

**Dr Sarah Wallis**  
BA (hons) DClin Psy  
HCPC registered Practitioner Psychologist (Clinical Psychologist)

I am an experienced, HCPC registered Clinical Psychologist, and an accredited CAT (Cognitive Analytic Therapy) Practitioner. I have worked as a Principal Clinical Psychologist (band 8b) and Senior Clinical Psychologist (band 8a) with Sheffield Health and Social Care NHS Foundation trust, as an independent CAT Practitioner, and most recently as a Senior Clinical Psychologist with Sheffield Teaching Hospitals NHS Foundation trust.

**Summary of qualifications**

- Accredited Practitioner in Cognitive Analytic Therapy (ACAT North: training completed Feb 2008)
- Doctorate of Clinical Psychology, University of Sheffield (1997 - 2000)
- BA hons in Psychology with European Study (2:1), University of Exeter (1991 – 1995)
- 3 GCE ‘A’ levels: English Literature (A), French (A), History (B). Robert Pattinson Comprehensive, North Hykeham, Lincolnshire
- GCE ‘S’ level French (merit). Robert Pattinson Comprehensive, Lincolnshire
- 10 GCSEs: English language (A), English literature (A), Mathematics (B), French (A), German (A), Biology (A), History (A), Art and Design (A), Chemistry (B), Russian (C), William Farr Comprehensive, Welton, Lincolnshire

HCPC REGISTRATION NUMBER **PYL22067**

**Employment History**

Sheffield Teaching Hospitals NHS Foundation Trust

- January 2015 – present: **Senior Clinical Psychologist (Band 8a)** Hepatitis C Service. I am the service lead for the hepatitis C (HCV) Psychology service where I use specialist skills in psychological assessment, formulation and intervention to deliver psychological treatment and management of patients’ psychological problems related to or impacting on their health condition. In the Hepatitis C service this involves specialist assessment of psychological risk factors for patients preparing to undergo treatment for HCV, and supporting patients who present with psychological difficulties during treatment. I am also involved in education and outreach work to promote HCV testing and engagement with services in hard to reach populations, particularly those with complex mental health difficulties. I assess and manage risk

and contribute to complex treatment decisions through MDT working and consultation with staff, and liaison with mental health services and other health care providers. I provide supervision and consultation, and I am actively involved in audit, service evaluation, research, service development, teaching and training. My role has recently changed to include working in the Sexual Health Psychology Service and the HIV Psychology Service.

- January 2018 – January 2019: **Senior Clinical Psychologist (Band 8a) Employee Psychological Support Service.** In this role I carried out psychological assessment, formulation and brief interventions for members of staff within Sheffield teaching Hospitals. I also developed guidance for assessment and documentation of risk.
- January 2015 – January 2018 **Senior Clinical Psychologist (Band 8a) Renal Psychology Service.** In this role I worked with patients developing renal failure and those receiving renal replacement therapies whose psychological difficulties impacted on their ability to adhere to treatment, or who struggled to adjust to the challenge of living with end stage renal disease. I provided individual therapy, supervision, coaching, supervision and consultation, and was involved in service evaluation, research, service development, teaching and training.

Sheffield Health and Social Care NHS Foundation Trust

- September 2012 – December 2014: **Senior Clinical Psychologist (Band 8a)** South East access and assessment team and Recovery team, Eastglade Centre, Sheffield S12 4QN

All Adult CMHT referrals (reflecting the full range of clinical severity) came through the Access and Assessment team; my role was to deliver psychological input to the team. This included specialist psychological assessment and formulation, helping service users and carers to make sense of diagnosis in a meaningful way, deciding where client needs could best be met, signposting to appropriate services in line with the stepped care approach, complex case management, risk assessment and management, brief interventions, working with carers, psycho-education, working with interpreters, and joint working with other members of the multidisciplinary team. I represented psychology in weekly MDT meetings, complex case discussion, multidisciplinary case reviews, consultation to other professional and non-professional groups, and supervision. The Recovery Team provided a service to people with severe, enduring and or complex and difficult to treat mental health problems. My role included individual and joint work using multi-theoretical psychological assessment, consultation, neuropsychological assessment, assessments of capacity, formulation and intervention, and contextual reformulation. I contributed to team governance and service improvement paying particular attention to health inequalities, and feeding this into the appropriate forums.

During this time I also worked as an independent psychological practitioner, providing Cognitive Analytic Therapy, Cognitive therapy for PTSD, Brief Personal Reformulation sessions and supervision for CAT skills trainees, working as a specialist CAT practitioner

in an eating disorders hospital, and participating in the development of Catalyse Sheffield's Psychotherapy Practice

- January 2005 – September 2012: **Principal Clinical Psychologist (Band 8b)**, South East Early Intervention Team, Eastglade Centre, Sheffield S12 4QN

Specialist psychological input to Early Intervention Service (EIS) working with young people (14 years +) and adults with first episode psychosis or bipolar disorder. Clients also presented with complex difficulties or dual diagnoses including post-traumatic stress disorder, substance misuse, features of personality disorder, eating disorders, depression, anxiety, learning disability, physical disabilities, health problems, Asperger's syndrome and cognitive difficulties. My role included individual and group therapeutic work, cognitive assessment, assessments of capacity, risk assessment and management, working with carers, participation in multi – disciplinary team discussions and case management, consultation, supervision, teaching, research, audit, project development and service development. Clinical work in this post required commitment to the Recovery model, good understanding of adolescent development and excellent engagement skills and the creative use of a range of psychological models to facilitate recovery. An understanding of the complexity of health behaviours was also an essential skill that I developed in this role to promote, for example, healthy living and compliance with medication regimes. Clinical work necessitated creative and flexible ways of working within an assertive outreach model - this could include work with clients at home, in GP surgeries, public places or the team base. I worked with interpreters, the transcultural team and third sector organisations to overcome health inequalities. I took the lead on new initiatives such as: in-reach to schools and colleges to educate with regard to emotional wellbeing and psychosis, promote EIS, and reduce stigma; development, supervision and evaluation of a social confidence group; introduction of formulation based care plans across the city. I played an active role in city wide service development and service governance, developing a comprehensive EIS care pathway and supporting other strategic initiatives. I was co- chair of the SHSC NICE guidance Implementation group for the management of self harm.

- January 2002 – December 2004: **Senior Clinical Psychologist (Band 8a)**, Southern Acute Day Hospital, Beighton, Sheffield, S20 1NZ.

Southern Acute Day Hospital supported acutely unwell service users with the aim of reducing hospital admissions and supporting people with severe, complex, acute or enduring mental health problems to remain in their own homes. My role included: individual and group therapeutic work with clients and carers using a range of therapeutic approaches; cognitive and neuropsychological assessment; participation in multi – disciplinary case management; consultation; supervision (of staff, trainees and other psychologists); teaching; research; audit; project development and management; service development and evaluation. I participated in multi – disciplinary Care Planning and review meetings, bringing a psychological perspective to this, I contributed to team CPD through Formulation Workshops and CAT based contextual reformulation, I set up a peer reflective practice group, and delivered formal and informal

consultation. In collaboration with other MDT staff and peer experts, I set up a Hearing Voices group, and supported staff in the development and introduction of a CBT group, an emotional regulation group and a mindfulness group.

- January 2001 – December 2001: **Locum Clinical Psychologist (Adult Mental Health)**, North-West Community Mental Health Team, Sheffield.

This involved working with Adults with a range of mental health difficulties and included 1:1 psychological intervention, cognitive assessment, consultation and project work.

- September 1997 – September 2000: **Clinical Psychologist in Training.**

Core Placements in Adult Mental Health, Disabilities, Child and family Services, Older adults. Specialist placements in Community Psychology, Adult Mental Health (Psychotherapy) and Rehabilitation

- 1996 – 1997 **Assistant Psychologist**, Continuing Care, Rehabilitation and Forensic services

Lincoln District Health Care, Long Leys Road, Lincoln

- 1995 – 1996 **Assistant Psychologist**, Learning Disability Services and Neuropsychology Service

Birmingham City Council Social Services

- Jan 1991 - July 1991 **Care Assistant**, Adult Training Centre for adults with learning disabilities