

CV Joy Mc Guire

Cognitive Behavioural Psychotherapist

Post Grad Diplomas in Advanced CT Studies, CBT, Diplomas in ENB 650cc, ENB 811, RN (MH)

Profile

I am an experienced clinician with specialist skills in Cognitive Behaviour Therapy. I have been accredited with the British Association for Behavioural and Cognitive Psychotherapy as a Cognitive Behaviour Therapist since 1998. I am also an experienced and skilled supervisor, teacher and team leader.

Key skills and attributes

- Enthusiastic and effective Cognitive Behaviour Therapist.
- Self directed and motivated.
- Able to balance aspects of support and challenge in supervising and teaching staff.
- Ability to recognise potential in others and facilitate the development of that potential.
- Able to work within and across professional groups and agencies to realise goals and achieve objectives.

Employment and key achievements

Current – May 2008 – present Oxford Cognitive Therapy Centre

Principle Cognitive Behaviour Therapist , Oxfordshire & Buckinghamshire NHS Foundation Trust

I provide CBT therapy, training and supervision, nationally and internationally, on behalf of OCTC at levels from beginners to advanced practice. I currently co-ordinated OCTC involvement in providing the training on the Post Graduate Diploma in Cognitive Therapy for Anxiety and Depression (IAPT) training course at Anglia Ruskin University, Chelmsford, Essex.

October 2006 – November 2007 New Forest Medical Undergraduate Education Centre

Cognitive Therapy Training Facilitator, Hampshire Partnership NHS Trust

This role primarily involved planning and implementing training in CBT for medical students from the University of Southampton during their psychiatric attachment in the New Forest locality. Training was provided via students sitting in on CBT clinics run in primary care settings and via formal training workshops, incorporating experiential training methods.

This role also involved management and co-ordination of the New Forest Education Centre as well as training and supervision of trained staff from a variety of professional groups across the locality.

September 2002 – September 2006 Psychological Therapies Service, Isle of Wight

Senior Cognitive Behavioural Psychotherapist & Team Leader for Isle of Wight Adult Psychological Therapies Service

In this role I lead a multi disciplinary psychological therapy service including psychology, clinical nurse therapy, counselling and analytical psychotherapy. This post was divided between providing Cognitive

Behaviour Therapy to patients with a range of axis 1 and axis 11 disorders and managing and leading the psychological therapy service within the trust. A significant proportion of my work involved providing clinical supervision, practice development and teaching for colleagues in the trust.

October 2000 – 2002 Psychology Department, Institute of Psychiatry, London

Research Cognitive Behaviour Therapist

- Working for Professors Paul Salkovskis, David Clarke and Anke Ehlers I participated, as therapist, in two Wellcome funded research trials examining effective treatments for Obsessive Compulsive Disorder and Health Anxiety.
- Taught on the ENB 650 Cognitive Behavioural Psychotherapy Degree course at the Institute of Psychiatry and on conferences hosted by the department.
- Facilitated a tutorial group for students of the ENB 650 course.
- Co-authored “Cognitive Behavioural Theory of Obsessive Compulsive disorder” with Professor Paul Salkovskis, published in Obsessive Compulsive Disorder: Theory Research and Treatment (2003) Eds. Menzies, R & De Silva, P. Wiley Press

1995 – 2000 Aylesbury Vale Healthcare, Buckinghamshire

Clinical Nurse Specialist in Cognitive Behaviour Therapy

- Provided Cognitive Behavioural Therapy for patients with severe and complex problems.
- Provided clinical supervision, consultation and training in CBT for colleagues in community teams and in patient settings, including colleague studying on Thorn diploma course.
- Participated in curriculum planning and teaching on the CBT module run by University of Luton.
- In capacity of Lead Nurse for Adult Mental Health I introduced and co-ordinated regular multi disciplinary training events across adult mental health for community and in patient staff.
- Secondment to the Practice Development and Training section of the Sainsbury Centre for mental Health (6 months). During this time I contributed to the training on their Post Graduate Diploma in “Effective Community Care for People with Mental Health Problems”. I also contributed to the development of courses for their national training programme for mental health workers.

1990 – 1995 Aylesbury Vale Healthcare, Buckinghamshire

Community Psychiatric Nurse (Adult Mental Health)

- Provided psycho-social interventions aimed at helping patients and their families develop strategies for managing their mental health problems at home.
- Completed training in Behavioural Family Therapy with Dr Ian Falloon, Buckingham CMHT.
- Set up a Family Education and Support group, for families of patients with severe and enduring mental health problems.
- Seconded onto the ENB 650 Behavioural Psychotherapy Diploma Course at the Maudsley/Institute of Psychiatry London.

1989 – 1990	Charge Nurse (Acute Admissions)	Aylesbury Vale Healthcare,
1987 – 1989	Staff Nurse (Acute Admissions)	Aylesbury Vale Healthcare,
1984 – 1985	Enrolled Nurse (MH)	Aylesbury Vale Healthcare,
1979 – 1982	Nursing Assistant	Royal Scottish National Hospital, Scotland

Professional Education

- 2005 – Post Graduate Diploma in Advanced Cognitive Therapy Studies, OCTC/University of Oxford
- 1997 – Post Graduate Diploma in Cognitive Behaviour Therapy, OCTC/University of Oxford.
- 1995 – Diploma in Behavioural Psychotherapy, (ENB 650) Maudsley/Institute of Psychiatry, London.
- 1991 – Diploma in Nursing Care of the Mentally Ill in the Community, (ENB 811) University of Reading.
- 1987 – Registered Mental Nurse Training, Aylesbury Vale School of Nursing, Buckinghamshire
- 1984 – Enrolled Nurse (MH) Training, Forth Valley School of Nursing, Stirlingshire, Scotland