



DR SOPHIE MONAGHAN

CONSULTANT CLINICAL PSYCHOLOGIST
(NEUROPSYCHOLOGY)

enquiries@neurocog.co.uk
0191 226 7966

EDUCATION

Post Graduate Diploma(PGDip)Clinical Neuropsychology (Merit); University of Glasgow, 2011

Doctorate in Clinical Psychology (DClinPsych); University of Sheffield, 2007

BSc(Hons) in Psychology, University of Newcastle , 2002

PROFESSIONAL QUALIFICATIONS, MEMBERSHIPS AND TRAINING

- Health and Care Professions Council (HCPC) Registered Practitioner Psychologist (**PYL18026**)
- Chartered Clinical Psychology Status, British Psychological Society (BPS; **140135**)
- Full Divisional Membership of the BPS Division of Neuropsychology
- Member of the BPS Register Applied Psychology Practice Supervisors (RAPPS)
- Co-chair of North-East Regional BPS Faculty for the Psychology Older People (FPOP)
- Bond Solon Expert Witness Programme – Excellence in report writing, 2023.
- Eye Movement Desensitization and Reprocessing (EMDR) Practitioner full Training; EMDR Academy 2021
- Leadership Development Programme (Distinction), Institute of Leadership & Management; 2015
- Introduction to Group Psychotherapy, Sunderland Psychotherapy (Institute of Group Psychoanalysis); 2012
- Clinical Supervision Training, BPS.
- Compassion Focussed Therapy (CFT)
- Acceptance & Commitment Therapy (ACT) for bereavement and loss
- Cognitive Behaviour Therapy for insomnia (CBT-i)
- Introduction to Cognitive Analytic Therapy (CAT)

EMPLOYMENT HISTORY

NeuroCog Consultant (2024-present)

- Mental Capacity Assessments.
- Neuropsychological Assessment and Rehabilitation.
- Management of Behaviours that Challenge.

- Multidisciplinary team working to support individuals, families, teams, and healthcare professionals.
- Psychological assessment and therapy; specifically, trauma focused interventions and adjustment following injury/illness.

Consultant Clinical Psychologist, Recall Psychology

(2023-present)

- Neuropsychological Assessment, formulation, and intervention in context of stroke and neurodegenerative conditions.
- Psychological assessment and intervention for conditions associated with bereavement/loss, later life stages and physical health adjustment.
- Utilising formulation-based approach to adapt psychological interventions based on cognitive impairment and goals of the individual.
- Development of formulation driven direct/indirect intervention plans and strategies for individuals living in their own homes with behaviour that is experienced as challenging.
- Assessment of capacity (civil and criminal proceedings).
- Clinical Supervision of health professionals.
- Family and carer support.
- Consultation, teaching, training, and formal presentations.

Associate Lecturer in Clinical Neuropsychology (PGDip); Salomons Institute for Applied Psychology, University of Canterbury.

(2021-present)

- Writing and delivering training on Neurodegenerative module ('Driving, dementia, independence & Loss') for the Post Graduate Diploma in Clinical Neuropsychology, utilising mixed media and creative approaches.
- Content includes Contemporary neuropsychology literature, the neuropsychology evidence base, National guidance, Service user experience and perspective, Multi-cultural / diversity matters, Community based clinical neuropsychology, transition and longer-term living with condition, Ethics / ethical decision-making as pertaining to clinical neuropsychology practice, Neuroanatomy and brain-behaviour relationships, mechanisms and experiences of neurological conditions /brain injuries, Neuropsychological tests, reliability and validity, Service context and setting and case based material.

Consultant Clinical Psychologist (Specialising in Clinical Neuropsychology) & Psychological Professionals Lead for MHSOP; Tees, Esk & Weardale Valley NHS Foundation Trust

(2022-2024)

- Neuropsychological assessment of individuals with complex neurological and multifaceted presentations, including dual diagnosis, neurodegenerative conditions and TBI.
- Risk and capacity assessment; writing reports, deriving care plans, and supporting delivery of direct and indirect psychological interventions based upon formulation.
- Working with multidisciplinary teams and external agencies in coordination of care of individuals with complex needs.

- Professional supervision and management of Psychology teams; Clinical Neuropsychological supervision (group/individual).
- Strategic leadership and clinical service development at organisational level across older adult psychological services.

Consultant Clinical Psychologist (Specialising in Clinical Neuropsychology) & Trustwide Lead for Older Adult Psychology, Surrey and Borders NHS Partnership Trust

(2021-2022)

- Strategic and clinical leadership across all psychology services for older people Trustwide; functional and organic; inpatient, community, and care home liaison.
- Clinical neuropsychological assessment, formulation and report writing for those with complex, degenerative, neurological conditions.
- Multi and inter-disciplinary team working, requiring flexibility and responsiveness.
- Developing clinical governance framework and meaningful outcomes for clinical population.
- Implementing national framework delivery based on fixed psychology resource and increasing need.
- Communication for a variety of audiences/contexts via written and verbal media, adapting information as needed.

Principal Clinical Psychologist (Specialising in Clinical Neuropsychology) & Lead for Older Adult Inpatient Services Trustwide; Surrey and Borders NHS Partnership Trust

(2019-2021)

- Neuropsychological assessment including psychometric testing, mental health, and risk; deriving report recommendations within legal framework with awareness of safeguarding and DOLS.
- Specialist psychological therapy – with individual, couples and families using a variety of approaches and managing problems such as adjustment, anger, relationship difficulties and anxiety in the context of degenerative conditions and mental health difficulties.
- Behavioural assessment and management advice – to families and care providers using a psychological formulation approach.
- Capacity assessments & contributing to Best Interest decisions.
- Supervision of junior psychologists & clinical leadership, research, and service development.
- Consultancy to other services.

Senior Clinical Psychologist (Older Adult CMHT & Clinical Neuropsychology); Surrey and Borders NHS Partnership Trust

(2013-2019)

- Psychological and neuropsychological assessment for both mental health and dementia presentations, deriving formulation and meaningful interventions.
- Multidisciplinary working to support individuals with complex psychological and organic difficulties in later life.
- Supporting the formulation driven, development of direct/indirect intervention plans for individuals presenting with behaviours that challenge in care settings.

Clinical Psychologist (Croydon Memory Service); South London & Maudsley NHS Foundation Trust

(2012-2013)

- Psychological and neuropsychological assessment, formulation, and care plan development.
- Feedback of diagnostic outcomes to the individual and their family, and arranging systemic support.
- Teaching and training.

Senior Clinical Psychologist (Stroke Services – Inpatient and Community); Cumbria, Northumberland, Tyne & Wear NHS Services

(2011-2012)

- Neuropsychological assessment, formulation, and development of direct/indirect intervention plans.
- Delivering group and individual psychological interventions and psychoeducation on the ward/community for individuals and families following stroke.
- Facilitating reflective practice and staff support sessions for working with individuals with complex needs.
- Provision of clinical supervision and training to teams.

Clinical Psychologist (Young Onset Dementia Team & Memory Assessment and Management Services); Cumbria, Northumberland, Tyne & Wear NHS Services

(2008-2010)

- Working closely with the MDT and multi-agency involvement, in the holistic assessment, diagnosis and intervention for those presenting with rare and unusual dementias earlier in life.
- Completion of capacity, risk and safeguarding assessments considering the needs of children and young people in the care of adults with significant cognitive impairment.

Clinical Psychologist (Challenging Behaviour Team & Older Adult Community Mental Health Team); Sheffield Care NHS Trust

(2007-2008)

- Psychological assessment, functional assessment, development of formulations to understand behaviour that challenges in person's own home or formal setting.
- Working with formal carers and families to apply and evaluate implementation of strategies and care plan.
- Delivering relevant training to care staff and psychoeducation to families.

John Buddle Work Village - Buddle Road - Newcastle upon Tyne - NE4 8AW

Telephone: 0191 226 7966 Fax : 0191 226 7301

Email: enquiries@neurocog.co.uk

www.neurocog.co.uk www.sportconcussion.co.uk

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