





DR. CHRIS GASKELL

Clinical Psychologist & Honorary Researcher


EDUCATION

- 2010-13 • **University of Chester**
BSc in Psychology  Chester, UK
- Thesis: Demystifying the complexity of psychological flexibility.
- 2018-21 • **University of Sheffield**
DClinPsy In Clinical Psychology  Sheffield, UK
- Thesis: The effectiveness of psychological interventions in routine settings

CLINICAL EXPERIENCE

- 2020
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Present • **Clinical Psychologist**
Salford Royal NHS foundation trust  Manchester, UK
- Specialist experience as a trainee critical psychologist, and more recently qualified clinical psychologist in treating individuals who experience functional neurological presentations.
- 2020
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Present • **Psychologist Associate**
Indigo Neuro  North-West, UK
- Carrying out assessment and intervention with children and young people who have experienced brain injuries.
 - Working at a family and systems levels of intervention.
 - Providing clinical leadership to the multi disciplinary team.
 - Preparing and developing training on neuropsychological aspects of brain injury for schools.

RESEARCH EXPERIENCE

- 2018
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Present • **Honorary Researcher**
University of Sheffield  Sheffield, UK
- Regular publisher of peer-reviewed journals concerning the effectiveness of psychological therapy in routine settings.
 - Specialist expertise in practice-based methodologies including single case experimental design, meta-analysis and longitudinal multilevel modeling.



CONTACT INFO

 chris@indigoneuro.co.uk

 07883910093

For more information, please contact me via email.

SKILLS

Experienced in applications of clinical psychology and clinical neuropsychology for a variety of populations.

Highly experienced in working with people who experience a variety of cognitive, behavioural or emotional difficulties.

Specialist experience in working with functional neurological symptoms.

Experience in working across the lifespan; particularly in young adults, pediatrics, families and working age adults.



TEACHING EXPERIENCE

2020
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present

● **Workshop leader on single case experimental design methodology.**

Teaching designer and facilitator for clinical psychology doctoral trainees & clinical associate psychologists.

📍 Sheffield, UK

2021
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Present

● **Visiting lecturer on working with functional neurological disorders.**

Introductory workshop for trainee paramedics concerning functional neurological disorders and non-epileptic attacks.

📍 Edgehill University, UK



SELECTED PUBLICATIONS

2021

● **Effectiveness of the unified protocol for treating co-morbid health anxiety and depression: an empirical case study**

Behavioural and Cognitive Psychotherapy. 2021;(in press).

Gaskell, C, Hague, B, Kellett, S.

2021

● **Effectiveness of transdiagnostic seminars to support patients with common mental disorders: a multi-service practice research network study**

Behavioural and Cognitive Psychotherapy. 2021;49(4), 495-507.

Gaskell, C, Askey-Jones, R, Groom, M. Delgadillo, J.