

Kay Read

CBT Therapist

Academic Qualifications/ Courses

Msc Cognitive Behaviour Therapy Salford University	2013-2015
Degree in Teaching and Learning (Specialism in Special Needs) Edge Hill University	2011
Foundation Degree in Teaching and learning Edge Hill University	2007-2009
Counselling Skill Manchester College	2000
Compassionate Focussed Therapy	2020
Cognitive Behaviour Therapy for Insomnia	2020
Designated Safeguard Officer	2019
ADOS2	2018
Triple P Parenting	2018
Attachment Disorder Training Manchester CAMHS	2015
ADHD assessment, treatment and management Manchester CAMHS	2016
Fragile X Cheshire and Wirral Learning disability team	2018

Employment History

Healios – CBT Therapist

April 2021 – Present

Job Summary:

CBT therapist responsible for providing complex psychological assessment and formulation, which inform appropriate treatment pathways and treatment modality young people that are referred into our service.

Individual therapy for clients with attachment, autism assessment and intervention, single incident trauma, complex trauma, and mood disorders.

ASD assessments, working as part of a multidisciplinary team conducting ADOS2 assessments, writing the reports and giving feedback to individual and families.

Priory Well-Being Centre – Outpatient Clinic

CBT Therapist

January 2017 – April 2021

Job Summary:

Sessional principal CBT responsible for providing complex psychological assessment and formulation, which inform appropriate treatment pathways and treatment modality for adults and young people that are referred into our service.

Individual therapy for clients with attachment, autism assessment and intervention, single incident trauma, complex trauma and mood disorders.

ASD assessments, working as part of a multidisciplinary team conducting ADOS2 assessments, writing the reports and giving feedback to individual and families.

I have been part of the pathway to put the service into the Manchester Wellbeing Centre.

Altrincham Hospital – Tier 4 Acute Inpatient Unit

CBT Therapist May 2017 – December 2018

Job Summary:

To provide assessment, formulation and intervention with adults that have been admitted for a variety of mental health conditions. The client group presented with multifaceted difficulties and comorbidity, which required a highly specialist approach to engagement, formulation and treatment planning. Presenting difficulties included:

Complex PTSD, attachment related difficulties, anxiety, depression, ASC and ADHD. The client group had often experienced previous inpatient admissions, and therefore a coherent and collaborative formulation was imperative, and multi team liaison was a necessity. A comprehensive formulation can facilitate effective treatment and discharge planning processes.

To provide regular training to all members of the MDT. Training has included: Formulation and Treatment, Personality Disorders and Behavioural Functional Analysis.

Castlefield Campus

Barlow Hall Road, Chorlton, Manchester

Teaching Assistant January 2005- January 2017

Job Summary;

To provide education and care for children and young adults with Neurological disorders within and education and care facilities.

The role was teaching in a special needs school, also overseeing, and managing the care team around the children.

Many of the children lived within the care system or were placed in secure units which I liaised with the education and care staff ensuring that all the needs of the individual children were addressed and worked with therapeutically.