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## Professional Profile

### PERSONAL INFORMATION

Name	Dr Ashley Reynolds BSc(Hons), MSc, ClinPsyD	
Position	Clinical Psychologist	
Address	The George Road Clinic 22 George Road Edgbaston Birmingham B15 1PJ	
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### PROFILE

Ashley Reynolds has worked within the NHS as a psychologist since 1995 and privately with adults who have chronic physical health problems since 2012. Ashley has worked as a Clinical Psychologist specialising in Physical Health Psychology across the lifespan, working for a local trust based within a District General Hospital (in-patient, out-patient and community work). The focus of this work is with adults, children and young people who have a chronic physical health problem offering therapeutic support to help reduce the associated emotional distress and improve the daily management of such conditions. Ashley's approach is integrative and holistic; he works with the patients he sees by understanding the impact of the physical health problem on the patient, their support network and the professionals around them from a biopsychosocial perspective. This can mean working with the patient directly doing one to one therapeutic work or supporting the family and medical team due to the impact of a difficult diagnosis. It can also require teaching of medical teams to help them to work more effectively with the child or young person and their family by understanding the underlying psychological difficulties. In his private work he works closely with patients, their family, physiotherapists, occupational therapists and case managers to help facilitate change.

Ashley has received referrals for patients who have; injuries due to road traffic accidents, diabetes, epilepsy, cancer, cystic fibrosis, chronic pain, stroke, duchenne muscular dystrophy, cerebral palsy, experienced accidents resulting in amputation of limbs or loss of sight, heart conditions, spinabifida, sickle cell, talipes equinovarus, juvenile arthritis, crohns disease, prader willi syndrome, lupus, coeliac disease and many other chronic conditions.

Ashley is an integrated member of the diabetes team for his NHS work and he is used to working closely with other professionals attending regular clinics as part of the multi-disciplinary team. He provides assessment, formulation and intervention for patients who are newly diagnosed with diabetes or for those that have been diagnosed for a while and are struggling to maintain healthy control during difficult times (bereavement and transition to other services). Ashley can also provide support to families where there are difficulties in family dynamics that subsequently impact on the management of the child's health.

Ashley also works closely with the medical team to help children or young people who have a fear of needles/venipuncture or where they require help preparing for invasive/distressing procedures and surgery.

Within Ashley's NHS job he has also worked with young people who experience medically unexplained symptoms (MUS). This has involved teaching the team about MUS and working collaboratively with in-patient staff, physiotherapists and play specialists in order to help the young person focus on graded goals to physical recovery along with understanding the link between the mind and the body, and how emotional difficulties such as anxiety and depression can manifest themselves as physical symptoms.

Prior to his current post Ashley has extensive experience of working with physical health problems within the NHS adult population (including breast cancer, COPD, oncology, plastics, burns and crohns disease). His research for his master's degree in Health Psychology was focused on chronic pain. Whilst his doctorate thesis examined the patient and partner emotional dynamic following a myocardial infarction.

Ashley offers long and short-term work to adults, children, young people and their families who are in need of therapeutic input as a result of their physical health problem.

## KEY SKILLS

- Rapport building skills with children and young people to maintain a therapeutic relationship
- Clinical assessment, formulation and therapeutic intervention skills for working with children who are struggling emotionally with a chronic physical health difficulty
- Multidisciplinary working – effective communication skills at all levels and with all ages
- Working within a Cognitive Behavioural Therapy framework
- Using solution focused and systemic therapeutic methods
- Teaching and presentation skills

## EDUCATION

March 2011 – March 2011: University of Worcester

**PGCert - Postgraduate Certificate Managing in Health and Social Care**

Oct 2000 - Sept 2003: University of Birmingham

**Doctorate in Clinical Psychology – ClinPsyD**

Dissertation: "The psychological impact of a myocardial infarction on the patient and partner – an issue for rehabilitation. "

Sept 1997 - Sept 1999: University of Bath

**MSc Health Psychology - Part Time**

Placement: Royal United Hospital, Bath, Pain Management

Dissertation: "A chronic pain management programme: An evaluative longitudinal cohort study."

Sept 1992 - July 1995: University of the West of England, Bristol

**BSc (Hons) Psychology and Health Science (2:1)**

Dissertation: Qualitative/ quantitative research into burnout and stress within the nursing occupation.

## AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

- Specialist psychology service for physical health problems in adults, children and young people
- Psychological assessments and interventions to adults, children, young people and their families to enable them to adjust to and cope with the practical and emotional demands of physical health problems
- Reducing emotional distress and improving physical health control resulting in improved self esteem and confidence
- Registered with the Health Professionals Council - (PYL-21209)
- Holds professional indemnity insurance
- Has enhanced CRB clearance
- Ashley is part of the national Paediatric Psychology Network (PPN) UK, part of the Faculty for Children and Young People, which is part of the Division of Clinical Psychology within the British Psychological Society. The PPN promote professional practice, clinical governance, research and training
- Punctual and reliable

## EMPLOYMENT HISTORY

<b>Sept 2012 – Present Day</b>	<p><b>Clinical Psychologist – Lifespan Physical Health Psychology NPP Neuro Group</b></p> <p>Clinical Psychologist providing assessment formulation and therapeutic intervention for adults and young people who have a chronic physical health problem. Working with people who have experienced accidents resulting in physical disability and emotional distress. This can include post-traumatic stress disorder following road traffic accidents. Sometimes this can include couples or family work where the impact of the accident starts to impact on the dynamics within the patients support network.</p>
<b>Sept 2003 – Present Day</b>	<p><b>Principle Clinical Psychologist</b>  <b>Black Country Partnership NHS Foundation Trust (BCPNFT)</b>  <b>Sandwell General Hospital</b></p> <p>Lead clinician for Clinical Psychology Service to children who have chronic physical health difficulties. Working with young people, their parents, schools, colleges and associated medical professions based on a general medical hospital ward. Medical difficulties include: Diabetes, Asthma, Epilepsy, Cancer, Chronic Pain, Metabolic Disorders, Cystic Fibrosis, Cerebral Palsy, Duchenne Muscular Dystrophy.</p>
<b>Sept 2005 – June 2010</b>	<p><b>Locum Clinical Psychologist – Adult Physical Health Psychology Service</b>  <b>Sandwell Mental Health and Social Care NHS Trust</b></p> <p>Clinical Psychologist for one evening session to support people aged 18-65 who have chronic physical health problem. Referrals received for people who experience psychological difficulties a result of COPD, Diabetes, Asthma, Epilepsy, Myocardial Infarction, Chronic Back Pain Cancer and Stroke.</p>
<b>Oct 2000 – Sept 2003</b>  Core placements:	<p><b>Clinical Psychologist in Training</b>  <b>Walsall Primary Care NHS Trust and The University of Birmingham</b></p> <p>Child Psychology            Adult Mental Health            Older Adults – (Stroke work within a physical health rehabilitation ward – Moseley Hall Hospital)            Children and Adults with Learning Disabilities – (work with children with Autism and Cystic Fibrosis)</p>
Elective Placements:	<p>Child Physical Health: General Paediatrics (Sandwell General Hospital, West Bromwich)            Adult Physical Health: Oncology and Burns (Selly Oak Hospital and QE, Birmingham)</p>
<b>Oct 1999 – Oct 2000</b>	<p><b>Clinical Researcher – South Birmingham Mental Health NHS Trust</b>  <b>Honorary Researcher/Lecturer – University of Birmingham</b></p> <p>Research into the role and training needs of the Community Psychiatric Nurse at the interface between primary and secondary care - using qualitative and quantitative approaches. Lecturing/presentations to nurses.</p>