

# CHANGING MINDS<sup>UK</sup>

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



## DR SUE KNOWLES CLINICAL LEAD/ SENIOR CLINICAL PSYCHOLOGIST



BSc. (Hons), D Clin Psy, C. Psychol  
Chartered Psychologist HCPC Registered: PYL 28471

Sue is a member of the Senior Leadership Team and Clinical Lead for Changing Minds UK. She is a Chartered Senior Clinical Psychologist, trained to work with clients across the lifespan, who specialises in working with adults, young people and families. Sue has particular skills in working with clients who have experienced complex trauma, and/or present with concerns including anxiety, self-harming behaviours and attachment/relationship difficulties. Sue leads a team of Applied Psychologists, Therapists and Assistant Psychologists and oversees the Child and Family Service and the Adult Wellbeing Service. This involves liaison with multiple stakeholders and agencies, ensuring high quality practice across the service through outcome measurement and evaluation, development of frameworks of care, clinical supervision and coaching.

Sue's clinical practice involves undertaking comprehensive psychological assessments and therapeutic work, consultations, training and supervision with birth families, foster carers and residential care staff and she provides a consultation service with staff working with care leavers. Sue also provides individual therapy for adults and young people, and provides specialist attachment and trauma-focused intervention with young people and their families/carers using a Dyadic Developmental Psychotherapy (DDP) informed approach.

Sue has a particular interest in providing psychological services in education settings, where she works closely with the Senior Leadership in Schools to develop whole school strategies for performance and well-being, embedding an attachment-aware and trauma-informed approach across their provision. In addition, Sue works to promote emotional wellbeing and resilience often within high pressure and high challenge corporate settings, supporting them to 'Perform Well'. This work includes developing company-wide wellbeing and development strategies, designing bespoke training, psychological consultations, personal development planning and coaching with the Senior Leadership Team. Sue is an accredited 'Spotlight' facilitator (a personality profiling tool for use within organisations, which is designed with performance in mind).

In addition to her clinical work, Sue writes self-help books for young people (including the bestselling book 'My Anxiety Handbook: Getting Back on Track'), and her second book on anxiety for young adults is due to be published in 2019. Sue is also research supervisor for the Doctorate in Clinical Psychology courses at the University of Liverpool and Lancaster University. She has a range of academic publications from her own research and the studies that she supervises, as cited below.

Sue has previously worked in the NHS for twelve years in a range of roles, including as a Forensic Practitioner working with clients who may have received a diagnosis of 'personality disorder' and as a Highly Specialist Clinical Psychologist, developing the psychological provision within a regional adolescent inpatient service. She has also previously held the post of Clinical Lead for a national residential child care organisation. Sue was a Committee Member for the British Psychological Society Faculty for Children, Young People and their Families (CYPF) in 2014/15, taking a lead on a collaborative participation project with YoungMinds, and representing the Faculty as Research Lead.

In addition to her registration as a Health and Care Professions Council (HCPC) Clinical Psychologist, Sue has undertaken formal training in Dyadic Developmental Psychotherapy (DDP) (levels one and two) and Theraplay® (level one) and uses an attachment/trauma framework in much of her work. She works in an integrative manner and has also had training in a range of therapeutic approaches including Compassion-Focused Therapy (CFT), Mindfulness, and Dialectical Behaviour Therapy (DBT). Sue holds an enhanced DBS certificate.

## PROFESSIONAL MEMBERSHIPS

Chartered Member of British Psychological Society  
Division of Clinical Psychology, Faculty for Children, Young People and their Families

Membership number: 257660

Health and Care Professions Council  
Practitioner Psychologist

Membership number: PYL28471

## BOOKS

Knowles, S., Gallagher, B., & McEwen, P. (2018). *My Anxiety Handbook: Getting Back on Track*. Jessica Kingsley Publishers: London.

Gallagher, B., Knowles, S., & McEwen, P. (In press) *Surviving Adulthood with Anxiety: Finding your Place in a Stressful World*. Hatchette: London.

## ACADEMIC PUBLICATIONS

Thompson, E., Knowles, S. F., & Greasley, P. (In press) Understanding resilience in young people with complex mental health needs: A Delphi study. *Child Clinical Psychology and Psychiatry*.

Hughes, M., Knowles, S. F., Nicholson, H. L, Taylor, P., & Dhingra, K. (2018 – early view). This corrosion: A systematic review of the association between alternative subcultures and the risk of self-harm and suicide. *The British Journal of Clinical Psychology*.

Barrow, J., Knowles, S., & Worrall, E. (In Press). Resilience factors in young people's mental health: The views of professionals working within specialist services. *Clinical Psychology Forum*.

Smith-Gowling, C., Knowles, S. F., & Hodge, S. (2018 – early view). Understanding experiences of the self-harm of others: A qualitative exploration of the views of young people with complex needs. *Clinical Child Psychology and Psychiatry*. doi:10.1177/1359104518755216.

Knowles, S. F., Hughes, M., Imran, S., & Fisher, R. (2017). Young People moving to a new inpatient unit: 'When people are confused, they will get stressed, and the last thing you want is stressing teenagers.' *Clinical Psychology Forum*, 292, 36-40.

Price, K., Knowles, S. F., Greasley, P., & Dunn, R. (2016) How do staff in an inpatient adolescent service talk about, and understand, young people's mental health difficulties. *Clinical Psychology Forum*, 283, 43-47.

Knowles, S. F., Eccles, F., Daiches, A., & Bowers, M. (2015). Exploring parents' understandings of their child's journey into offending behaviours: A narrative analysis, *Clinical Child Psychology and Psychiatry*. doi:10.1177/1359104515614876.

Knowles, S. F., Hearne, J., & Smith I. (2015). Physical restraint and the therapeutic relationship, *Journal of Forensic Psychiatry and Psychology*, 6(4), 461-475. doi: 10.1080/14789949.2015.1034752

Hughes, M., Bardsley, S., Pendrous, R., & Knowles, S.F. (2015). Learning from our clients and empowering young people to have their say: A reflective account of client involvement in service development. *Clinical Psychology Forum*, 272, 15-18.

Knowles, S. F., Coyne, S. M., & Brown, S. (2008). Sex differences in aggressive incidents towards staff in secure services, *Journal of Forensic Psychiatry & Psychology*, 19 (4), 620-631 DOI: 10.1080/14789940801962130.

Hughes, M.A., Knowles, S. F., Nicholson, H.L., & Taylor, P.J. (2018). Is affiliation with alternative subcultures associated with self-harm? Manuscript submitted for publication.

## CONFERENCE PRESENTATIONS

Sue Knowles: 'Working with young people who self-harm' at Faculty for Children, Young People and Their Families Conference 2014 - presented as part of a symposium

Emma Bryant and Sue Knowles: 'A systemic approach to managing risk with young people who self-harm' at Quality Network for Inpatient CAMHS Annual Forum 20th June 2014.

Sue Knowles: 'Children and families in distress: Parents' views of contact with services' at Faculty for Children, Young People and Their Families Conference 2012 - presented as part of a symposium.

## POSTER PRESENTATION:

Susan F Knowles, Mairead Hughes, Shermin Imran & Rebecca Fisher (2014). Young People moving to a new inpatient unit: 'When people are confused, they will get stressed, and the last thing you want is stressing teenagers.' at the Royal College of Psychiatry Child and Adolescent Faculty Annual Conference 2014