

# **Helen Macdonald**

**MSc RMN BSc (Hons), C.Psychol. AfBPS**

**BABCP Accredited Cognitive-Behavioural Psychotherapist, Supervisor and Trainer**

**Registered Mental Health Nurse ; Chartered Psychologist in Health ; Accredited EMDR Consultant**

**BABCP Fellow; University of Sheffield Senate Award Fellow**

**Associate Fellow, British Psychological Society**

**Honorary Secretary European Association for Behavioural and Cognitive Psychotherapies 2011-2017**

## **Resume of Qualifications and Experience**

### **Formal Qualifications and professional registrations**

- BSc Honours Degree in Psychology: Leicester University 1983.
- Registered Mental Health Nurse 1988.
- Accredited as a Cognitive-Behavioural Psychotherapist by the British Association for Behavioural and Cognitive Psychotherapies (BABCP)1994
- Master's degree in Cognitive-Behavioural Psychotherapy: University of Derby 2001
- Accredited Consultant in EMDR 2012
- British Psychological Society Division of Health Psychology Chartered Psychologist 2004
- BABCP Accredited Clinical Supervisor and Trainer 2008
- Health Professions Council Registered Chartered Psychologist in Health 2004

### **Professional Experience**

I have worked full time in health care since 1983. I have been in practice as a Cognitive-Behavioural Psychotherapist since 1990, including independent practice since 2003.

My current work includes; individual consultations for adult mental health, long term health conditions and chronic pain; medico-legal work; Post Traumatic Stress disorder treatment; vocational rehabilitation; clinical supervision of other therapists and various teaching commitments. I also provide services to the NHS via the Student Health Centre at Sheffield University and as a clinical supervisor for senior clinicians.

I teach cognitive-behavioural psychotherapy at Sheffield University; which includes ensuring that new therapists are competent, well-supervised and achieve their learning outcomes during training. I was awarded the University's Senate Award for collaboration in teaching, along with my colleagues, in 2011. I have also led the post-qualification programme in Long Term Conditions and mental health. I was employed part time from 2009-2017, and have been an Honorary Associate since 2017.

I am the BABCP Course Accreditation Registrar, which entails managing the process of accrediting CBT courses throughout the UK; this includes clinical, supervision and training skills, as well as administrative and professional responsibility for national standards of CBT training and advising national bodies such as IAPT.

I regularly deliver workshops nationally and internationally. These are usually related to pain management and persistent health conditions; and sometimes on other areas such as delivering therapy in primary care, occupational issues and trauma.

I have an enduring interest in chronic conditions, particularly pain, as well as anxiety disorders and trauma. I have worked and carried out research in specialist pain services. I have delivered cardiac rehabilitation, diabetes management and return to work programmes; as well as working in adult mental health services for many years.

My experience includes psychological assessment and treatment of anxiety, phobias, obsessive-compulsive disorders, sexual dysfunction, trauma-focussed CBT and EMDR for post-traumatic stress disorder, vocational rehabilitation, impulse control problems and depression; chronic pain and cardiac rehabilitation. I have designed individual and group programmes and have provided clinical supervision, course design, training and consultation to other health and social services professionals.

I have taught clinical supervision skills to Nurses, counsellors and other Mental Health staff. I have taught Cognitive-Behavioural Psychotherapy at the University of Derby at Master's level, and at the University of Sheffield and Sheffield Hallam University at undergraduate and postgraduate level. I have supervised students studying from

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introductory level to Masters' degree level in Cognitive-Behavioural Interventions. I worked full time for the National Health Service in Mental Health and Health Psychology in various roles from 1983 to 2003.

I have experience of managing and developing Psychotherapy services, both in Mental Health and General Hospital settings.

I have been a CBT clinical supervisor since 1994, and completed additional clinical supervision training in 2003. I have completed EMDR (Eye-movement desensitisation and re-processing) training in 2004, and became accredited as an EMDR practitioner in 2008 and as a Consultant in 2012. I have completed the Bond Solon 'Excellence in report-writing' expert witness training in 2004. Throughout my career, I have maintained professional development and attended relevant conferences, workshops and training courses.

I was elected Honorary Secretary for the British Association for Behavioural and Cognitive Psychotherapies (BABCP) from 2005-2008, and European Representative for 2007-2011; Hon. Secretary of the European Association for Cognitive and Behavioural Psychotherapies in 2011-2017, as well as Hon. Treasurer from 2011-2013; to the Board of Directors of the BABCP as an elected membership representative and trustee from 2001-2004, and as Chair of the Yorkshire regional Branch of the organisation from 1999-2000. I have provided input to the Accreditation Panel and Complaints and Disciplinary Procedures Committee of BABCP from 2001 to 2015. I was book reviews editor for the BABCP National Newsletter from 1999-2004. I was part of the Programme Development Group for developing guidelines on Long Term Ill Health and Incapacity, for the National Institute for Clinical Excellence (NICE), publication 2009. I have set up a Special Interest Group within BABCP on Long term health conditions in 2018, and am interim Chair of the committee.

### **Publications**

- Cole, F. R, Macdonald, H F, Carus, C, Howden-Leach, H (2005) 'Overcoming Chronic Pain' Constable Robinson (also translated into French and Estonian)
- Fletcher, L and Macdonald, H (2005) The Multidisciplinary Team, in Schofield, P (ed) (2005), Beyond Pain: a Textbook for Nurses, WHURR press. Ch 3
- Ricketts, T, Bliss, P, Macdonald, H and Rayner, C, (2000) The Extent of Gambling Among Offenders on Probation, Community Health Sheffield NHS Trust
- Griffiths M and Macdonald, H F, (1999) 'Counselling in the treatment of problem gambling: an overview', British Journal of Guidance and Counselling, 27, No 2, 179-190
- Macdonald H (2006) 'Psychology of Pain' in Pain Points: Newsletter of the Royal College of Nursing Pain Management Group
- Macdonald, H and Stalmeisters, D (2016) A Chronic Illness Coping Model and Formulation using a Case Example of Chronic Pain in Townend, M and Corrie, S, (2016) 'Assessment and Case Formulation in Cognitive Behavioural Therapy. Sage publications