



# Dr Reena Vohora

I am a Consultant Clinical Psychologist specialising in the assessment and treatment of a range of mental health conditions. I have almost two decades of clinical experience, working across a range of health services. This includes experience of providing psychological assessment, post-diagnostic input and treatment in a range of settings, such as memory clinics, inpatient wards, neuro rehabilitation services and mental health teams. My experience includes work with individuals, couples, families and wider care systems. I have been invited to deliver training for health services and companies on issues related to ageing, and also workshops on compassion in healthcare and supporting the wellbeing of clients and staff. I hold a senior academic position at the University of Oxford alongside my clinical work. In addition to this, I have experience of examining at several universities across the country and am regularly invited to teach and provide workshops for professionals from a range of professional backgrounds. I have supervised over forty research projects, have published in peer-reviewed journals, am regularly asked to peer-review papers and am an associate journal editor for 'Behavioural and Cognitive Psychotherapy'.

## Work experience

### Consultant Clinical Psychologist, Equality, Diversity and Inclusion Lead and Deputy to the Academic Director

Oct 2022 - Present

*University of Oxford and Oxford Health NHS Foundation Trust*

Senior academic tutor in a team providing doctoral level training for Trainee Clinical Psychologists. Deliver teaching on a range of topics, co-ordinate the equality, diversity and inclusion and older adults teaching on the course, provide clinical research supervision and line management of other team members and trainees.

### Consultant Clinical Psychologist

Oct 2022 - Present

*Dr Reena - Independent Practice*

Owner of a psychology service providing clinical input and training for staff teams and professionals. Clinical work includes 1:1, couple, family work and carer/staff support. Bespoke training provided and delivery of workshops on a range of topics including staff wellbeing and compassion, mental health awareness, culturally sensitive clinical practice and working with cognitive changes.

### Clinical Psychologist, Academic Tutor and Mentoring Lead

Sep 2017 - Oct 2022

*University of Oxford and Oxford Health NHS Foundation Trust*

Academic tutor in a team providing doctoral level training for Trainee Clinical Psychologists. Delivered and co-ordinated teaching on a range of topics, provided clinical research supervision and line management of trainees.

### Clinical Psychologist

Nov 2020 - Oct 2022

*Dr Reena - Independent Practice*

Owner of a psychology service providing clinical input and training for staff teams and professionals. Clinical work with individuals, couples, families and carer/staff support. Bespoke training and delivery of workshops on a range of topics including staff wellbeing and compassion, mental health awareness, culturally sensitive clinical practice and working with cognitive changes.

### Highly Specialist Clinical Psychologist

Dec 2015 - May 2020

*Coventry and Warwickshire NHS Partnership Trust*

Early supported discharge and community neuro-rehabilitation team providing assessment and treatment for individuals with an acquired brain injury and their families. Provision of neuropsychological assessment and psychological input, staff training and supervision, and joint work as part of a multi-disciplinary team. Also co-facilitated adjustment groups.

### Specialist Clinical Psychologist

Apr 2015 - Sep 2017

*Coventry and Warwickshire NHS Partnership Trust*

Community eating disorder service. Delivered 1:1 support, group interventions and family support. Trained in the use of Compassion Focused Therapy with regular clinical training and supervision from experts in the field.

## Personal details

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## Professional memberships

- Chartered Psychologist (CPsychol)
- Member of the British Psychological Society (BPS)
- Associate Fellow of the British Psychological Society (AFBPPS)
- The Health and Care Professions Council (HCPC)

## Services offered

- Therapeutic support
- Post-diagnostic support
- Brain injury education
- Cognitive rehabilitation
- Case formulation
- Behavioural management
- Family/caregiver support
- Staff training
- Bespoke workshop design and delivery
- Training and teaching
- Clinical supervision
- Reflective practice
- Culturally sensitive clinical practice
- Research
- Audit and service evaluation

Other relevant experience

- Invited to collaborate on projects with Pearson Clinical Assessment UK on issues relating to ageing and care, cognitive assessment and to share my experience of working as a Clinical Psychologist in neuro-rehabilitation and with older people.
- Invited as a guest on podcasts, radio, social media, online and in-person events for a range of audiences.
- Experience of developing and delivering training/workshops for large audiences of health professionals working across national services

<b>Locum Highly Specialist Clinical Psychologist</b> <i>Birmingham and Solihull Mental Health NHS Foundation Trust</i>	Aug 2015 - Dec 2015
Inpatient assessment and treatment service for older people with dementia. Provided 1:1 therapeutic support, case formulation sessions, management of behaviours that challenge, and staff training and support.	
<b>Locum Highly Specialist Clinical Psychologist</b> <i>Central England Rehabilitation Unit</i>	Apr 2015 - Aug 2015
Inpatient neuropsychology assessment and treatment service for individuals with an acquired brain injury. 1:1 work and also input into goal setting, capacity assessments and staff/carer support.	
<b>Highly Specialist Clinical Psychologist</b> <i>Cambian</i>	Jul 2013 - Mar 2015
Lead psychologist across two units for individuals with a learning disability and forensic history. Input into case formulation, risk management, staff support and supervision of other team members.	
<b>Clinical Psychologist</b> <i>Berkshire NHS Foundation Trust</i>	Oct 2011 - Jun 2013
Provision of psychological assessment and intervention in a community mental health team for older people. Offered neuropsychological assessment, post-diagnostic counselling, family/carer support, Cognitive Stimulation Therapy groups and other therapeutic interventions.	

Education

<b>Doctorate in Clinical Psychology</b> <i>University of Oxford</i>	Sep 2008 - Sep 2011
<b>Masters in Research (MRes) in Psychology</b> <i>University of Birmingham</i>	Sep 2005 - Sep 2006
<b>Bachelor of Science (BSc) in Psychology (First Class)</b> <i>University of Leicester</i>	Sep 2002 - Jun 2005

Selected publications

Roberts, R., **Vohora, R.**, Webb, S. S. & Demeyere, N. (in press). Understanding the role of illness perceptions in the relationship between cognitive and emotional difficulties after stroke. *Neuropsychological Rehabilitation*.

Patrick, F., Benbow, J., Tearle, S., Fletcher, H. & **Vohora, R.** (2024). Implications of introducing baseline assessments to the dementia pathway for individual’s with Down’s Syndrome in the Buckinghamshire Community Learning Disability Health Team (CLDHT). *The Bulletin of the Faculty for People with Intellectual Disabilities*, 22 (2), 58-68.

Roberts, R., **Vohora, R.**, Webb, S. S. & Demeyere, N. (2024). Validating the OCS-Plus against a clinical standard: A brief report. *Journal of Neuropsychology*, 00, 1–7.

Hameed, I., **Vohora, R.** & Barnardo, L. (2023). The Oxford DCLinPsy ‘mind-to-mind’ mentoring scheme: Experience of benefits and barriers. *Clinical Psychology Forum*. 371, 51-57.

Hui, A., **Vohora, R.** & Williams, F. (2023). Experiences of socioeconomic disadvantage in clinical psychology: A thematic analysis of aspiring and trainee clinical psychologists, *Clinical Psychology Forum*. 362, 9-17.

El- Salahi, S., Khaki, Z, & **Vohora R.** (2023). Experiences of inclusive school settings for children and young people on the autistic spectrum in the United Kingdom: A systematic review. *Review Journal of Autism and Developmental Disorders*.

**Vohora, R.** & Close, H. (2011). ‘Patient’, ‘Client’ or ‘Service user’? *Clinical Psychology Forum*. 22, 34-38.

**Vohora, R.** & Ogi, L. (2008) Addressing the emotional needs of stroke survivors. *Nursing Times*, 104(42): 32–36.

Robertson, N, & **Vohora, R.** (2008). Fitness vs. fatness: Implicit bias towards obesity among fitness professionals and regular exercisers. *Psychology of Sport and Exercise*, 9(4): 547-557.