

Curriculum Vitae

*Dr James Manning C.Psychol
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Personal Information

I am 41 years old and have lived in Suffolk for approximately 6 ½ years. I entered the field of psychology as a mature student at the age of 29.

Employment History

<i>Date</i>	<i>Title/ Employer</i>	<i>Status</i>	<i>Role</i>
July 2006 – present	West Suffolk CBT Service	Managing Director	MD of an independent cognitive behaviour therapy service
May 2006 – May 2007	Care Principles	Clinical Psychologist	Clinical psychologist in a medium secure unit for individuals with a learning disability and challenging behaviour. The role involved assessment, formulation and intervention. I supervised four assistant psychologists and I was a member of the clinical team responsible for making day to day decisions within the hospital.
October 2004 – April 2006	Suffolk Mental Health Partnerships NHS Trust	Clinical Psychologist	In this position I worked as a clinical psychologist specialising in mental health. The majority of my role involved offering a psychology service to individuals in prison who had severe and enduring mental health problems. Within this role I offered several different types of therapy, neuropsychological assessment, management guidelines for difficult to manage prisoners, auditing, consultation/ teaching/supervision to staff, research and service development.
October 2001 – October 2004	Cambridgeshire & Peterborough Mental Health Trust	Psychologist	In this three year post I completed a doctorate in clinical psychology. I successfully completed placements in adult mental health, child & adolescent, older adults, learning disabilities, looked after children. These placements involved offering a number of different types of psychological intervention, and psychological assessment with clients and carers. My doctoral thesis investigated the impact of a cognitive therapy technique on carers who worked with individuals with challenging behaviour.
January 2000 – September 2001	Kneesworth House Hospital. Partnerships in Care Ltd	Psychologist	This was my first psychology post after obtaining my BSc (Hons) in psychology. I worked as an assistant to a clinical psychologist. Work involved intervening with individuals in a medium secure environment

			who had mental health difficulties/ and or a learning disability. My main role was to offer therapy to clients or to work with carers to implement behavioural interventions with clients who had challenging behaviour. While at Kneesworth House I completed the majority of a Post Graduate Diploma in Counselling Psychology, (I completed this course in 2003).
August 1999 – January 1999	Fulbourn Hospital -	Part-time care worker	Work involved looking after basic needs of clients with mental health difficulties in acute settings
August 1999 – September 1999	Lifespan NHS	Part-time support worker	I worked as a support worker with individuals with severe learning difficulties living in community settings.
July 1998 – October 1998	Joyce Green Hospital, Dartford	Part-time care worker	Work involved looking after basic needs of clients with mental health difficulties in acute settings
Sep 1996 – June 1999	University of East London	Student	Completed degree in psychology

Education History

Sep 1979 – June 1985 Chislehurst & Sidcup Grammar School (O and A levels).
 Sep 1996 – June 1999 University of East London (BSc Hons)
 Jan 1999 – Jan 2000 Raworth Centre (Diploma in Parks Inner Child Therapy)
 Oct 1999 – June 2003 University of East London (Pg Dip Counselling Psychology)
 Oct 2001 – Oct 2004 University of East Anglia (Doctorate in Clinical Psychology)

Qualifications (Health related only)

June 1999 1st Class Degree in Psychology
 Dec 1999 Diploma in Parks Inner Child Therapy -pass
 June 2003 Post-graduate diploma in Counselling Psychology - pass
 Feb 2005 Doctorate in clinical psychology - pass

Regulatory Bodies

Mar 2000 Member of the BABCP – no 007646
 April 2005 Chartered Psychologist with the BPS – no 098299

Short Courses

Over the past five years I have attended a number of courses and workshops to help improve my therapeutic practice. These courses include Mindfulness training at Addenbrookes. I regularly attend conferences associated with cognitive behaviour therapy. CPD is mandatory in my current role as a clinical psychologist, and is also mandatory for retaining status as a chartered psychologist and for the issuing of a practice certificate by the BPS.

Recent workshops/ courses attended

9-11 th September 2004	The European conference for the Association of Behavioural and Cognitive Psychotherapies. Manchester University.
19-20 th May 2005	Numerous research presentations by experts in their fields The Eastern Region Prison Mental Health Forum Conference. Stanstead. Numerous presentations by leaders in their fields.
2-3 rd June 2005	Schema Therapy for Resistant Personality Disorders. Two day workshop. London
21 st -23 rd July 2005	BABCP conference, Canterbury. Numerous research presentations by experts in their fields
9 th – 10 th March 2006	Supervisor Training Course. The University of East Anglia and the University of Hertfordshire. Workshop focussed on supervision of clinical psychology trainees.

Presentations at Conferences

- The impact of future self-representations on social problem solving and affect in clinically depressed and matched non-depressed individuals. Ridgeway, N., Manning, J. & Westacott, M. (2004). Paper presented at the EABCP conference, Manchester.
- An investigation of the impact of self-representations on the interpersonal problem-solving of carers working with individuals with a learning disability and challenging behaviour. Manning, J., Ridgeway, N., & Adams, M. (2005). Paper presented at the BABCP conference, Canterbury.

Books

- ◆ Dr N. Ridgeway & Dr J. Manning (2008) *Think about your thinking to stop depression: A fast simple system to relieve distress*. In print. Foulsham Publishing.
- ◆ Dr N. Ridgeway & Dr J. Manning (2008) *How to help your loved one overcome depression*. In print. Foulsham Publishing.
- ◆ Dr N. Ridgeway & Dr J. Manning (2008) *Think! About your thinking. A Cognitive Behaviour Therapy Program for Depression*. Currently submitted to Jessica Kingsley Publishers

Research

I am presently attempting to build a portfolio of research that looks at the impact of future positive self representation on interpersonal problem solving. This is an area of research which could be of significant benefit to the field of cognitive behaviour therapy. I am presently preparing two studies completed in 2003 and 2004 for submission to a major journal.

Main Interests

- My family, developments in cognitive behaviour therapy, Bridge