

David Westbrook - Curriculum Vitæ.

Qualifications

First degree: B.A. (Oxon) in Psychology & Philosophy, 2nd class, 1972. (M.A. conferred 1975).

Nursing: Registered Mental Nurse (Gold Medal winner), 1979.

Clinical Psychology: B.P.S. Diploma in Clinical Psychology (with Distinction), 1985.

Research degree: M. Phil. (Brunel) in The Evaluation of Public Services, 1996. Thesis title: "Allocating adult mental health patients to different forms of psychological treatment: an evaluation".

Current duties

Director of Oxford Cognitive Therapy Centre (OCTC – see www.octc.co.uk)

- Running CBT training workshops for trainees of all professional backgrounds locally, in other areas of this country, and abroad
- Research tutor for trainees doing the MSc option on the OCTC / Oxford University 'Advanced Cognitive Therapy' course. Teaching on approaches to research, and supervising their research projects.
- Professional & line management responsibility for 12 psychologists & CBT therapists
- Organising clinical supervision, CPD, trainee placements etc.

Specialist CBT service in OBMH Psychological Services:

- Working clinically with patients with severe and complex problems, particularly obsessional problems and chronic depression.

Accreditation

Accredited by the BABCP (British Association for Behavioural & Cognitive Psychotherapy) as a CBT therapist, trainer, and supervisor.

Chartered and HPC registered clinical psychologist.

Teaching & supervision experience

Oxford Doctoral Course:

- Regularly taught sessions for the local Oxford Doctoral Training Course in Clinical Psychology since 1986
- Ex-member of the course's Board of Examiners.
- Supervised trainee psychologists most years until taking on current post.

OCTC:

- I have been a member of OCTC since its foundation and have organised and taught workshops to many groups & professions, both around the UK and abroad. I have been particularly involved in running OCTC's 'Introduction to CBT' courses and in the teaching programmes we have run in Poland, Iceland and Kosovo. Clinical supervisor on local 'Cognitive Therapy in Oxford' Diploma course since its foundation in 1992.

Other:

- Regularly supervised registrars and senior registrars doing a specialist CBT placement, and also taught and supervised many other groups including nurses, social workers, probation officers, GPs and voluntary workers

Audit and research experience

Service-related research, evaluation and audit have been amongst my main interests, and I have been involved in many studies. The following is a brief selection:

- The ‘Wait List Study’, which resulted in the adoption of an early assessment procedure (Westbrook, 1995)
- The ‘10 Session’ study, which resulted in the department adopting a policy of limiting the number of treatment sessions offered to patients.
- My M. Phil. project, looking at various quality issues around how patients get referred, assessed and allocated to either CBT or psychodynamic treatment.
- Piloting ‘Stress Control’ large group intervention for anxiety disorders in Oxfordshire.
- A study of outcomes for what is, as far as we know, the largest group of routinely treated psychological therapy patients in the literature (Westbrook & Kirk, 2005)

I am currently research tutor for the Advanced Cognitive Therapy Studies MSc course

Special interests

Service-related research and evaluation.

Cognitive therapy for obsessional disorders & chronic depression.

Journal experience

I have acted as a referee for various journals, and was an Associate Editor of *Behavioural & Cognitive Psychotherapy* until 2006.

Publications – papers

1. Salkovskis, P M & **Westbrook**, D (1989). Behaviour therapy and obsessional ruminations: can failure be turned into success? *Behaviour Research & Therapy*, **27**, 149-160.
2. **Westbrook**, D (1990). Aspects of behavioural and cognitive therapy. *Current opinion in psychiatry*, **3**, 355-358.
3. **Westbrook**, D (1991). Can therapists predict length of treatment from referral letters? A pilot study. *Behavioural Psychotherapy*, **19**, 377-382.
4. **Westbrook**, D & Hawton, K (1991). Liaison meetings between a psychiatric team and general practitioners: description and evaluation of a pilot project. *Bulletin of the Royal College of Psychiatrists*, **15**, 328-329.
5. Andrew, B, Hawton, K, Fagg, J & **Westbrook**, D (1993). Do psychosocial factors influence outcome in severely depressed female psychiatric in-patients? *British Journal of Psychiatry*, **163**, 747-754.
6. **Westbrook**, D (1995). Patient and therapist views of different waiting list procedures. *Behavioural & Cognitive Psychotherapy*, **23**, 169-175.
7. Salkovskis, P., **Westbrook**, D., Davis, J., Jeavons, A. & Gledhill, A. (1997). Effects of neutralising on intrusive thoughts: an experiment investigating the etiology of obsessive-compulsive disorder. *Behaviour Research & Therapy*, **35**, 211-219.
8. **Westbrook**, D. & Hill, L. (1998). The long-term outcome of cognitive-behaviour therapy for adults in routine clinical practice. *Behaviour Research & Therapy*, **36**, 635-643.
9. **Westbrook**, D. & Kirk, J. (2005). The clinical effectiveness of cognitive behaviour therapy: outcome for a large sample of adults treated in routine practice. *Behaviour Research & Therapy*, **43**, 1243-1261.
10. **Westbrook**, D., Sedgwick-Taylor, A., Bennett-Levy, J., Butler, G. & McManus, F. (2008). A pilot evaluation of a brief CBT training course: impact on trainees’ satisfaction, clinical skills and patient outcomes. *Behavioural & Cognitive Psychotherapy*, **36**, 569–579.

11. McManus, F., **Westbrook, D.**, Vazquez-Montesc, M., Fennell, M. & Kennerley, H. (2010). An evaluation of the effectiveness of diploma-level training in cognitive behaviour therapy. *Behaviour Research & Therapy*, **48**, 1123-1132.
12. McManus, F., Rakovshik, S., Kennerley, H., Fennell, M. & **Westbrook, D.** (submitted for publication). An investigation of the accuracy of therapists' self-assessment of cognitive-behaviour therapy.

Publications – authored books

13. **Westbrook, D.**, Kennerley, H. & Kirk, J. (2011). *An introduction to cognitive behaviour therapy: skills & applications* [2nd edition]. London: SAGE

Publications – edited books

14. Bennett-Levy, J., Butler, B., Fennell, M., Hackmann, A., Mueller, M. & **Westbrook, D.**, Eds. (2004). *The Oxford guide to behavioural experiments in cognitive therapy*. Oxford: OUP.
15. Mueller, M., Kennerley, H., McManus, F. & **Westbrook, D.**, Eds. (2010). *The Oxford guide to surviving as a CBT therapist*. Oxford: OUP.

Publications – book chapters

16. Salkovskis, P M & **Westbrook, D** (1987). Obsessive-compulsive disorder: clinical strategies for improving behavioural treatments. In Dent, H (Ed.) *Clinical psychology: research and developments*. Beckenham: Croom Helm.
17. Bennett-Levy, Fennell, **Westbrook**, Cooper, Rauf & Hackmann (2004). Behavioural experiments: historical and conceptual underpinnings. In Bennett-Levy, Butler, Fennell, Hackmann, Mueller & Westbrook, Eds. *The Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: OUP.
18. Rouf, Fennell, **Westbrook**, Cooper & Bennett-Levy (2004). Devising effective behavioural experiments. In Bennett-Levy, Butler, Fennell, Hackmann, Mueller & Westbrook, Eds. *The Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: OUP.
19. Morrison & **Westbrook** (2004). Obsessive-compulsive disorder. In Bennett-Levy, Butler, Fennell, Hackmann, Mueller & Westbrook, Eds. *The Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: OUP.
20. Fennell, Bennett-Levy & **Westbrook**. (2004). Depression. In Bennett-Levy, Butler, Fennell, Hackmann, Mueller & Westbrook, Eds. *The Oxford Guide to Behavioural Experiments in Cognitive Therapy*. Oxford: OUP.
21. **Westbrook**, Mueller, Kennerley & McManus (2010). Common problems in therapy. In Mueller, Kennerley, McManus, & Westbrook, Eds. *The Oxford guide to surviving as a CBT therapist*. Oxford: OUP.
22. **Westbrook** (2010). Research and audit. In Mueller, Kennerley, McManus, & Westbrook, Eds. *The Oxford guide to surviving as a CBT therapist*. Oxford: OUP.

Publications - self-help booklets for patients

Westbrook, D & Rouf, K (1998). *Understanding panic*. OCTC.

Westbrook, D. (1999). *Managing depression*. OCTC.

Westbrook, D. & Morrison, N. (2003). *Managing obsessive-compulsive disorder*. OCTC