



Dr Sophie Hopper
Clinical Psychologist
BPS Chartered Status
HCPC registered

Personal Profile

- I have six years of experience working as a psychologist within a range of NHS psychological services.
- I have experience using the following models of therapy; Systemic, Person-Centred, Motivational Interviewing, Cognitive Analytic Therapy, Cognitive Behavioural Therapy, Psychodynamic Therapy, Dialectical Behaviour Therapy, Acceptance Commitment Therapy, Compassion Focused Therapy and Mindfulness. I am competent using these models in an integrative and pure form.
- I am a hardworking, approachable and positive person, with a 'can-do' attitude to work and life.

Education & Qualifications

October 2012 to October 2015

University of Leeds

Doctorate in Clinical Psychology

Doctorate Thesis: *The therapist experience of client nonresponse* [available online at whiterose etheses]

October 2007 to October 2008

Leeds Metropolitan University

Masters in Sport and Exercise Science

MSc Thesis: *Type-D personality, Sport Participation and Approach/Avoidance Coping*

October 2006 to October 2007

Leeds Metropolitan University

BSc (Hons) Leisure and Sport Management

August 2002 to August 2006

Central Connecticut State University

BSc (Hons) Psychology and Sociology

Professional Registrations:

Health and Care Professionals Council (HCPC) registered (PYL33109)

British Psychological Society (BPS) Chartered Status

Employment History

August 2016 to present (2 days per week)

Locum Clinical Psychologist

Calderdale Therapeutic Services (CTS) – Local Authority Looked After Children Team

Responsibilities:

- Providing psychological input into the therapeutic social team MDT.
- Providing weekly consultation clinics to the carers and professionals of looked after children and young people - in clinic appointments and home visits where required.
- Providing clinical supervision to the CTS MDT working directly with young people (key workers, advanced practitioners, social workers).

- Providing in-depth psychological assessment of the developmental, emotional and attachment needs of looked after children and young people. An assessment report will always include recommendations and a support plan.
- Leading reflective supervision groups for professionals working with complex cases.
- Supporting the social care network by contributing to permanency planning meetings, the matching process and LAC reviews.
- Working systemically (Educational, Pediatrics, CAMHS) in order to ensure that the needs of the child are being met in every context.

February 2016 to present

Great Oaks Psychology Services (Private practice)

Founder and Lead Clinician

Responsibilities:

- I currently run an independent psychology service providing a range of specialist assessments and interventions to children and young people that are struggling psychologically, emotional, behaviourally and/or academically.
- I receive referrals from private insurance companies, specialist UK mental health providers, school professionals and parents/carers.
- I work with a variety of psychological difficulties including, low mood, anxiety, problems with eating, PTSD, challenging behaviour, problems related to neurodevelopmental difficulties (e.g. Autism and ADHD) and learning difficulties.
- All of the interventions are based on systemic principles and where possible include family work and consultation to other professionals.
- I providing clinical supervision and consultation to other professionals working with children and young people experiencing a range of psychological difficulties.

November 2015 to February 2016

Career break - Travelling around South East Asia.

October 2012 to October 2015

Leeds Teaching Hospitals – Clinical Training

Doctoral training involved the successful completion of a combination of academic/research work and the following specialist clinical placements:

October 2014 to August 2015 (11 months)

Leeds Community Healthcare NHS Trust - CAMHS Tier 3 Child and Family Unit

Psychologist in Clinical Training

Responsibilities:

- I provided assessment, formulation and intervention to children and young people experiencing a wide range of social, emotional and behavioural difficulties.
- I was a member of the Autism diagnostic and intervention MDT. I am competent conducting each aspect of a comprehensive ASD assessment e.g. administering a detailed parental/carer interview, child assessment (ADOS and unstructured), school observation/liaison, family/professionals feedback sessions and the production of a formal diagnostic report, including formulation and an intervention plan.
- I was a member of the Learning Disability MDT. I was responsible for assessing the cognitive functioning of children where there was significant concern for difficulties with learning using the WISC-IV and Vineland tools. I conducted in-depth assessments for challenging behaviour and delivered interventions (1:1 therapy, family therapy, intensive interaction, psychoeducation) to help families and professionals manage better understand and manage behaviour.
- I was a member of the Urgent MDT clinic. This clinic provided weekly slots to children and young people presenting with the highest level of risk and needing immediate intervention.
- Supervision and consultation to school staff and healthcare professionals from other agencies.

April 2014 to September 2014 (6 months)

Bradford Teaching Hospitals NHS Foundation Trust - Health Psychology Services

Psychologist in Clinical Training

Responsibilities:

- I provided psychological assessment and intervention to adults and young people with a range of health conditions.
- I provided psychologist input into the Maxillofacial Surgery MDT, Bariatric surgery MDT and Palliative care MDT. My role involved providing a psychological presence during clinics and team meetings, conducting pre-surgical psychological assessments and providing psychological interventions.
- I provided training and consultation re: the psychological impacts of illness to other professionals.

October 2013 to March 2014 (6 months)

Leeds and York Partnership NHS Foundation Trust - Community Learning Disability Services

Psychologist in Clinical Training

Responsibilities:

- I provided specialist assessment and intervention service to adults with a learning disability and complex needs.
- Assessments included, Challenging behaviour Interview, Dementia assessments, Sexual capacity assessment, Cognitive assessments using the Wechsler Adult Intelligence Scale – Fourth Ed (WAIS-IV).
- I was required to carry out detailed risk assessment and risk management.
- I delivered individual, couples and family therapeutic interventions.
- I provided consultation to care staff re: the psychological needs of individuals living in residential care homes.

April 2013 to September 2013 (6 months)

The Leeds Teaching Hospitals NHS Trust - Paediatric Neuropsychology Service

Psychologist in Clinical Training

Responsibilities:

- I assessed psychological status and delivered a battery of neuropsychological tests to children and young people with a primary diagnosis of epilepsy, neuro-oncology, traumatic brain injury or neurodegenerative disorder.
- I am competent at delivering the following assessments; Wechsler Intelligence Scale for Children– 4th Edition (WISC V), Wechsler Individual Achievement Test, 2nd Ed (WIATT-II), Child Memory Scale (CMS), Delis-Kaplan Executive Function System (D-KEFS), Wide Range of Visual Motor Abilities (WRAVA).
- I summarised complex information, provided formulation and made recommendations in a formal neuropsychological report for each client.

October 2012 to March 2013 (6 months)

Leeds and York Partnership NHS Foundation Trust - Community Mental Health Service

Psychologist in Clinical Training

Responsibilities:

- I provided psychological assessment and intervention to working age adults experiencing moderate levels of psychological distress.
- I was a team member of the Family Therapy Team. We delivered structured family therapy interventions using a one-way mirror and reflecting team.
- I co-worked cases with community psychiatric nurses, social workers and psychiatry.
- I delivered a pure psychodynamic interventions under the supervision of a psychoanalytically trained supervisor.

May 2012 to August 2012

Career break- Travelling around India and Nepal.

April 2010 to March 2012 (Fixed term contract)

Sheffield Children's NHS Foundation Trust/Sheffield Teaching Hospitals NHS Foundation Trust
Assistant Psychologist (Band 5)

Responsibilities:

- I completed routine outcome measures with burns patients and their families during clinic.
- I provided a psychological presence at multi-disciplinary meetings and clinics.
- I completed service evaluation projects and audits in line with the National Burns Standards.
- I provided psychological support under direct supervision to children, adults and families following the trauma of a burn injury.
- I was an active member of the Children's Burns Club and regularly attended social events and activities organised for the children and young people recovering from burns injuries.

December 2008 to March 2010 (ended due to funding cuts)

Barnsley Primary Care Trust – Condition Management Programme

Assistant Psychologist (Band 5)

Responsibilities:

- I assessed people with physical and/or psychological health conditions receiving incapacity benefits and wanting to find employment.
- Together we identified the barriers to employment and created collaborative and individualised intervention plan.
- I co-facilitated an 8-week psycho-educational group-based intervention. The group was based on the principles of cognitive behavioural therapy and aimed to help people better manage their physical and mental health conditions.
- I carried out ongoing audit, service evaluations and research projects to provide evidence for the effectiveness of the service.

Additional Training/CPD

WISV-V and Q-Interactive	Pearson	1 day	July 2016
Working with the LGBT community	LGBT Consortium	1 day	April 2015
Exploring Vocation Training	Condition Management	1 day	June 2010
Communicate More Effectively	Nottingham Trent University	1 day	June 2010
CBT Five Areas Training	Condition Management	3 days	Feb 2010
Foundation Training Course	Youth Offending Service	7 days	Nov 2009
Managing Violence and Aggression	Leeds NHS Foundation Trust	1 day	June 2009
Breakaway Techniques	Leeds NHS Foundation Trust	1 day	June 2009
Crisis Support Volunteer Training	Leeds Survivor Led Crisis Service	7 days	Jan 2009

IT Skills

Trained and competent working with the PARIS system for Community Care Services and Carenotes Electronic Patient Record system.

Publications:

Hopper, S., Martin, C., & Masterson, C. (2015). *The Therapist Experience of Client Nonresponse*. Doctoral dissertation (Pending submission for publication).

Hopper, S., Radcliffe, K., Martin, C., & Masterson, C. (2015). *Doing Nothing? An outline of findings from two IPA studies concerned with non-improvement: from both the client and therapist perspective*. Oral presentation at the UKCP Research Conference, London.

Kellett, S., Purdie, F., Bickerstaffe, D., Hopper, S., & Scott, S. (2013). Predicting return to work from health related welfare following low intensity cognitive behaviour therapy. *Behaviour research and therapy*, 51(3), 134-141.

Hopper, S. & Purdie, F. (2010). *The Clinical and occupational Effectiveness of Condition Management for Incapacity Benefit Claimants*. Oral and poster presentation BPS Annual conference, London.

Hopper, S., Schonfield, A & Borkoles, E. (2008). *Type-D personality, Sport Participation and Approach/Avoidance Coping*. Master's dissertation. Oral presentation, Division of Sport & Exercise Psychology Conference, London.