

Dr Paul Russell

(D.O.B. 13/11/70)

A Clinical Psychologist with experience in Neuropsychology, Mental & Physical Health

Education:

University of Glasgow: *Diploma in Clinical Neuropsychology* *Pass*
Mar 2011 – May 2013

University of Cumbria: *BSc in Cognitive Behavioural Therapy* *2(1)*
Sept 2006 – Mar 2008

University of Lancaster: *Doctorate in Clinical Psychology* *Pass*
Sept 2001 – Aug 2004

Queens University, Belfast: *BSc in Psychology (single honours)* *2(1)*
Sept 1991 – May 1994

Occupation:

NeuroCog (Hawthorns Neuro rehabilitation Centre) *Clinical Psychologist (neuropsychology)* Oct 2015

Neurocog (neuro rehabilitation consultancy work) *Consultant Psychologist (neuropsychology)* Apr 2015 - current

Expert Psychological Reports *Expert Psychologist* Jan 2014 – current

City Hospitals Sunderland NHS Foundation Trust *Principal Clinical Psychologist* April 2009 – Oct 2015

Cumbria Partnership NHS Foundation Trust *Clinical Psychologist* Oct 2004 – Mar 2009

Morecambe Bay Primary Care NHS Trust *Trainee Clinical Psychologist* Sept 2001 – Aug 2004

Various NHS trusts in North East England *Assistant Psychologist/research assistant posts* June 1996 – Sept 2001

Clinical Experience:

I have experience working within clinical settings across North West & North East of England. I have worked into NHS settings delivering services to patients across the life span development.

I have worked within primary and secondary care Adult Mental Health settings including Community Treatment Teams, acute psychiatric inpatient settings as well as delivering psychological treatments to individuals referred with a variety of complex mental & physical health difficulties including neuropsychological difficulties.

Currently, I work within NHS psychology in physical health services. I deliver individual psychological assessment & treatments to patients to facilitate recovery and enhance self management of physical health conditions broadly coming under vascular health conditions (e.g. cardiology, diabetes & stroke) as well as oncology, chronic pain and fatigue services. I work into inpatient ward, outpatient psychology clinics as well as community settings.

I deliver group based interventions on emotional adjustment & stress management as part of the community based phase three cardiac rehabilitation programme. I carry out joint assessments with other professionals within the community stroke team; provide teaching & consultation to the team on psychological & neuropsychological aspects of patient care. I work closely with nursing, medical & other allied health colleagues & this involves attending service related meetings, informal discussion & developing effective professional relationships.

For the last eighteen months I have been providing private assessment & reports for clients requiring psychological opinion following Road Traffic accidents. This medico-legal work is commissioned through Expert Psychological Reports. Additionally, I have been providing private assessment & treatment for clients with neuropsychological and emotional difficulties through a private sector provider, Neurocog. I have recently been engaged within the private sector to provide specialist psychological assessment and treatment to a long stay neurorehabilitation & assessment unit for patients referred following traumatic and acquired brain injury, due to commence post in October 2015.

Specialist clinical neuropsychology expertise:

I have experience in delivering neuropsychological assessments to patients within a variety of clinical settings including primary care mental health, secondary care mental health, forensic services, old age psychiatry, Acquired Brain Injury and Intellectual Disabilities services. Within my current post I appropriately use neuropsychological approaches with patients referred with underlying vascular health difficulties. Infrequently a clinical neuropsychological frame is requested for patients (e.g. suffering cardiac arrest, hypoxia, dystonia overlapping a neurological condition & cognitive impairment following stroke). I provide a psychological and neuropsychological consultation within the community stroke & rehabilitation service alongside colleagues from a range of professional backgrounds.

I am familiar with a variety of psychological assessments including psychometric for mood & anxiety disorders as well as specialist neuropsychological assessment tools. Additionally I am familiar with the application of neuropsychological perspectives to inform the recovery pathway and clinical care of patients. This includes designing specific interventions for identified clinical problems (e.g.

compensatory strategies for attention, executive functioning & memory deficits within the patients' relevant social care systems). Currently within the private sector I provide weekly sessions for clients with acquired brain injury and their care providers in relation to emotional recovery, adjustment and managing challenging behaviours (e.g. anger, stress reactions) which involves seeing people at Neurocog offices as well as in client homes.

Supervision & training:

I have developed & delivered regular in house training on cognitive behavioural approaches to working with long term physical health difficulties. I contribute to peer clinical supervision with other psychologists working across a variety of specialisms.

Publications:

Russell, P. (2009). Psychodynamic approach to trauma and loss: Critique of underlying theory and contrast with cognitive behavioural approach. *Clinical Psychology Forum*, 200, 39-43.

Russell, P., Hey, C. & Linnell, R. (2003). User perspective on information leaflets for children, adolescents and their carers. *Clinical Psychology Forum*, 30, 29-33.