

Curriculum Vitae

Dr Sophie Payne PhD, DClinPsy, BSc (Hons) CPsychol Principal Clinical Psychologist

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I am an experienced psychologist with a wide range of skills which I bring with energy and enthusiasm for the profession. I have experience of working in highly complex situations while maintaining compassion. I have specialised in physical health, rehabilitation from significant injury and trauma. My clarity of thought, honest communication style and ability to draw from a number of explanatory models are highly valued by colleagues and clients. I have flexibility in my approach to clinical leadership. I provide expert advice and intervention as well as working in a team, authentically and effectively developing good working relationships.

Professional Qualifications

2021 Registered Provider for Cognitive Processing Therapy for Post Traumatic Stress Disorder

2017 Certificate in Executive & Management Coaching Level 7 Institute of Learning & Management

2007 Doctorate in Clinical Psychology University of Sheffield

2003 PhD Clinical Health Psychology University of Sheffield

1996 BSc (Hons) Psychology University of Wales, Swansea

Professional Experience

2020-present Independent Psychologist, Taylored Psychology Ltd & Balanced Psychology Ltd.

- Psychotherapy with adults with life changing injury or physical health issues, liaison with case managers and MDT providing formulation and joined up care
- Psychotherapy with adults with range of mental health presentations including trauma, complex trauma, depression, anxiety, occupational burnout, adjustment to physical health problems

2020-2021 Consultant Clinical Psychologist, Defence Clinical Psychology Service, Ministry of Defence.

- Psychotherapy with members of the Armed Forces for a range of mental health issues, particularly trauma and complex trauma
- Clinical Leadership of a Mental Health Team of military and civilian staff during a period of challenge, complexity and change
- Complex risk management of forensic, military occupational, self harm and suicide, and risk to others within a multifaceted setting
- Supervision and Reflective Practice Lead

2014-2020 Principal Clinical Psychologist, Sheffield Teaching Hospitals NHSFT

- Specialist assessment, formulation, intervention, to patients with Major Trauma, Head and Neck Cancer, Breast Cancer, Renal Disease and NHS staff. Using an integrative approach to therapy drawing from CBT and CFT, to NICE guidelines
- Service Management of Psychological services specialising in Cancer, Renal Conditions, Trauma & Operating Services, Critical Care and Anaesthesia and Occupational Health
- Highly specialist assessments of people prior to major health interventions. Assessing risk, mental health, coping, likelihood of adherence, impact of surgery, making recommendations to MDT and

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supporting delivery of care

- Set up and established a pilot Specialist Psychology in Occupational Health Service for NHS staff. Subsequent key role in set up, then Clinical Lead of an NHS Employee Psychological Support Service providing care at all levels in a Stepped Care Model
- Clinical supervision, consultancy, a range of reflective practice groups and training delivered to a wide range of clinicians and professions, with excellent feedback
- Direct management of a range of psychological professionals
- Trainee placements and DClinPsy Lecturer - "the best lecture this year, more please"
- As a member of the Department of Psychological Services (DPS) Operational Management Team (OMT), author and review monthly and annual reports on activity, wait, outcomes and client feedback to monitor service performance and governance
- Management and delivery of Psychological Skills Training to 56 Cancer Clinical Nurse Specialists in STH and their monthly supervision
- Departmental Service Evaluation and Audit Lead
- Lead on Departmental Major Incident plan, developing an action plan, team training and communication system. Coordination with city-wide services

2011 - 2014 Senior Clinical Psychologist, Sheffield Teaching Hospitals NHSFT

- Delivery of specialist assessment, formulation and intervention for people with Spinal Injuries, from acute stages to rehabilitation
- Close working with physiotherapists, occupational therapists, nursing and medical staff
- Initiation and team development of a weekly patient education course with patient representatives and MDT input including delivery of Coping with Spinal Injury sessions
- Instigation of reflective practice group for ward staff and supervision for senior nursing staff
- Development of a pathway for psychological support for pain

2007-2011 Clinical Psychologist, Sheffield Health and Social Care NHSFT Based within an Older Adult Community Mental Health Team and memory clinic. Neuropsychological assessment and psychological intervention for people with dementia. Psychological interventions and multidisciplinary team work within an Older Adults Community Mental Health Team.

2003-2007 Trainee Clinical Psychologist, University of Sheffield Thesis title "The assimilation model: building the theory with two case studies of women with Obsessive Compulsive Disorder receiving Cognitive Behavioural Therapy". Specialist 3rd Year placements; Learning Disabilities, Organisational leadership, Cognitive Analytic Therapy. Extended course due to maternity leave

1999-2003 PhD student, Howard Morton Scholar, University of Sheffield Thesis title "The development of a model of disfigurement: the process of living with vitiligo". Academic Tutor, Executive Committee of the BPS Psychology Postgraduate Student Conference, 2001

1997-1999 Assistant Psychologist, Learning Disabilities Division, Community Health Sheffield

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1997-1998 Support Worker & Assistant Psychologist, Community Brain Injury Service, Community Health Sheffield

Other relevant Information

I have a full enhanced CRB check

I hold professional indemnity insurance

I am HCPC registered (PYL18075)

References, Papers & Presentations

NB: I have also published under the name of Sophie Heason

Payne, S. & Ackroyd, K. (2014) An audit of patients' experience of pain in STH NHSFT Spinal Injury Service. Presentation at Sharing Good Practice Festival, Sheffield Teaching Hospitals NHSFT.

Payne, S., Ross, J., Keen, C. (2014) From idea to bid; the experience of two therapy teams applying for research funding. Growing Collaborative Research Conference. Sheffield Teaching Hospitals and Sheffield Hallam Research Partnership. Best Poster Prize Award.

Heason, S. (2008) The assimilation model: building the theory with two case studies of women with obsessive compulsive disorder receiving cognitive behavioural therapy. DCLinPsy thesis, University of Sheffield.

Heason, S. (2005). Talking therapy as a psychological intervention for people with dementia: A literature review. The British Psychological Society, Psychologists' Special Interest Group Working with Older People Newsletter, 89. p22-30.

Forrester-Jones, R., Jones, S., Heason, S. & Di'Terlizzi, M. (2004). Supported Employment: a Route to Social Networks. Journal of Applied Research in Intellectual Disabilities, 17 (3). p199-208.

Heason, S. (2003). The development of a model of disfigurement: the process of living with Vitiligo. PhD thesis, University of Sheffield.

Heason, S. & Kent, G. (2002). Developing a model of disfigurement. European Health Psychology Society, Annual Conference, Lisbon. Oral presentation.

Heason, S. (2002). Living with Vitiligo: a qualitative study. British Psychology Society. Annual Conference, Blackpool. Poster presentation.

Heason, S. (2002). Dealing with rejection: the experiences of people with a different appearance. Howard Morton Symposium. Lecture (also a key organiser of the symposium).

Heason, S. (2001). Living with Vitiligo: a qualitative study. European Health Psychology Society, Annual Conference, St Andrews. Oral presentation