

CURRICULUM VITAE

Dr. Helen Peel

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Registered Psychologist and Clinic Owner

March 2005 – present day

***Summit Psychology Mental Wellness Clinic, Nelson, BC
(formerly Summit Psychology Group)***

- Providing a comprehensive assessment, diagnostic and treatment service to children, adolescents and adults.
- Assessments: Psycho-educational; Independent Medical Examinations; Assessments for ICBC & WCB; general psychological assessments using interview, self report questionnaires and other standardised measures.
- Treatment provided to children, adolescents, adults, couples and families using CBT, Behavioural Therapy, EMDR, Gottman method couples therapy, Systemic (individual and family therapy) and Narrative Therapy.
- Consultation/supervision. Providing evidence-based consultation and clinical supervision to Registered Psychologists, qualified psychologists awaiting provincial registration, Registered Clinical Counsellors, interns and practicum students from Clinical Psychology PhD/doctoral students and Master's level students from School Psychology and Counselling programs.
- Running a busy assessment and treatment clinic including managing 12 staff (Registered Psychologists, Registered Clinical Counsellors, Testing Technicians, Psychometrists, bookkeepers and administrative staff).

Psychology Instructor & Rural Pre-Medicine Student Liaison

Aug 1, 2018- July 31, 2025

Selkirk College, BC

- Providing resiliency training and support to RPM students.
- Face to face and online instructor teaching Psychology 100, 101, child development and adult development.
- Selkirk representative for the BC Psychology Articulation Committee since 2022

Clinical Psychologist

Sept 2003 – Feb 2005

Child and Family Community Team, Kensington and Chelsea

- Providing comprehensive assessment (general and neuro) and treatment services to children and their families, through Cognitive Behavioural Therapy (CBT), Systemic (individual and family therapy), Narrative, Psychodynamic, Social Constructionist and Behavioural models through a multi-disciplinary team approach
- Participating in community run uni-disciplinary psychology service from a GP surgery
- Providing solution-focused consultation to a group of health visitors, and supervision of a social worker in Cognitive Behavioural Therapy
- Supervising clinical psychology trainees on placement
- Established, and running, a schools' outreach initiative providing an in-school clinical psychology service to children, parents and teachers
- Weekly psychodynamic group supervision
- Conducting parent groups, including: relaxation training, parenting skills (Webster Stratton), sleep, play, feeding and behavioural management

Private Practice – Psychologist *South London*

May 2004 – March 2005

- providing psychological services for children and their families, under supervision from a Clinical Psychologist, specialising in Systemic, Cognitive Behavioural and Solution Focussed approaches

Trainee Clinical Psychologist Academic

Oct 2001 – Sept 2003***University of East London***

- Research: Qualitative research thesis carried out. Interpretative phenomenological analysis used to study religious coping in clinical psychologists

Placements**April 2003 – Sept 2003*****Chelsea & Westminster Hospital ~ Placement Four (Elective)***

- Elective placement working within a family therapy context in the adult psychology & psychotherapy department
- Participated in weekly systemic clinics with supervision from a highly respected systemic practitioner. Case load included CBT, Cognitive Analytic Therapy (CAT) and Narrative work with clients presenting with OCD, self harm, life-cycle issues and depression
- Took foundation course in systemic psychotherapy (Module two) and three day CAT training course
- Contributed psychological input to twice weekly inpatient community meetings

AND July 2003 – Sept 2003 *The Royal Brompton Hospital*

- Piloted an initiative to include a psychological assessment in annual assessment packages offered to children with Cystic Fibrosis. Engaging quickly with children, and their families, implementing a semi-structured assessment, and analysing and writing up the findings for the team
- Cardiac and Cystic Fibrosis ward rounds twice weekly
- Refined psychometric skills (WISC, WORD & WAND)

April 2002 – March 2003***Brent Child and Family Clinic ~Placement Three (Elective)***

- Working within a systemic family therapy context (one year of equivalent teaching, reading and clinical work to attain module one level of the foundation course in systemic psychotherapy)
- Weekly group and individual therapy with supervision from the consultant clinical psychologist, the principal family therapist, and two psychodynamic psychotherapists
- Weekly in-house teaching, including issues surrounding work with refugees and asylum seekers.
- Worked individually with children and adolescents with a variety of difficulties (e.g. learning disabilities, sexual and physical abuse, OCD, anxiety, PTSD, family break-ups)
- Provided weekly sessions with two other psychologists for families within a primary care setting
- Contributed clinically to the family therapy, looked after children and ADHD teams.
- Worked regularly with refugee and ethnic minority families, through interpreters where necessary

Oct 2001 – March 200***Kingsbury Community Hospital ~ Placement Two***

- Worked in an inpatient setting with dual diagnosis clients who had learning disabilities and long- term mental health problems. Used CBT, Solution Focussed and Behavioural approaches
- Designed and facilitated a fourteen session ‘coping skills’ group, including supervision of nursing staff who co-ran the group
- Worked with clients who had severe and enduring problems and regularly displayed challenging behaviours, with supervision

Oct 2000 - Oct 2001***Hunter Street Health Centre ~ Placement One***

- Developed formulation and intervention skills working with clients in the Adult Psychology Department with various problems (depression, memory problems, schizophrenia, PTSD, OCD, phobias) from a variety of age groups and ethnic backgrounds
- Designed and co-ran anxiety management group and evaluated group as part of on going service development
- Spent one session per week at an Alcohol Problem Service (long-term alcohol issues) and two at a GP practice

Rehabilitation Assistant**March 2002 – Sept 2000*****Royal Hospital for Neuropsychology***

- Worked with clients on a brain injury rehabilitation unit. Within a multidisciplinary team, implemented programmes designed to redevelop practical, social and behavioural skills aimed at helping clients to function as optimally as possible in the community

Assistant Psychologist (Voluntary)

Jan 2000 – March 2000 *Springfield Hospital, Dept. of Psychology*

- Assisted with a project exploring the experiences of adults who hear voices. Responsible for recruiting subjects by visiting community teams and wards, and conducting semi-structured interviews with clients
- Evaluated the effectiveness of the intervention through interviews with patients who had been through group therapy

Therapeutic Care Worker

May 99 – Jan 2000 *Private Patient ~ Italy*

- One-on-One therapy with a client for chronic childhood onset anorexia nervosa. Provided support and guidance to parents and household staff. Supported client's transition from an inpatient unit to her home environment. This position required independence and initiative as the supporting multi-disciplinary team were based in UK

Research Assistant.

March 99 – June 99 *St George's Hospital Medical School*

- By invitation: Worked with The Eating Disorders Research Team on a research project arising from the findings of my undergraduate dissertation. Tasks were: writing a scientific protocol, completing a funding application form, applying for ethical permission from the Ethics committee and presenting the work to the departmental research meeting

Therapeutic Care Worker

Aug 97 - Aug 98 *Great Ormond Street Children's Hospital*

- Developed and implemented appropriate care plans for children and adolescents on a psychiatric inpatient unit. Key-worker for patients with anorexia nervosa, chronic fatigue, medically unexplained chronic headaches and pseudo-seizures
- Active role in supervised family therapy
- Carried out assessment interviews with children and their families, at home and school
- Used personal and group supervision to combat stress at work and deal with team issues
- Supervised nursing students and psychology undergraduates on placement
- Organised and taught at an Eating Disorders Teaching Day for senior nurses
- Ran workshop on mealtime management

Research Assistant (voluntary). Eating Disorders Research Team,

Aug 95 - Sept 96 *Great Ormond Street Hospital*

- Participated in, and observed, the various stages of research including funding applications, data collection, data analysis and publication
- Participated in, and observed, weekly eating disorders clinic
- Observed family and individual therapy sessions and feedback discussions
- Devised and began the pilot study of a research project entitled "Towards Secondary Prevention of Childhood Onset Anorexia Nervosa" and co-presented the findings at The Institute of Child Health, London

Editorial Assistant (voluntary).

Aug 95 - Sept 96 *Journal of Clinical Child Psychology and Psychiatry*

- Managed the day-to-day running of this journal, gaining valuable insight into the publishing side of research
- Organised four editorial board meetings
- Attended two child psychiatry conferences
- Flew to Vancouver to liaise with editorial staff and authors
- Mastered computer literacy and clerical skills

EDUCATION

Oct 2000 – Sept 2003 University of East London

- **Doctoral Degree in Clinical Psychology (Clin Psy D)**

Sept 93 - July 97 University of Wales, Cardiff

- **BSC (hons.) in Applied Psychology. Grade: 2:1**
- Represented Cardiff University at the University of Wales psychology conference by presenting a paper on childhood onset anorexia nervosa

Sept 86 - July 93 The Weald of Kent Grammar School

- Three A-Levels: Geography (Grade A), Religious Studies (Grade A), History (Grade B).
- Nine GCSE's (five 'A' grades, two 'B' grades and one 'C' grade) including Maths, French and English.

VOLUNTEER EXPERIENCE

- Fully trained University of Wales 'Nightline' volunteer. Commitment and communication skills essential. Received praise for calmness during high-pressure calls.
- Successfully organised and participated in a ten day visit to orphanage for 5-16 year olds in Romania. Raised funds, took supplies, taught children how to play despite language barriers and appalling conditions.