

Curriculum Vitae

Personal details

Nicola Louise Ridgeway

Born: 19th September 1966 Age: 41

Tel: 01284 706131 e-mail nicolaridgeway@aol.com

Clinic: Angel Corner, 8 Angel Hill, Bury St Edmunds, Suffolk, IP33 1UZ

Educational history and professional qualifications

2000-2003 - Doctoral programme - clinical psychology University of East Anglia
D.Clin.Psy (Doctorate in Clinical Psychology).

1997 - Accredited cognitive behavioural therapist with the British association of
behavioural and cognitive psychotherapies. No.965271

1996-1999 - Psychology degree BSc(hons). First class. University of East London.

1995-1996 - Cognitive therapy post grad. Cert. (Oxon).

1986-1989 - Registered Mental Nurse. Moorhaven Hospital. Devon. PIN No. 86A0454E

1984-1985 - BHSAI. Assistant riding instructor, Mill Hill, London. British horse society.

1983/84 - OA level social administration. O level English, physics, human biology,
history and home economics.

Employment History

2007 - Clinical Director, West Suffolk CBT Service.

2003 - Supervised independent/private practice. Psychological
assessments, therapy, clinical supervision and teaching. I received
referrals from a number of different organisations including:
three local mental health trusts, G.Ps, West Suffolk Constabulary,
UEA, On Track (Social Services), Beech House Hospital, Solicitors, regional
rehab. organisations, and self referrals.

2000-2003 - Doctorate in clinical psychology

2001-2002 - I provided CBT group supervision for two community mental health teams.

West Suffolk health partnerships.

1998-2005 - I provided one tenth of the teaching programme for UEA CBT post grad. Diploma. External clinical supervisor, and assessor for written assignments and therapy tapes.

1999 - Research/psychology assistant. Psychology dept. West Suffolk Hospital.

Summer 1999 - Cognitive therapist. Psychological treatment services. Addenbrookes Hosp.

Summer 1998 - Cognitive therapist. Psychology dept. Bury St. Edmunds. Suffolk.

Summer 1997 - Cognitive therapist. Newmarket community mental health team. West Suffolk mental health trust.

1997-1998 - Telephone counsellor. Survivors helpline. Registered charity for male survivors of rape. A crisis intervention initiative available to men struggling with traumatic and abusive experiences.

1996 - Cognitive therapist and community psychiatric nurse (G grade). Newmarket and Bury St. Edmunds.

1993-1996 - Community psychiatric nurse (grade G). Newmarket and Thetford. During this time I worked primarily with individuals and families where the main presenting problems were of a chronic and enduring nature. Psychosis was a major feature. For a six month period I was responsible for the initial planning and development of a community networking initiative. Statutory and non-statutory organisations, along with local businesses were invited to learn about their potential to help meet the needs of people presenting with complex problems. In addition, training in inner-child therapy lead me to also work with adult survivors of childhood sexual abuse.

1991-1993 - Staff nurse (grade E). In-patient acute adult psychiatry. West Suffolk Hospital. Rehabilitation community hostel/home. Highbury House Bury St Edmunds.

1990-1991 - Staff nurse (grade E). Regional in-patient adolescent unit. Douglas House.

1989-1990 - Staff nurse (grade E). Acute psychiatric in-patient mother and baby unit. Bodmin Hospital. Cornwall an Isles of Scilly Health Authority.

Academic presentations

2005 - British Association of Behavioural and Cognitive Psychotherapists, BABCP, Canterbury. Using resourceful self-representations to help problem- solve interpersonal conflict.

2004 - European association of behavioural and cognitive psychotherapies, EABCT Congress, Manchester. Section for cognitive processes in psychological disorder. "The impact of future self- representations on social problem solving and affect in clinically depressed and matched non-depressed individuals"

Publications

2009, Ridgeway N.L., & Manning J.P. *Think about your thinking to stop depression: A fast, simple system to relieve distress*, Foulsham, In press

2009, Ridgeway N.L., & Manning J.P. *5 Minute CBT: How to help your loved one overcome depression*, Foulsham, In press

2008, Ridgeway N.L., & Manning J.P. *An introduction to CBT: What it is and how it works*: Workbook and CD, West Suffolk CBT Service.

2008, Ridgeway N.L., & Manning J.P., *Think About Your Thinking: CBT program for depression*, West Suffolk CBT Service.

Workshops conducted as part of CPD for others

2001 - One day workshop. CPD programme for local and regional clinical Psychologists. The impact of imagery in CBT practice.

2004 - One day workshop. Inaugural speaker CPD programme (regional) for accredited CBT therapists. Imagery interventions in CBT - evidence based practice.

2005-8 - I have conducted a variety of workshops in CBT > 30

Continued professional training

2005 - One day workshop - PTSD and complex cases Dr Deborah Lee, New Hall Cambridge University

2003 - One day workshop - Experiential processing therapy within CBT Dr Tom Borkovec, UCL London

2002 - One day workshop - Cognitive therapy supervisors workshop
Dr Christine Padesky and Cathy Mooney, Downing College, Cambridge University

1998 - Eight week experiential course in Mindfulness, Fulbourn Hospital Cambs

1998 - Three day training, CT for borderline personality disorder
Dr Mary Ann Layden, London

1994 - Six month period, with 2 weeks residential - training in Parks inner child therapy, (schema focused CBT).

In the early nineties I completed training in Behavioural family therapy with Dr Ian Falloon, West Suffolk Hospital, Bury St Edmunds. People prioritised to be offered this service were those with long and enduring mental health problems who had repeat *admissions to hospital. Advanced training in psychiatric assessment was also completed at this stage.*

I have regularly attended BABCP and EABCT conferences since 1995.

Supervision

My supervision needs are addressed in a couple of ways. Firstly through an internal supervisors model (self- reflection based on a formulation approach), and secondly through regular peer supervision.

Dr Emma Berry Clinical Psychologist - Douglas House CAMHS, Trumpington Rd, Cambs.

Gillian Todd Cognitive therapist/Nurse Consultant - Regional eating disorder service, Huntingdon, Cambs.

Dr Eric Duerr Consultant Clinical Psychologist - Nuffield Hospital, Ipswich, Suffolk.