

Dr. Vanessa Dale-Hewitt

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Date of Birth: 28th February 1976

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EDUCATION

2010-09 - 2014-07

University of Nottingham - Masters in Clinical Neuropsychology (Pass with merit)

Research Project 'The use of the MOCA on a stroke unit'

2004-10 - 2007-09

University of Sheffield - Doctorate in Clinical Psychology (Pass)

Research title: How do patterns of attention relate to new mothers' experiences of post traumatic stress symptoms. A mixed experimental and questionnaire design.

2000-09 - 2001-09

University of Nottingham - Masters in Occupational Psychology (Pass)

Research project: Qualitative study of People with Learning disabilities in Sheltered and Supported employment.

1997-09 - 2000-07

University of Nottingham - Bachelor (Hons) of Psychology (Pass Upper 2:1)

Research Project 'What characteristics of the face, in addition to lips, are important features in face reading?'.

EMPLOYMENT

2020-08 - Current

Programme Director of the MSc Clinical Associate in Psychology and Senior Lecturer at Nottingham Trent University

I am a senior lecturer at the University where I am responsible for the MSc Apprenticeship in Clinical Associate Psychology. I engage in the strategic oversight of the course and contribute to a range of teaching. My main area of research and teaching are: developmental psychology, trauma, post traumatic stress disorder after childbirth, perinatal psychology and attachment theory and intervention.

EMPLOYMENT

2020 - 02 - 2020-06

Consultant psychologist in Child and Adolescents Psychiatric Services, Tonsberg, Norway

In my current role I am responsible for the psychological assessment and treatment of pregnant women and young infants and children. I carry out comprehensive assessments, design and plan treatments and evaluate the effectiveness of the treatment. In addition, i work closely with other health professionals liaising with health visitors, midwives, social care nursers and schools. I work closely with specialist services to enable patients to transition between services to receive the most effective treatment for them at the right time.

2018-08 - 2020 01

Consultant psychologist - Telemark Barne og familie senter, Skien, Norway

Here I worked in a child and family senter for children at risk, where their parents are struggling to care for their children. The families and children in need are referred by child services due to high risk of neglect and abuse within their current caring strategies. I was responsible for the psychological assessment and care of the families, where I coordinated a treatment package and line managed family and child psychiatric nurses and social workers to develop appropriate treatment plans and improve the outcome for children by improving the parents skills in parenting.

I completed comprehensive assessments using clinical and neuropsychological tools such as Baileys, ASQ and WIPPSY.

2009-09 - 2018-05 (parttime)

University of Nottingham (Nottinghamshire Healthcare Trust) - Academic and personal tutor

Here I worked as an academic and personal tutor for students on the Doctorate in Clinical Psychology course. This involved supporting their academic and personal development. I supervised research projects with a special interest in attachment theory, perinatal psychology, developmental psychology, neuropsychology and post traumatic stress.

I was responsible for the development and planning of two modules adhering to university procedures and processes as well as the national curriculum and guidance.

Module convenor role

Part of my role as an academic tutor was holding the responsibility for modules and curriculum development in line with national standards.

This entailed, revising and updated the modules I was responsible for in line with national guidelines and emerging evidence. I organised, planned and revised modules to meet the highest standards of University and research evidence. I regularly reviewed the examination and assessment process to ensure these were in line with University procedures, as well as listening to student views and incorporated regular feedback systems for students.

I was responsible for modules that focused on teaching students the foundations of therapy and about systems and organisation. This involved liaising with speakers and ensuring the module ran smoothly.

Teaching responsibilities

My main research interest is in post traumatic stress following childbirth and treatments that can alleviate stress following childbirth. I lectured on trauma, post traumatic stress, attachment theory, child development, perinatal psychology and Neuropsychology. Drawing on recent advances in research and current knowledge of theories and effective treatments. My aim is to make teaching interesting and a developmentally and safe space for students to learn. I therefore utilised a range of pedagogic models that were tailored to the needs of the students.

EMPLOYMENT

Research projects supervised at doctoral level

Part of my role involved providing regular academic supervision to student research projects at doctoral level. Below is a sample of projects that I have supervised:

- Is attentional bias in pregnancy associated with post partum PTSD?
- 'Doing fence-sitting': a discursive analysis of clinical psychologists' constructions of mental health and its impact on service-users.
- A discourse analysis of obstetricians stories of traumatic births
- The experiences of intrusive images during pregnancy.
- A thematic analysis of the experience of post partum psychosis.

Examinations and assessments

As part of my role I examined students in their VIVAS, both as first and second examiner. I was also invited to be an external examiner for other doctoral level courses where I was the lead examiner in VIVAs. I contributed to the marking process on all academic modules, and was responsible for the designing and planning of assessments where I had a lead role. I value the importance of prompt and constructive feedback on all assignments, which aims to help students further in their learning and development.

Additional roles

I am passionate about supporting the learning and learning environments for students and set up a mentoring scheme during my post as an academic tutor at Nottingham University. Here I was the mentoring lead and led the scheme, allowing students to access mentors when needed.

I ran the local supervision group in Compassion Focused Therapy, to allow students practicing or interested in they approach to attend a clinical supervision group with local supervisors.

Involvement of students in decisions affecting them is important to me. I encouraged feedback both in the formal evaluation of lectures and material, but also wherever changes to modules and assignments were suggested.

2011-01 - 2018-05 (parttime)

Nottinghamshire Health Care Trust - Perinatal Clinical Psychologist

I was responsible for the psychological treatment of women referred to perinatal psychiatric services in Nottinghamshire. I carried out psychological assessments and development treatment packages of pregnant women and their families up to two years following birth, suffering with moderate to severe psychiatric difficulties such as post natal depression, post traumatic stress, psychosis, complex trauma and bipolar depression. I carried out both individual and group treatments, both directly with women and their families as well as indirectly through consultations and supervisions of other health professionals (consultants, paediatricians, obstetricians, perinatal psychiatrists, psychiatric nurses, health visitors and midwives). The goals was to convey psychological understanding and treatment for the staff.

I was also part of systemic work of quality assurance of the treatments. In addition, I supervised clinical psychology trainees enrolled on doctoral programs, as well as creating links with local courses and provided lectures on perinatal psychology.

EMPLOYMENT

2011-09 - 2015-06

Ripplez Derby - Consultant

I worked as a consultant for the family nurse partnership in Derbyshire (Ripples). This program is run by a group of health visitors implementing a manualised parent education program for teenage pregnant women and their families. The aim is to reduce teenage pregnancy and familial generational problems of unemployment and economic problems. The program is based on attachment, systemic dynamic and developmental theories.

2009-02 - 2011-01

Nottingham Universities Hospitals Trust - Clinical Neuropsychologist

I worked in a stroke department where I carried out comprehensive neuropsychological assessment and treatment for those with stroke and acquired brain injury. These struggled with a variety of cognitive functions such as perception, vision, orientation, language, as well as mental health problems such as post traumatic stress and depression. I was keen to undertake regular evaluations of my practice as well as the service to ensure a high quality practice. I was responsible for the supervision of trainee clinical psychologists enrolled on doctoral programs as well as providing lectures on the topic of neuropsychology on local courses.

2008-02 - 2009-02

Nottingham City Primary Care Trust - Clinical Psychologist

In this role I continued working in primary care, where I incorporated my training in compassion focused therapy. I was responsible for the supervision of students enrolled on clinical psychology courses. I worked to develop an evaluation of our practice adhering to trust and national guidance on quality assurance.

2007-09 - 2008-02

Nottinghamshire Health Care Trust - Clinical Psychologist

In this role I carried out comprehensive psychological assessment and treatment of adults with psychological difficulties such as depression, anxiety, OCD, personality disorders trauma and complex trauma which resulted in behaviour and cognitive problems. I drew on the following treatment methods: Cognitive analytical therapy, cognitive behavioural therapy, narrative systemic and person centred therapies. Quality assurance was high on my agenda and I used a variety of system and client evaluation forms.

2003 -09 - 2004 -09

Nottinghamshire Health Care Trust - Rampton Secure Hospital - Assistant psychologist

In this role I was responsible for forensic and mental health assessment of men who were sectioned to psychiatric prison sentences. I assessed their mental health and produced comprehensive reports with recommendations for psychological treatment. I also co facilitated group programs aimed at motivating clients to face their challenges and accept treatment.

2002-03 - 2003-09

Nottinghamshire Health Care Trust - Assistant psychologist

this was an auditing role in the psychology department of a large trust. In this role I developed the audits in line with national and local guidelines and policies. I also developed a system to evaluate the effectiveness of treatments and completed this evaluation.

2001 2002

Queens Medical Centre - Assistant clinical psychologist in neuropsychology

In this role I carried out comprehensive neuropsychological assessment under the supervision of a qualified neuropsychologist. I utilised a range of neuropsychological assessment tools including: the Wechsler Intelligence Scales, the Hayling and Brixton and the DKEFS, for adults.

CERTIFICATIONS

2024 – 02 Circle of Security Intensive

I am certified in providing the COSI Intervention, which is an attachment based intervention for parents based on attachment and developmental trauma.

2019 - 03 Circle of security International

I am certified in the parenting program COS, which is a parenting program based on attachment theory, developmental theory and relational theories.

2017 - 06 Video Interactive Guidance (VIG)

This video based method aims to use video material to showcase the interaction between the carer and the child. It is based on a philosophy of respect for other people and empowerment.

2017 - 02 Dyadic Developmental Practice and Parenting Psychotherapy (DDP) LEVEL 1.

DDP can help children who have suffered from traumatic events, abuse or neglect early in their childhood. DDP aims to help parents to understand the child and their fear, and develop new and more helpful ways to communicate which can help the child to feel safe with their new family.

2012-10 Eye Movement Desensitisation Reprocessing (EMDR)

I am certified in EMDR which is a treatment model for adults who suffer with symptoms consistent with post traumatic stress.

2001-11 Certificate of Competence in Occupational Testing (Level A)

I am certified in delivering occupational testing at level A (aptitude and cognitive abilities)

FURTHER EDUCATIONAL COURSES

2010-06 - Cognitive Behavioural Therapy Masterclass Series Competence in CBT

An educational program for qualified clinical psychologists to advance their skills in cognitive behavioural therapy for Anxiety including; PTSD, OCD, and social anxiety and generalised anxiety. It also covered CBT for major depression.

2009-07 - Compassion Focused Therapy (CFT)

Introductory and advanced levels.

2008-06 - Advanced Supervision Skills

This course provided an overview of a variety of theoretical supervision models and practical tools for supervision relationship.

2006-02 - Narrative Family Therapy

This is an introductory course in one school of systemic and family therapy.

2005-02 - Cognitive Analytical Therapy (CAT)

This was an introductory course to CAT

PUBLICATIONS

Dale-Hewitt, V., Slade, P., Wright, I., Cree, M., & Tully, C. (2012).

Patterns of attention and experiences of post-traumatic stress symptoms following childbirth: an experimental study. *Archives of women's mental health*, 15(4), 289-296.

Lofgren, A., Hewitt, V., & das Nair, R. (2015).

Doing fence sitting: A discursive analysis of clinical psychologists' constructions of mental health. *Qualitative Health Research*, 25(4), 470-485.

Dale-Hewitt, V., Irons, C. (2015).

10. Compassion Focused Therapy. In *Formulation in Action* (pp. 161-184). Sciendo Migration.

Wicks, S., Tickle, A., & Dale-Hewitt, V. (2019).

A Meta-Synthesis Exploring the Experience of Post-partum Psychosis. *Journal of Prenatal & Perinatal Psychology & Health*, 34(1).

Hassard, J., Gruzdyte, I., Delic, L., Dale-Hewitt, V., & Thomson, L. (2021).

Pregnancy-related stigma in the workplace and psychological health: is there a relationship?. *Aligning Perspectives in Gender Mainstreaming: Gender, Health, Safety, and Wellbeing*, 77-94.

CONFERENCES AND GUEST LECTURES

2010 - Attentional biases in women who develop PTSD following childbirth. International Society for Psychosomatic Obstetrics and Gynaecology. ISPOG Venice.

2012/2014/2016 - Advanced supervisor training event. Mentoring at the University of Nottingham. University of Nottingham.

2012 - Communication in working relationships. Obstetricians clinical skills workshop. City Hospital Nottingham.

2014 - Compassion Focused Therapy - a 3 day introduction in perinatal psychiatry. Queens Medical centre, University Hospital, Nottingham.

2015-2018 - Clinical skills series. Working with trauma and psychological difficulties in the perinatal period. Queens Medical Centre, University Hospital, Nottingham.

2018 - Experiences by a child and family centre in the use of the model «the Circle of Security [COS]». Oslo

2019 - Violence in families with young children. From worries to possibilities. Alternative til Vold [ATV]. Bergen.

2019 - A Compassion Focused Therapy Approach to Complex Trauma. University of Liverpool. Faculty of Perinatal Psychology. Liverpool

2020 - The reality of violence. Sped og småbarns Konferansen. Oslo

2021 - Perinatal Loss and Trauma. Maternity Review Psychological Service. Shropshire, Telford and Wrekin Mental Health Services.

LANGUAGES

Proficient:

Norwegian (bokmål) and English.

Elementary:

French, German and Spanish.

REFERENCES

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