

**Dr Nicole Schuck**  
**Chartered Clinical Psychologist**

**Employment History**

***December 2018- Present***

**Association of Psychological Therapies (APT)- Trainer/Course Facilitator**

APT is a highly respected CPD provider in mental health, substance misuse and related areas. APT are leaders in the UK in training in risk assessment, and working with challenging behaviour, personality disorder, trauma and intractable problems. I have delivered over 50 courses in the UK and Canada. My specialist areas are Dialectical Behaviour Therapy for Personality Disorder, Essential CBT, Motivational Interviewing, CBT for PTSD, Essential Solution Focused Therapy, Specialist Personality Disorder Teaching, and DICES Training (Specialist Risk Assessment).

***September 2017 – January 2020***

**Norfolk and Suffolk Mental Health Foundation Trust -  
Clinical Lead for Enhanced Community Pathway**

Returning to post after two-year Sabbatical – (details of post below **2013-2015**).  
Qualified and practiced as EMDR therapist within the service.

***September 2015- July 2017***

**University of Peradeniya- Sri Lanka- Department of Philosophy and Psychology**

Lecturer within the department - Head of the Applied and Cognitive Undergraduate Psychology Courses as well as contributor to the Emotion and Motivation, Developmental and Research Methods Modules. Supervised final year students research thesis and Internship Placements. Served as Abstracts Editor for the Faculty of Arts Undergraduate Research Congress.

Trained final year undergraduates in Psychological First Aid for the Save the Children Response to the 2016 mudslides.

**University of Peradeniya- Department of Education**

Lead a team as part of the *International Children's World Project- International Survey of Children's Well Being (ISCWeb)* - Sri Lankan Survey Team.  
<http://www.isciweb.org/Default.asp>. The final report has been completed and can be viewed online.

**University of Colombo - Sri Lanka- Faculty of Post Graduate Studies**

Lecturer and workshop facilitator covering mental health diagnoses, therapeutic approaches and interventions for the MPhil Degree in Clinical Psychology. Provided 18 months of Clinical Supervision for individuals on Clinical Placements around Sri Lanka as well as ongoing marking of projects and course work. Supervisor of MPhil Thesis. Distinction achieved by student.

**Open University of Sri Lanka - Sri Lanka- Department of Psychology-**

Involved in the initial stages of planning the BSc Psychology Degree at the Open University. Oversaw the development of the Abnormal Psychology Module.

*July 2013 to July 2015*

**Norfolk and Suffolk Mental Health Foundation Trust - Clinical Lead**

In the restructuring of the NSFT, a new Enhanced Community Pathway was created for those individuals diagnosed with treatment resistant depression and anxiety, psychotic experiences, complex and acute trauma and personality disorders. As the clinical lead, I developed this service.

The role included overseeing the implementation of community based interventions centered around therapeutic group working (e.g.- DBT/CBT based groups), awareness and education programs for clients, carers and community stakeholders. My individual therapy work focused on service users with complex trauma, using predominately DBT and CBT models. Provided supervision for other professionals, including psychologists, within the service.

*April 2012 - July 2013*

**Norfolk and Suffolk Mental Health Foundation Trust-  
Highly Specialist Clinical Psychologist**

Provider of direct specialist clinical interventions and consultation to other professionals (both within the CMHT and 3<sup>rd</sup> sector agencies) regarding psychological formulations and interventions for clients. Developed DBT groups for individuals suffering with Borderline Personality Disorder and Complex Trauma, as well as delivering training across the Trust as a whole on Psychological Perspectives of Personality Disorder, CBT for Bipolar Disorder and PTSD. Coordinated, rolled out and delivered the Knowledge and Understanding Framework (KUF) for Personality Disorder across Suffolk.

*January 2008 to April 2012*

**Assertive Outreach Team (NSFT) - Highly Specialist Clinical Psychologist**

AOT works with difficult to engage service users with severe and chronic mental health issues. Provision of CBT, Narrative and DBT modalities. Neuropsychological Assessments for appropriate clients undertaken.

*September 2005 to January 2008*

**Hertfordshire/Barnet Haringey and Enfield Mental Health Partnership Trust  
Highly Specialist Clinical Psychologist**

Senior psychologist within a CMHT- offering direct work to individuals with a broad spectrum of difficulties in the CBT, Narrative and DBT modalities as well as supervision and teaching of these modalities to care coordinators and Registrars. Underwent specialist DBT training whilst in this post. Provided family therapy for clients, carers and families, within a Solution Focused framework. Provision of neuropsychological assessments in order to aid other professionals in clarifying cognitive difficulties.

**November 2001 to September 2005**

**Barnet, Haringey and Enfield Mental Health Trust  
Clinical Psychologist**

Clinical Psychologist in a Psychological Therapies Service. Initiated and developed a specialist complex trauma/refugee service within the department. This involved promoting goodwill within the department, teaching colleagues skills to work with refugee clients and interpreters, creating supervision groups as well as liaising with other refugee organisations and social services to create a multi-organisational referrals process. I divided my time between the complex trauma/refugee service where I used a CBT and Narrative Therapy approach and the short and long term CBT waiting lists for tier two clients.

**Professional Registration**

Professional Body	Membership or registration type	Renewal Date	Registration no.
Health Professional's Council.	Clinical Psychologist	01/05/2020	PYL26656
BPS	Chartered Clinical Psychologist	19/11/2020	506213
EMDR Association UK and Ireland	Registered Member	03/05/2020	S0514

**Professional Qualifications**

Qualification	Level	Date
BSc Hons Psychology Goldsmiths', University of London	Psychology BSc	1995
D.Clin. Psych. University College London (UCL)	Doctorate in Clinical Psychology	2001

British Isles DBT (affiliated with Behavioral Tech, Washington, USA)	Dialectical Behaviour Therapy Qualification	2007
Knowledge and Understanding Framework-	Qualified to deliver the National KUF (Personality Disorder Framework)	2010
EMDR	Richman EMDR Training <a href="https://www.emdr-training.com">https://www.emdr-training.com</a>	2019

### ***Publications***

Lam D, Schuck N, Smith N, Farmer A and Checkley S. Response style, interpersonal difficulties and social functioning in major depressive disorder. *Journal of Affective Disorders*. August 2003, Vol 75, No 3, 270 – 283

Lam D, Bright J, Jones S, Hayward P, Schuck N, Chisolm D and Sham P. Cognitive Therapy for Bipolar Illness- a pilot study of relapse prevention. *Cognitive Therapy and Research*, Vol 25, No 5, October 2000.

Results from DClinPsych thesis - Effects of memory of long-term benzodiazepine use in the elderly- used in **Department of Health Guidelines** on prescribing benzodiazepines to the elderly

Children's World Nation Report Sri Lanka. Wijesundera, S, Schuck, N and Sethunga, P 2019. <http://www.isciweb.org/Default.asp>. Children's Worlds, the International Survey of Children's Well-Being (ISCWeB), is a worldwide research survey on children's subjective well-being. The study aims to collect solid and representative data on children's lives and daily activities, their time use and in particular on their own perceptions and evaluations of their well-being. The purpose is to improve children's well-being by creating awareness among children, their parents and their communities, but also among opinion leaders, decision makers, professionals and the general public.