

# DR GINA WIERINGA

## CLINICAL PSYCHOLOGIST



@ info@neurokids.co.uk

I am a clinical psychologist with a passion for working with children affected by a neurological condition. I am currently working towards the Qualification in Clinical Neuropsychology (QicN), to further my knowledge and expertise in neuropsychology. I enjoy conducting neuropsychological assessments of cognitive functioning, to inform therapeutic interventions. I have experience working with a range of neurological presentations and I understand the importance of a holistic approach to care, where the child's family and wider system are integral to the intervention. I am passionate about advocating for the needs of an individual and their family following a brain injury and facilitating their adjustment to the condition. I work across several NHS teams alongside private practice, which has given me a good understanding of the barriers to access which many individuals face in receiving coordinated care after brain injury. I enjoy being able to offer therapy to patients in a timely manner, which supports their wider rehabilitation.

### EXPERIENCE

09/2022 - Current

#### ***Senior Clinical Psychologist, Greater Manchester Mental Health Trust***

- Developed and implemented 'Living Well with Neurological conditions' group, for people affected by stroke or brain injury
- Provide 1:1 intervention for people affected by stroke and neurological conditions, utilising compassion-focused therapy (CFT), acceptance and commitment therapy (ACT) and cognitive behaviour therapy (CBT) according to individual need
- The administration, scoring and interpretation of neuropsychological assessments, to identify strengths and weaknesses in cognitive domains including memory, attention, language, problem-solving, and executive functions
- Attendance at multi-disciplinary meetings, collaborating with physiotherapists speech therapists, occupational therapists, and rehabilitation assistants to ensure coordination of care
- Supervising an assistant psychologist with the delivery of low-level interventions, and the evaluation of organisational initiatives
- Providing education to individuals and their families about the nature of neurological disorders, the possible prognosis, and the types of support available
- Providing consultation to colleagues in accordance with the Stepped Care approach, to support their delivery of step 1 and 2 psychological care

09/2021 - 09/2022

#### ***Specialist Clinical Psychologist, The Walton Centre NHS Foundation Trust***

- I delivered assessment clinics where I determine patients' suitability of a PMP
- I facilitated pain management groups as part of an MDT
- I provided outpatient therapeutic interventions based on acceptance and commitment (ACT) and compassion focused therapy (CFT) principles to enhance patient readiness to engage in a PMP
- I attended and collaborated in MDT discussions and meetings
- I provided ongoing support with research projects, including auditing responsibilities, data interpretation, presenting at conferences and delivering webinars on research topics of interest to the wider team

09/2017 - 08/2018 **Assistant Psychologist, Berkshire Healthcare Foundation Trust**

- Worked as part of a multi-disciplinary team in both the Memory Clinic Service and the Older People's Mental Health Service
- Carried out complex neuro-psychological assessments and formulated written reports
- Delivered formulation-driven psychological interventions to a range of clients covering life review, anxiety management and CBT work
- Delivered workshops to carers of individuals with dementia
- Organised and delivered cognitive stimulation therapy groups for individuals with dementia

## QUALIFICATIONS

09/2019 – 08/2021 **Clinical Psychology Doctorate (DClinPsy)**

Lancaster University

06/2017

**BSc Psychology** - First Class (with distinction)

University of York

## KEY SKILLS

- Working with individuals, their family and wider social system.
- Adapting interventions according to the cognitive and emotional needs of the individual
- Supporting individuals/families to process the range of emotions which follow a brain injury, including loss, grief, anger and helplessness.

## THERAPEUTIC APPROACHES

- Compassion Focused Therapy (CFT)
- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness Based approaches
- Narrative Therapy

## TRAINING

- Advanced Level Workshops in Acceptance and Commitment Therapy (ACT)
- Mindfulness-Based Approaches to Working with Neurological Conditions
- Narrative Therapy Level 1
- Compassion Focused Therapy (3-Day Course) – application to Neurological Conditions.

## PUBLICATIONS & PRESENTATIONS

- Adjusting to living with Parkinson's disease; a meta-ethnography of qualitative research, Wieringa, G., Dale, M., & Eccles, F., Disability and Rehabilitation, 2021, <https://doi.org/10.1080/09638288.2021.1981467>
- The experience of a sample of individuals in the United Kingdom living in the pre-manifest stage of Huntington's disease: an interpretative phenomenological analysis, Wieringa, G., Dale, M., & Eccles, F., Journal of Genetic Counseling, 2021, <https://doi.org/10.1002/jgc4.1497>

- Patient quality of life outcomes for adapted online pain management programme compared to face to face, Wieringa, G. et al., 12th Congress of European Pain Federation, 2022 (Poster Presentation)
- The experience of living in the pre-manifest stage of Huntington's disease, Wieringa et al., European Huntington's Disease Network online conference, 2021 (Poster Presentation)

## **PROFESSIONAL MEMBERSHIPS**

- · The Health Care and Professions Council (HCPC), registration number: PYLO39880

## **REFERENCES**

- · References available on request