

CURRICULUM VITÆ:

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Work:

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CURRENT POSITION AND RESPONSIBILITIES

Consultant Clinical Psychologist [Chartered]

The Oxford Cognitive Therapy Centre (wte 0.9)
Oxfordshire and Buckinghamshire Mental Health Trust (wte 0.1)

Responsibilities:

Clinical work: Assessment and treatment of adults with mental health problems; provision of expert witness court reports; provision of specialist clinical reports. Within the NHS clinic – assessment and treatment of survivors of childhood trauma. Evaluation of the OCTC clinical service through regular audit and evaluation of clinical practice through supervision and performance rating.

Clinical consultation and supervision: To a range of clinicians practising CBT (e.g. clinical and counselling psychologists, psychiatrists, nurses, social workers, occupational therapists) within a range of settings (e.g. AMH, child and adolescents, older adults, forensic).

Research consultation and supervision: to clinicians wishing to carry out CBT research.

Teaching and training in CBT: OCTC has a commitment to disseminating cognitive therapy skills and monitoring its practice. In my training role, I have developed both general and specialised training workshops and short courses. I am involved as a workshop leader, supervisor and examiner for the Cognitive Therapy in Oxford Diploma Course and as a workshop presenter, supervisor and assessor for the Advanced Diploma / MSc course in Cognitive Therapy. Clinical practice of trainees is evaluated through rating of therapy tapes and academic ability through marked essays.

Organizational: I am the Director of the PG Diploma / MSc in Advanced Cognitive Therapy Studies course. I have taken on lead roles in running the OCTC clinic and organising the OCTC academic programme. I am also a member of the OCTC editorial board which reviews booklets to be published by OCTC and a member of the Diploma in Oxford executive committee.

EDUCATION

1977-1980	<i>University of Hull</i>	BSc (Hons) in Psychology
1980-1983	<i>University of Oxford</i>	D.Phil (Faculty of Clinical Medicine) Thesis: Psychological and Social Aspects of Maternity Blues
1983-1986	<i>Oxford R.H.A</i>	BPS Diploma in Clinical Psychology Thesis: Anxiety Management in Primary Care Settings

AWARDS

1980	Medical Research Council advanced studentship.
1989	Oxford Regional Health Promotion project grant
1990	Alan Sharpe Fellowship
1992	Oxford Regional Health Authority project grant

APPOINTMENTS

1982-1983	Honorary Clinical Psychologist Rivermead Rehabilitation Hospital, Oxford.
1986-1988	Clinical Psychologist in Adult Mental Health The Warneford Hospital, Oxford.
1987-1989	Honorary Lecturer, Oxford University Dept Psychiatry
1988-1990	Senior Clinical Psychologist in Adult Mental Health and Community Care at The Warneford Hospital, Oxford.
1989-1990	Honorary Tutor in Psychology, University of Birmingham.
1990-	Principal Clinical Psychologist in Adult Mental Health and Community Care at The Warneford Hospital, Oxford.
1991	Lecturer, Oxford Polytechnic and Dorset House School of Occupational Therapy.
1991- 1998	Member of The Oxfordshire Disaster Planning Group
1991- 1995	Tutor for the University Department of Experimental Psychology, Oxford
1992 -	Tutor for the “Cognitive Therapy in Oxford: Post qualification Course”, University Department of Psychiatry: Oxford
1993 -2000	Specialist for Cognitive-Behavioural Psychotherapies (B Grade), Riverside Health Authority, Chelsea and Westminster Hospital: London
1993- 1994	Consultant to Department of General Practice and Primary Care, Joint Medical Colleges of St. Bartholomew’s & the London Hospitals : London
1994 -1998	Consultant to Oxford Psychologists Press and SIGMA: Psychometric and occupational psychology organisation
1996-	Consultant Clinical Psychologist in Adult Mental Health and Community Care: Oxfordshire Mental Health Trust
1996-	Supervisor and trainer for Oxford Cognitive Therapy Centre
1996-	Consultant Psychologist to The European School, Culham, Oxfordshire
1997	Trainer in advanced CT skills for The British Council. Bangladesh
1997-	Consultant to Oxford University Medical School: stress management and communication skills trainer for junior doctors
2000-2001	Examiner for University of Newcastle (Dept. Psychology)
2001-	Consultant adviser in CBT to the MOD (Adult Mental Health)
2003-	University of Oxford Examiner for the postgraduate diploma in cognitive therapy
2003-	Member of the executive committee for the “Cognitive Therapy in Oxford: Post qualification Course”, University Department of Psychiatry: Oxford
2003 -	Tutor, examiner and member of the executive committee for the “Advanced Diploma / MSc course in Cognitive Therapy in Oxford:”, University Department of Psychiatry: Oxford
2007 -	Co-director of the Diploma/ Msc in Advanced Cognitive Therapy Studies
2008	Advisor to the IAPT Expert Reference Group developing Supervision Competencies (D.O.H)
2008	BABCP Accreditation as a therapist, supervisor and trainer
2009	Director of the Diploma / MSc in Advanced Cognitive Studies
2010	External examiner for Trinity College, Dublin: PG Diploma in CBT

COMMITTEES AND MEMBERSHIP

Academy of Cognitive Therapy: Member 2004 -

British Psychological Society : Member 1977-

British Association of Behavioural and Cognitive Psychotherapies: Member 1986-

Division of Clinical Psychology: Member 1983-
International Association of Cognitive therapy: Member 2004 -
BABP (Oxford branch) : Chairperson 1988-1989
DCP (Oxford branch) : Treasurer 1988-1989
Society for the Exploration and Integration of the Psychotherapies: Member 1996-1998
Eating Disorders SIG: Member 1996-1998
Eating Disorders Association: Member 1996-2000

TRAINING EXPERIENCE

OXFORD COGNITIVE THERAPY CENTRE TRAINING SINCE 2000

- (i) OCTC Academic Programme (Workshops) Various workshops including 'Basic' CBT skills', CBT and trauma; CBT and personality disorder; CBT and the brain; CBT supervision.
- (ii) Oxford Diploma in Cognitive Therapy. A range of workshops and student clinical supervision
- (iii) Oxford Diploma / MSc in Advanced Cognitive Therapy studies. A range of workshops and supervision of students' clinical work, supervisory practice and MSc research

In addition to my current teaching and supervision experience with OCTC, from 1993-2000, I co-ordinated training and supervision in cognitive therapy for psychologists in West London (wte 0.2). This involved developing a range of training workshops (from 'basic' to 'advanced'), and providing supervision across a range of settings (including HIV services, drug and alcohol, forensic, eating disorder services, child and adolescents, older adults and medical settings) and evaluating clinical performance. Supervisees included UCL doctoral students, 'A' grade and 'B' grade clinical psychologists and supervision formats were both group and individual. During this period I developed and ran a brief training programme in advanced cognitive therapy for the British Council, Bangladesh. Prior to this I have provided training for:

NHS : including a variety of workshops and supervision for general practitioners, medical registrars, medical students, nursing staff, clinical and counselling psychologists, psychology students. In primary, secondary and tertiary settings.

UNIVERSITY OF OXFORD: includes a variety of workshop and supervision for medical students, MRC Psych medical registrars, psychology undergraduates, clinical psychology trainees, GPs and junior doctors.

UNIVERSITIES OF BIRMINGHAM, DUBLIN ,LEICESTER, LONDON, MANCHESTER,

NEWCASTLE, OXFORD (Brookes), SURREY: as a lecturer, workshop presenter and supervisor.

THE HEALTH EDUCATION AUTHORITY: Workshops for HEA workers on "Coping with Stress"

RELATE: Workshop for Relate counsellors on "Helping Survivors of Sexual Abuse"

MIND ORGANIZATION: Workshops on "Stress management" and "Helping Survivors of Sexual Abuse"

OCCUPATIONAL TEACHING: Workshops on "Managing Stress"; "Assertiveness training"; "Inter-personal skills development."

EDUCATIONAL: Course in basic counselling skills for teachers for The European School, Culham, Oxon

MOD: Workshops series in Basic CBT skills and CBT supervision skills; supervision of CBT practitioners within the MOD

CONFERENCE PRESENTATIONS

BRITISH PSYCHOLOGICAL SOCIETY: Psychotherapy Section:

Paper: "Schema-Focussed Cognitive Therapy" (London 1997)

BABCP:

Papers: "The development of a therapy group for survivors of childhood sexual abuse" (Lancaster 1994);

"Pair therapy: a new mode of intervention with survivors of CSA" (Lancaster 1994);

"Schema-focussed cognitive therapy and its application to complex eating disorders" (Canterbury 1997)

Workshops: “Introduction to working with survivors of CSA” and “Running CSA groups” (Lancaster 1994); “Managing Dissociative Symptoms” (Southport 1996) “Managing Type I and Type II trauma flashbacks (Warwick 2006 and Edinburgh 2008) “Schemata, a users’ guide” (London 2008)

Symposium: Issues relating to CSA (Lancaster 1994)

BABCP (Central)

Workshops: Working with survivors of CSA; Cognitive therapy of dissociative symptoms; Managing complex eating disorders

BABCP (North West)

Lecture: Working with adult survivors of childhood abuse” (Manchester 1999)

BABCP (West)

Workshop: “Cognitive therapy for dissociative symptoms and self-harm” (London 1999)

EABCP

Paper: “Developing group cognitive therapy for survivors of childhood sexual abuse” (London 1992)

Workshop: “Lies, damn lies and information processing” (Manchester 2004)

WORLD CONGRESS OF COGNITIVE THERAPY:

Workshop: “Cognitive Therapy in Voluntary Settings” (Oxford 1989)

Paper: “Interpersonal schemata in CSA work” (Toronto 1992)

Workshop: “Running CSA groups” (Copenhagen 1995)

Workshop: “Managing complex eating disorders using Schema-focused CT” (Acapulco 1998)

MARCE SOCIETY ANNUAL CONFERENCE

Paper: “Maternity Blues” (San Francisco 1984)

PAVILION TRAUMA AND MENTAL HEALTH CONFERENCE

Paper: “Different approaches to helping trauma/CSA survivors : CBT” (Manchester 1998)

Paper: “Different approaches to helping trauma/CSA survivors : CBT” (London, 1999)

EATING DISORDERS ASSOCIATION

Paper: “Towards a better understanding” (Annual Eating Disorders Conference London, 2001)

NE ESSEX MENTAL HEALTH FORUM: 4TH ANNUAL CONFERENCE ON SEXUAL ABUSE

Paper: “Developing a CBT programme to meet the needs of the users” (Colchester 1999)

Workshop: “Using CBT to help survivors of childhood trauma” (Colchester 1999)

PUBLICATIONS: ARTICLES

Kennerley H and Gath D (1986): “*Maternity Blues Reassessed*” *Psychiatric Developments* Vol 1, 1-17

Kennerley H and Marzillier J (1988): “*Can General Practitioners Manage Anxiety?*” *Clinical Psychology Forum* Vol 14, 9-12.

Cooper P.J, Campbell E.A, Day A, Kennerley H, Bond A (1988): “*Non-psychotic psychiatric disorder after childbirth: A prospective study of prevalence, incidence, course and nature*” *British Journal of Psychiatry* Vol 152, 799-806.

Kennerley H and Gath D (1989): “*Maternity Blues: Detection and measurement by questionnaire.*” *British Journal of Psychiatry* Vol 155, 356-362.

Kennerley H and Gath D (1989): “*Maternity Blues:Associations with obstetric, psychological and psychiatric factors.*” *British Journal of Psychiatry* (1989) Vol 155, 367-373.

Hogg L and Kennerley H (1989)“*Privatization of NHS Clinical Services*” *Clinical Psychology Forum* Vol 21, 44-45.

Isles S, Gath D and Kennerley H: (1989) “*Maternity Blues:A comparison between post-operative women and post-natal women.*” *British Journal of Psychiatry* Vol 155,363-366.

Kennerley H (1993): “*Helping Survivors of Childhood Sexual Abuse.*” *The Practitioner* Vol 237, 748-752

Kennerley H (1995): “*A Schema Questionnaire for Survivors of Childhood Trauma: preliminary findings*” *International Cognitive Therapy Newsletter* Vol. 9 (2)

- Kennerley H (1996): "*Cognitive Therapy of Dissociative Symptoms Associated with Trauma.*" British Journal of Clinical Psychology Vol 35, 325-341
- Kennerley H (1996): "*Symptomatic Treatment for Flashbacks in PTSD: a complex case*" Behavioural Cognitive Bulletin of the psychotherapy section of the Royal College of Psychiatrists. Vol. 5, 16-20
- Kennerley H (1997): "*Schema-focused Cognitive Therapy*" British Psychological Society : Psychotherapy Section Newsletter (December) No. 22
- Waller G, Hamilton K, Elliot P, Lewendon J, Stopa L, Walters A, Kennedy F, Lee G, Pearson D, Kennerley H, Hargreaves I, Bashford V, Chalkley J (2000) "*Somatoform dissociation, psychological dissociation and specific forms of trauma*" J. Trauma and Dissociation 1(4) 81-98
- Middle C and Kennerley H (2001) "*A grounded theory analysis of the therapeutic relationship with clients sexually abused and children and non-abused clients*" Clinical Psychology and Psychotherapy 8 198-205
- Wachter T., Murphy S, Kennerley H, Wachter S (2009) A Preliminary Study Examining Relationships Between Childhood Maltreatment, Dissociation, and Self-Injury in Psychiatric Outpatients *Journal of Trauma & Dissociation*, 10:261–275, 2009
- McManus F, Westbrook D, Vazquez-Montes M, Fennell M, Kennerley H (2010) An evaluation of the effectiveness of Diploma-level training in cognitive behaviour therapy *Behaviour Research and Therapy* 48 1123-1132

PUBLICATIONS: BOOKS

- Kennerley H (1995): "*Managing Anxiety: A training manual*" (2nd Edition) Oxford: Oxford University Press
- Kennerley H (1997): "*Overcoming Anxiety: a self-help guide using cognitive-behavioural techniques*" London: Robinson Health Publications
- Kennerley H (2000): "*Overcoming Childhood Trauma: a self-help guide using cognitive-behavioural techniques*" London: Constable Robinson
- Kennerley H (2006) "*Overcoming Anxiety self help course: a 3-part programme based on cognitive behavioural techniques*" London: Constable Robinson
- Kennerley H (2011) *An introduction to coping with Overcoming Childhood Trauma* London: Robinson
- Kennerley H (2011) *How to Beat your Fears and Worries* London: Robinson
- Mueller M, Kennerley H, Mcmanus F, Westbrook D (2010) "*The Oxford Guide to surviving as a CBT therapist*" Oxford: Oxford University Press
- Westbrook D, Kennerley H and Kirk J (2007) "*An introduction to CBT: skills and applications*" London: Sage
- Westbrook D, Kennerley H and Kirk J (2011) "*An introduction to CBT: skills and applications*" (2nd Edition) London: Sage

PUBLICATIONS: CHAPTERS

- Kennerley H (1996): "*The prevention of anxiety disorders*" in "The prevention of mental illness in primary care" edited by Kendrick, Tylee and Freeling. Cambridge: Cambridge University Press
- Kennerley H (2002): "*Managing the sequelae of childhood sexual abuse in adults*" In: The psychology of sexual health Eds Miller D and Green J Oxford: Blackwell
- Kennerley H (2002): "*CBT for mood and behaviour problems*" In: The trauma of sexual assault Eds: Petrak J and Hedge B Chichester: Wiley
- Kennerley H (2004): "*Self-injurious behaviour*" In: The Oxford guide to behavioural experiments in cognitive therapy Eds: Bennett-Levy J, Butler G, Fennell M, Hackmann A, Meuller M, Westbrook D. Oxford: Oxford University Press
- Kennerley H (2009) *Cognitive therapy for post traumatic dissociation* In Grey, N. A Casebook of Cognitive Therapy for Traumatic Stress Reactions. Routledge
- Kennerley H & Clohessy (2010) *Becoming a supervisor* In: M.Mueller, H.Kennerley, F McManus, D.Westbrook (Eds) The Oxford Guide to Surviving as a CBT Therapist Oxford: OUP

- Kennerley H, Mueller M & Fennell M (2010) Looking after yourself in: In: M.Mueller, H.Kennerley, F McManus, D.Westbrook (Eds) *The Oxford Guide to Surviving as a CBT Therapist* Oxford: OUP
- Waller G and Kennerley H (2003) “*Cognitive-behavioural treatments*” In: *Handbook of Eating Disorders* 2nd edition Eds: Treasure J, Schmidt U, van Furth Eric Chichester: Wiley
- Waller G and Kennerley H (2005) “*Cognitive-behavioural treatments*” In: *The Essential Handbook of Eating Disorders* 2nd edition Eds: Treasure J, Schmidt U, van Furth Eric Chichester: Wiley
- Waller G, Kennerley H, Ohanian V (2007) “*Schema-focussed cognitive behaviour therapy with the eating disorders*” In: *Cognitive Schemas and Core Beliefs in Psychological Problems: a scientist –practitioner guide* Eds: Riso LP, Stein DJ, duToit P, Young JE APA Press
- Westbrook D, Mueller M, Kennerley H & McManus F (2010) *Common problems in therapy*: In: M.Mueller, H.Kennerley, F McManus, D.Westbrook (Eds) *The Oxford Guide to Surviving as a CBT Therapist* Oxford: OUP

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