

Dr Chloe Ward
BSc., MSc., D.Couns.Psych.
Counselling Psychologist





Health Professions Council Registration: PYL042403

Dr Ward is a highly skilled and dedicated mental health professional who has demonstrated success in providing exceptional care and implementing effective treatment plans for clients within various sectors over the past eight years. Compassionate and motivated professional with experience working with diverse populations in one-on-one and group settings. Effective communicator with an ability to form and maintain therapeutic relationships who is passionate about making a difference.

## **AREAS OF SPECIALISM**

- Personality disorders
- Neurodiversity
- Psychosis
- Depression
- OCD
- Anxiety
- Trauma informed care
- Risk management
- Bipolar disorder

## **PROFESSIONAL QUALIFICATIONS**

2023 Doctorate in Counselling Psychology, University of Wolverhampton

**2017** MSc Psychology, Keele University

2016 BSc in Psychology (Honours), University of Birmingham

## **WORK HISTORY**

## Mar 2022 – Present Counselling Psychologist, Birmingham

Working within the acute mental health service in Birmingham providing psychological assessment, formulation and interventions for two crisis home treatment resolution teams. We work as a gate keeping service to help treat and manage individuals with a range of presentations and difficulties in the community. Provide consultation to other members of the multi-disciplinary team, encouraging a psychological approach to team members work and provide supervision for assistant and trainee psychologists regularly. Developed and evaluate service provision for clients and carried out applied research to add to the evidence based of practice in a variety of health care settings.

Sept 2021 – May 2022 Trainee Counselling Psychologist, Child and Adolescent Mental Health services, Wolverhampton

Held a caseload of young people ranging from 10-17 years of age with complex mental health needs, provided psychological assessments and therapeutic treatment programmes using CBT and systemic evidence-based models. Worked closely within the Multidisciplinary team, educational settings, and families. Completed risk assessments and risk managements for children and young people and involved within reflective practice.



Presented on the autism spectrum condition panel following gathering information from social care and educational settings for young people to receive an autism spectrum condition diagnosis.

## Jan 2021 – Present Self-employed Psychotherapist, Private Practice, West Midlands

Managed a private practice of up to twenty clients per week, where client assessments were conducted, risk assessments were carried out and developed treatment plans. Delivered both online and face-to-face therapy for individuals with varied clinical presentations and contextual factors. Worked within an integrative approach to best accommodate to the clients' needs, therapeutic approaches have included cognitive behavioural therapy, dialectical behaviour therapy, cognitive analytical therapy and trauma focused cognitive behavioural therapy.

# Jul 2020 – Aug 2021 Trainee Counselling Psychologist, Priory Group, Wednesfield

Worked across the male and female inpatient units delivering one to one therapy sessions and delivering groups which were mainly focused on the principles of Dialectical Behavioural Therapy. Provided clinical assessments and managed a case load of female patients covering the wards therapeutic needs. Gained experience working with patients with complex needs, attachment difficulties and personality disorders. Worked within a Multidisciplinary Team to ensure patients were well supported and provided patient reports.

#### Specialist Training and Professional Development

### **CPD Courses**

May 2022 BPS psychometric training

May 2022 EDMR level one

Jan 2021 Mental health first aid training

**Dec 2021** Compassion focused therapy workshop

Jan 2021 DBT skills workshop

Feb 2022 Suicide awareness workshop

Mar 2023 Compassionate Mind training

Jan 2023 Tree of life training (Advanced)

**Nov 2022** Autism awareness training

In progress Diploma & Certificate in Autism & Mental Health

## **Training & Voluntary Work**

Over the past seven years I have worked alongside mental health charities to promote awareness of mental health issues in the community and signpost current services available. I have provided mental health commentary and produced articles alongside a public relations company to produce work for newspapers such as the Daily express, the Metro, Netdoctor and Glamour. My voluntary experience includes working as a healthcare assistant in a high dependency inpatient unit and as a counsellor for a local Mind charity, Carrs Lane counselling centre and Walsall Psychological help counselling and education service.

## **PUBLICATIONS AND PRESENTATIONS**

Within my studies to date, I have been involved in research which focused on adolescents risk-taking behaviours and the association with peer pressure. This research was conducted as part of my undergraduate degree, this quantitative study was carried out over a year where I was involved in the recruitment, data collection and data analysis. Within my master's degree, I conducted an IPA study on adolescent's experience of not having a father figure present in their upbringing. The subordinate themes included the impact on romantic relationships, identity, and the role of attachment. For my PhD, my research focused on therapists and clients' experiences of compassion focused therapy in facilitating posttraumatic growth for clients who have experienced sexual abuse.



Subordinate themes include the role of the therapeutic relationship, the importance of psychoeducation, working with de-shaming and taming the inner critic for clients and changes within relationships and self-identity. This research is in the process of publication for the British Counselling and Psychotherapy Journal.