

Dr. Helen Diana Newby

Managing Director and Specialist in Neuropsychology
and Older People



Summary

I have extensive experience in neuropsychological assessment, rehabilitation and therapy with adults and older people. I have a particular interest in neuropsychological rehabilitation and Mental Capacity Act (2005) assessment in complex, high value and contentious cases and in providing clinical supervision for other psychological practitioners.

Relevant Professional Qualifications and Registrations

- PgDip. in Clinical Neuropsychology, 2014, distinction, University of Glasgow
- 8-week Mindfulness-based Cognitive Therapy course, 2010, Chester
- M.Sc. module in Leadership, 2008, distinction, University of Chester
- Post-graduate course (6 days) Neuropsychology of Older Adults, 2003, Salomons, Kent
- Doctorate in Clinical Psychology, 2002, Liverpool University
- M.Sc. Applied Psychology (2 modules), 1998, University of Manchester
- Foundation Counselling Certificate, 1996, University of Chester
- B.Sc. (Hons) Psychology major, 1995, class 2i, Leicester University
- Associate Fellow of the British Psychological Society (current)
- Chartered Clinical Psychologist, British Psychological Society (current)
- Member of Division of Neuropsychology, British Psychological Society (current)
- Member of Division of Clinical Psychology, British Psychological Society (current)
- Member of Psychology Specialists Working with Older People, British Psychological Society (current)
- Entered on the Register of Applied Psychology Supervisors
- Registered Psychologist, Health Professions Council (current)
-

Recent CPD

- October 2024 Bridging the Gap: unlocking the potential of support worker records to empower MDT rehabilitation seminar, 1 day
- September 2024 Brainwaves training – Insight, Brain Injury and Acceptance, 2 hours
- June 2024 BABICM webinar – Sex: Beyond Capacity and Risk, 2 hours
- June 2024 BABICM Annual Conference – Great Expectations: Spotlight on Clinical Excellence, 2 days
- September 2023 Brainwaves training – Understanding Functional Neurological Disorder (FND) 2 hours
- July 2023 Irwin Mitchell National Brain Injury Conference, 1 day

Current Employment – February 2010 to date

I have been a director and owner of Newby Psychological Services Ltd, which is based in the North West of England, since July 2010. We now have a large team of Associates working with us. My main role is to manage this team including providing them with clinical supervision. I also provide supervision in neuropsychology for psychological practitioners who work in the NHS, their own independent practices and in private companies.

Clinically, I have developed a reputation for providing comprehensive and valuable mental capacity assessments for clients with a range of difficulties. Common issues that I have worked with in this area: testamentary capacity (both present and retrospective assessments), managing property and affairs, conducting litigation and health and welfare matters.

The other main area of my clinical work has been to conduct rehabilitation and therapy in cases where clients have suffered an acquired brain injury. This very often has involved taking the clinical lead in multidisciplinary teams, working with clients, their families, their support workers and the wider system around clients including case managers and solicitors. I integrate psychological models including Cognitive Behavioural Therapy and Cognitive Analytical Therapy. I am also a fully qualified Mindfulness teacher.

Past NHS Employment

May 2003 – July 2011. Cheshire and Wirral Partnership NHS Trust, Principal Clinical Psychologist

I was responsible for designing, developing and managing specialised psychological rehabilitation services in the Intermediate Care Service in Western Cheshire. This involved strategic and clinical responsibilities. Clinically, I conducted highly specialised psychological assessments including identifying cognitive problems e.g. Stroke, Alzheimer's Disease and Vascular Dementia; mood disorders e.g. depression and anxiety, behavioural or personality-based problems and driving assessments. I also obtained extensive experience of conducting assessments under the Mental Capacity Act (2005) e.g. financial and personal welfare issues.

April 2002 – May 2003. Halton Primary Care Trust Clinical Psychologist for Older People

I was responsible for designing, developing and managing specialised psychological services for older people and stroke sufferers in the Halton area. Common issues addressed in therapy were life re-adjustment, loss and bereavement.

October 1998 – March 2002. Doctorate in Clinical Psychology Trainee Clinical Psychologist

During training, core placements were in adult mental health, child and family, learning difficulty and older adult services. Specialist placements were in a psychotherapy service and older adult services. Skills and experience gained during training included: continued development of neuropsychological assessment and intervention, CAT, CBT, Family Therapy, integrating psychological approaches as well as working across agencies and providing consultation.

November 1995 - October 1998. Assistant Psychologist in NHS Trusts September (Walton Centre for Neurology and Neurosurgery NHS Trust, Ashworth Hospital Authority and Mental Health Services of Salford)

My work as an assistant included working with those suffering from a range of neurologically based disorders and mental health problems. This included: Parkinson's Disease, Acquired Brain Injury, Dementia, Stroke and Epilepsy.

Contact Details

07775 437363

info@newbypsychological.co.uk

helen@newbypsychological.co.uk

Newby Psychological Services Ltd.,

P O Box 561,

NORTHWICH, CW9 9FH

<http://www.newbypsychological.co.uk>

[LinkedIn](#)

[Twitter](#)