

WORK HISTORY

I have 13 years experience of working within community mental health services, predomintaly with trauma-related difficulties. This has been with adults with a range of needs and backgrounds, with a particular interest in supporting the engagement of young adults (18-25 years). In latter years, a significant part of this work involved upskilling and supporting other clinical staff to provide therapeutic relationships in which healing and growth can occur.

For the last 5 years I have provided a clinical leadership role to enable service development, consultation, training and supervision in the area of complex trauma, and clinical psychology leadership within community mental health services. I have aimed to promote relational recovery and trauma-informed service provision as core elements of service provision.

In recent years I have developed partnerships with specialists with lived experience of mental health difficulties and feel passionately about promoting therapeutic collaborations between professionals and peer specialists.

Clinical expertise

* My clinical skills have been developed to support a broad range of need, often (but not exclusively) as a result of adversity in early life experiences or later trauma. This includes difficulties managing emotions and relationships, self-criticism, self-destructive coping, crisis-management, Complex PTSD in adults.
* I have developed and run groups providing compassion focussed therapy, DBT/mentalisation-based group (via Structured clinical management programmes), STEPPS groups & Relapse prevention and recovery Groups.
* Other approaches include EMDR and CAT-informed interventions.

Consultation

* Joint work to support staff and client to enhance understanding of patterns, engagement, and relationship ruptures. (Often via 5 Session CAT-informed Consultation process).
* Consultation with clinical and managerial staff to understand complexity.
* Systemic consultation to offer psychological understanding of dynamics and difficulties within complex systems. I also have experience of offering process consultancy to outside agencies.

Training

* Academic teaching
* Occupational workshops on psychologically informed practice
* Staff wellbeing workshops
* Development of a tiered curriculum of training in Complex trauma for NHS staff

**Clinical Psychology Lead (CMHT); Clinical Lead for complex trauma (Personality disorder)**

GMMH NHS Foundation Trust

2013-2018

**Guest Lecturer D.Clin.Psy**

University of Manchester

2010-2018

**Senior Clinical Psychologist (CMHT)**

GMMH NHS Foundation Trust

2010 – 2013

**Research Therapist STAR-T Trial**

Recovery Programme, GMMH

2009-2010

**Clinical Psychologist (CMHT)**

GMMH NHS Foundation Trust

2008-2010

KUF Personality Disorder MSc Modules

Institute of Mental Health

2011 – 2012

Doctorate in Clinical Psychology

University of Liverpool

2005 – 2008

**Certificate in Applied Psychology**

University of Manchester

2004

**BSc (Hons) Psychology 2:1**

University of Manchester

1997 - 2001

EDUCATION

1-5 The Downs, Altrincham, WA14 1JN

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WORK EXPERIENCE

CONTACT

I am a clinical psychologist with over 10 years post-qualification experience and a long-standing passion in enabling others to grow and thrive despite adversity. I have a professional interest in how trauma and adversity impacts emotional wellbeing and potential. My experience enables me to provide specialist assessments, interventions, consultancy, training and supervision, alongside professionals and peer specialists with lived experience.

PROFILE

CLINICAL PSYCHOLOGIST

RIVERS

ZOE

ZOE RIVERS

CLINICAL PSYCHOLOGIST

REFERENCES

WORK EXPERIENCE CONTINUED

Supervision

* Psychologists
* Non-psychologists including mental health & social care staff
* Peer specialists

 Training

* Academic teaching – University doctorate courses
* Occupational workshops on psychologically informed practice
* Staff wellbeing workshops
* Development of a tiered curriculum of training in Complex trauma for NHS staff

Leadership & Service Development

* Aiding the integration of clinical psychologists into community teams
* Development of clinical pathways
* Championing service user involvement and peer-led service development & mentoring
* Funding Bids
* Supporting the development of a peer-led network / social enterprise

Research

Service user / Peer Specialist Partnership working

Understanding peer-involvement & IPS

ENTER YOUR JOB POSITION HERE

Company | 2007 – 2010

Use more short sentences. They make text easier to read. You should also use numbers, dollars and percentages as they stand out in the text.

* I managed the department with a $1,000,000 budget.
* Increased the amount of sales by 27% across 9 states.
* If you were an executive, you should definitely mention the number of your subordinates.

ENTER YOUR JOB POSITION HERE

Company | 2000 – 2007

However, what about those, who due to the nature of the job cannot boast of the efficiency improvement and victories in competitions?

* Emphasize you reliability and capacity to supply continuous and qualitative work.

Dr Stephanie Kennedy

Trust Professional Lead for Psychology

Greater Manchester Mental Health NHS Foundation Trust

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Team Manager

GMMH NHS Foundation Trust

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SPECIALIST TRAINING

* Compassion Focussed Therapy Training (Paul Gilbert & Chris Irons) 2009; CFT for children and young people (Mary Welford, 2019) and Perinatal difficulties (Michelle Cree, 2019)
* Cognitive Analytic Consultation training (Angela Carradice c/o ACAT) 2018
* Relational Recovery Training (Somerset NHS Trust) 2016
* DBT Skills Workshop training (British Isles DBT Training) 2015
* Structured Clinical Management Training (Anna Freud Centre) 2014
* EMDR Training (EMDR Masterclass) October 2018 - Jan 2019

PUBLICATIONS & CONFERENCE PRESENTATIONS

* Rivers, Z. (2012) The impact of working with complex personalities & trauma in Secondary care – Compassion fatigue & burnout: An Affect-regulation approach. Presented at the 2012 Compassionate Mind Foundation Conference, Oct. 2012.
* Haddock et al (2018) Delivery of cognitive-behaviour therapy for psychosis: a service user preference trial. Journal of Mental Health, Volume 27, 2018 - Issue 4
* Hartley et al (2014). Assessing therapist adherence to recovery-focussed cognitive behavioural therapy for psychosis delivered by telephone with support from a self-help guide: psychometric evaluations of a new fidelity scale, Behavioural and Cognitive Psychotherapy,42:4