programme Manager and Workforce Lead for the Psychological Professions Network employed by Health Education England—North. Her clinical background is as a Cognitive Behaviour Therapist, having previously worked as a Community Psychiatric Nurse in Greater Manchester.

In 2004 she joined The University of Manchester and led the post-graduate education programme for Psychological Wellbeing Practitioners under the Department of Health's Improving Access to Psychological Therapies (IAPT) programme, which latterly developed to incorporate pathways in dementia care and psycho-social interventions for psychosis.

Within HEE Clare has held regional and national responsibilities for managing and developing the education and workforce development interface with clinical practice in the NHS. She contributes to training and conferences on primary care mental health with a particular interest in the use of psychological approaches in physical health care settings.



Dr Gita Bhutani

**Chair of the North West Psychological Professions Network
Associate Director for Psychological Professions,
Lancashire Care NHS Foundation Trust
Honorary Research Fellow, University of Liverpool**

Gita is a clinical psychologist and has specialised in working with older people and adults in Glasgow, Salford and currently Lancashire. She is a founding member of the Psychological Professions Network and its current chair. Gita's current role is as Associate Director for Psychological Professions at Lancashire Care NHS Foundation Trust. This post combines a governance and leadership role with management. Gita's current clinical work is within the Lancashire Traumatic Stress Service.

Her current clinical and research interests are in post-traumatic stress and staff health and wellbeing. Gita has developed a well-being training package for staff – Looking After You, Looking After Me (LAMLAY) and has presented at conferences in this area. She is also a member of the New Savoy Conference/BPS/DCP Wellbeing Steering Group working on the annual wellbeing survey and the collaborative learning network.

She also contributes to national and professional bodies including committee work and roles at NICE (PTSD guidelines update, Quality Standards), BPS Division of Clinical Psychology. She is joint lead on a regional Schwartz Rounds project aimed at extending Schwartz Rounds across the North West. Gita is currently supporting HEE with psychological professions input into the Advanced Clinical Practice and Consultant framework work streams.



Dr Warren Larkin

Visiting Professor University of Sunderland , Consultant Clinical Psychologist

Director of Warren Larkin Associates

Prior to founding Warren Larkin Associates in 2017, Warren spent 24 years in the NHS working predominantly with individuals and families experiencing serious mental health difficulties. First as an assistant working on the long-stay psychiatric wards at Prestwich Hospital and then as Clinical Psychologist in Manchester working in a service created to provide and research the impact of CBT and Family Interventions for people experiencing psychosis.

Warren went on to lead one of the two national IAPT SMI demonstration sites for psychosis – chosen to share and disseminate innovative practice in first episode psychosis services (FEP). This initiative contributed to the case for change which led to increased funding and the introduction of the two-week referral to treatment time in FEP services in England.

Warren is a Consultant Clinical Psychologist and is also Visiting Professor at Sunderland University where he is working with the Faculties of Public and Population Health and Mental Health to develop their research programme and training curricula for Public Health and Mental Health professionals.

Warren recently completed a 2-year tenure as the Clinical Lead for the Department of Health Adverse Childhood Experiences programme. He has a long-standing interest in the relationships between childhood adversity and outcomes later in life and has published numerous research articles on the topic of adverse childhood experiences, trauma and psychosis and published an edited book in 2006 (now commissioned for a second edition) exploring this theme.

Warren has also been involved in policy development and has acted as an advisor to a number of UK government agencies. He was a member of the Children and Young People's Mental Health Services National Task Force, the NICE expert reference group on first episode psychosis, the 'Tackling CSE' advisory group and was a contributing author of the recently published Personality Disorder Consensus Statement.

Warren developed the routine enquiry about adversity in childhood (REACH) approach as a way of assisting organisations to become more trauma-informed and to train professionals to ask routinely about adversity in their everyday practice.

He grew up in Wigan and suffers from intermittent imposter syndrome.