

Speakers Biographies



Prof Chris Williams
Professor of Psychosocial Psychiatry, University of Glasgow

Dr Chris Williams is a Professor of Psychosocial Psychiatry and Honorary Consultant Psychiatrist at the University of Glasgow, Scotland. His main clinical and research interest is in the evaluation of cognitive behavioural therapy (CBT) approaches that provide wider access to care. This includes the free-access to www.livinglifetothefull.com life skills course which receives around 26 million hits a year. He has an interest in written and computer-based self-help treatments for anxiety, depression, anorexia and bulimia and is currently President for the second time of the British Association for Behavioural and Cognitive Psychotherapies - the lead body for CBT in the UK (www.BABCP.com). He is medical adviser to Anxiety UK (www.anxietyuk.org.uk) and Patron of the charity Triumph over Phobia (www.topuk.org). His work has included developing online and also class based life skills programmes - which have been translated into Somali, Chinese and Romanian, as well as books in six other languages.



Dr Jim White
Consultant Clinical Psychologist, Stress Control Ltd.

Dr Jim White is an internationally-recognised expert in managing common problems such as stress, anxiety and depression. Aware that health-care organisations were seeing only the tip of the iceberg and, therefore, unable to do any significant preventative or early intervention work, he devised Stress Control thirty years ago as an attempt to improve outcomes for individuals while, at the same time, hugely improving efficiency by offering evidence-based help to many more people than individual approaches would allow. At the time, this was a highly unusual approach but peer-reviewed research and evaluation showing that efficiency and effectiveness could be improved upon, the class has become widely available across the world.

Jim acted as a National Advisor to the Scottish Government. He has published over 40 articles in peer-reviewed journals and has written two influential books on stress management –StressPac, Harcourt Brace, 1997; Treating Anxiety and Stress, Wiley, 2000. He co-edited The Oxford Guide to Low-intensity CBT Interventions, Oxford University Press, 2010. A new book, 'Stress Control', will be published in 2017. He worked for over thirty years as a Consultant Clinical Psychologist with the NHS and was the originator of the highly innovative and successful 'Glasgow Steps' approach to common mental health problems. He left the NHS in 2013 to set-up Stress Control Ltd.



Dr Jaime Delgadillo
Lecturer in Clinical Psychology, University of Sheffield

Dr Jaime Delgadillo is a lecturer at the Clinical Psychology Unit, University of Sheffield. He also practices as a cognitive behavioural psychotherapist in the NHS and currently chairs the Northern IAPT Practice Research Network (www.iaptprn.com). His clinical interests are in CBT for depression, anxiety and addiction problems. His research focuses on psychometrics, outcome prediction and feedback models.



Dr David Ekers

Clinical Senior Lecturer - Psychological Interventions, Durham University

Dr David Ekers trained as a psychiatric nurse at the Maudsley Hospital in London in 1987. He has worked in a range of inpatient, community and primary care settings in both the UK and Australia. He has been an accredited CBT therapist since 1997 and completed an MSc in research methodology at Southampton University in 2002.

He moved to the North East in 2002 to take up a role as Consultant Nurse in Primary Care Mental Health. He became the Clinical Lead for 'Talking Changes' IAPT service in Co Durham and Darlington in 2010. David completed his PhD in 2011 exploring the effectiveness and dissemination of Behavioural Activation for Depression. He now works in a jointly funded post between Tees Esk and Wear Valleys NHS Foundation Trust and Durham University researching the effective dissemination of psychological interventions. He has contributed to a number of NICE guidelines and Department of Health advisory groups.

He was site lead and co investigator on a number of multicentre randomised controlled trials of both low and high intensity psychological interventions (COBRA, CASPER, CASPER plus) training and supervising study therapists. He is the Chief investigator of the NIHR funded Community Pharmacy Mood Intervention Study (CHEMIST).



Clare Baguley

Programme Manager, North West Psychological Professions Network

Clare Baguley is the Programme Manager for the Psychological Professions Network employed by Health Education England's North West Team. She trained as a Cognitive Behaviour Therapist at the Oxford Centre for Cognitive Therapy in 1998, having previously worked as a community psychiatric nurse in Tameside, Greater Manchester. In 2004 she joined The University of Manchester and led the post-graduate education programme for Psychological Wellbeing Practitioners under the Department of Health's Improving Access to Psychological Therapies (IAPT) programme, which latterly developed to incorporate pathways in dementia care and psycho-social interventions for psychosis. Subsequently Clare became the IAPT North West Education Programme Lead with responsibility for managing and developing the interface between universities in the NW region of England and their clinical practice partners. She contributes regionally, nationally and internationally to training and conferences on primary care mental health with a particular interest in the use of psychological approaches in physical health care settings.



Barry Foley

IAPT Adviser, Health Education England working across Yorkshire and the Humber

Barry Foley's career spans over 40 years having worked clinically as a nurse in range of senior nurse roles- becoming a Director of Nursing for MH Services in London and then in Acute services in West Glamorgan. These roles involved major service and workforce change and development. His career took him into General Management and he became Unit General Manager at The Bethlem & Maudsley SHA, later becoming Director of National services/Deputy Chief Executive.

He moved to a new post in Yorkshire to establish North Yorkshire College of Health Studies as Principal/ Chief Executive and led its move into the University of York acting as its first Head of Health Studies.

Since taking retirement Barry has worked as a consultant/adviser to develop the Mental Health Workforce at a local, Regional and National level and also spent 9 months working as Programme manager for the Mental Health workforce development programme- Health Research Council, Auckland New Zealand.

More recently he has been supporting the development of Improving Access to Psychological therapies initially in the North West and now to Yorkshire and Humber HEE.



Prof Paul Farrand

Professor & Director of Step 2 Psychological Therapy Training, CEDAR - University of Exeter

Paul Farrand is Associate Professor and Director of Training in Low Intensity Cognitive Behavioural Therapy (LiCBT) within Clinical Education Development and Research (CEDAR); Psychology, University of Exeter. Paul has an international research reputation in LiCBT, with particular interests in its development and implementation for people with long-term physical health conditions. Recent overlapping interests are examining the adaptation and delivery of LiCBT by community based non-statutory organisations to further improve access.

He has published extensively on LiCBT in peer reviewed journals (selected recent examples below), is a lead editor of The Oxford Guide to Low Intensity CBT Intervention (Oxford University Press), the first international textbook on LiCBT and held several research grants in this area, most notably Medical Research Council funded project developing a low intensity CBT intervention combining behavioural activation with physical activity promotion (BACPAc) to address depression alongside poor physical health outcomes within people with co/multi-morbidities. Furthermore, Paul has held several national level appointments concerned with the IAPT programme, alongside committee membership for professional bodies. He has also held several clinical posts, most notably Head and Neck Psychological Lead within the Department of Oral and Maxillofacial Surgery, Royal Devon and Exeter Hospital, Exeter.



Katie Kay

Project Lead, Health and Wellbeing College / Team Manager Staff Wellbeing Service, Pennine Care NHS Foundation Trust

Katie Kay is a project lead within Pennine Care's Health & Wellbeing College, which is a new service offering educational courses for people with mental health challenges, aiming to promote recovery. She is also currently the team manager for the Trust's Staff Wellbeing Service which provides brief psychological therapies for staff experiencing problems such as depression and anxiety.

Prior to her current roles she worked within IAPT and primary care mental health services. She qualified as a Primary Care Graduate Mental Health Worker in 2004 and then worked in a senior role (PCGMHW / PWP) from 2006 onwards. In 2009 she completed an MSc in Primary Care Mental Health and after starting a family, she moved in to management roles within IAPT services. She worked for a while as a team manager whilst completing the Mary Seacole course (PgCert in NHS leadership) and then briefly worked as a service manager before moving on to her current roles.

She is passionate about helping people to live healthy, happy lives and enjoy supporting people to make positive changes through early intervention. She believes in empowering people to make their own choices and to take control of their own health and wellbeing.

She has always been a strong advocate for the PWP role and has worked hard to support career pathways for people in this role. She has been an active member of the PPN since its inception and is currently co-chair of the PWP Professional Network in the North West.



Liz Kell

Senior Lecturer in Psychological Interventions, University of Central Lancashire

Liz Kell is a Senior Lecturer in Psychological Interventions at the University of Central Lancashire and is course lead for their PWP training programme. Liz has worked as a step 2 practitioner for over 12 years, and was most recently the Clinical Service Manager of a standalone Step 2 service in Bolton. She is the current chair of the North West PWP Professional Network, and is a member of the Psychological Professions Network Workforce Board, representing the PWP workforce.



Heather Stonebank

Senior Psychological Wellbeing Practitioner, Sheffield Health and Social Care
NHS Foundation Trust

Heather Stonebank's IAPT journey began in 2008 in the first cohort of Sheffield IAPT PWPs, ever since she has been dedicated and passionate about the role. In 2011 she was thrilled to be successful in becoming one of four Senior PWPs in Sheffield IAPT. The Senior PWP role is dynamic and diverse with many opportunities and she very much looks forward to contributing to it's development and continuing on this career path.



Elizabeth King

Senior Psychological Wellbeing Practitioner, Northumberland Tyne & Wear
NHS Foundation Trust

Elizabeth King is a Senior Psychological Wellbeing Practitioner at Sunderland Psychological Wellbeing Service and an Academic Tutor/Module Leader on the Low Intensity Psychological Therapies PGCert at Newcastle University.

Relevant qualifications (chronological order): BSc (Hons) Psychology, Leeds; MSc Health Psychology, Nottingham; PGcert Low-intensity Psychological Therapies, Newcastle. Following completion of an MSc in Health Psychology, Liz worked as a Research Assistant at Newcastle University for 3 years before undertaking the PGcert in Low Intensity Psychological Therapies. Liz qualified as a Psychological Wellbeing Practitioner in 2013 and in 2015 was appointed as a Senior Psychological Wellbeing Practitioner.



John Firth

Extended Scope Physiotherapist and PWP, Sheffield Teaching Hospitals NHS Foundation Trust



Gill Randall

Community Nurse and PWP, Sheffield Teaching Hospitals NHS Foundation Trust



Nicola Willcocks

Advanced Physiotherapist and PWP, Sheffield Teaching Hospitals NHS Foundation Trust

John Firth, Gill Randall and Nicola Willcocks are all part of the Sheffield Bridging the Gap Project, an initiative of Health Education Yorkshire and Humber, supported by Sheffield Clinical Commissioning Group. John, an Enhanced Role Physiotherapist and Nicola, an Advanced Physiotherapist, both qualified as PWPs in 2014, and are now integrating IAPT PWP knowledge and skills within their practice in Physioworks, a large musculoskeletal physiotherapy service at Sheffield Teaching Hospitals NHS Foundation Trust. Gill, a community nurse, qualified as a PWP in 2013. Gill was the clinical lead for a Sheffield Prime Minister's Challenge Project, and along with 2 other dual trained nurses, provided integrated physical and mental health interventions to people who are housebound. Gill has worked as a primary care community case-manager and deputy nurse team leader. She has recently secured a post as a PWP and continues to maintain research links with the project.

Within their clinical roles they see individuals with pain on a daily basis. Duality of their training, clinical and PWP has enhanced their skill set within many areas of patient care. They are more able to offer a "one stop shop" so improving patient care and effectively shortening patient journeys whilst using best practice within the framework of NICE guidance. Their hope is to share this knowledge and experience with their PWP colleagues. They work closely with Sheffield IAPT, who provide their clinical supervision. All three of them are part of a NIHR CLAHRC (Collaboration for Leadership in Applied Health Research and Care) Yorkshire and Humber work group, evaluating the impact of integrating IAPT PWP knowledge and skills with physical health care settings, and the implications of this for pre and post-registration training.