



# Dr. Chris Gaskell

CLINICAL PSYCHOLOGIST

University of Sheffield

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*I have recently qualified as a clinical psychologist. I specialise in neurological conditions.*

## Education

### University of Sheffield

DClinPsy, CLINICAL PSYCHOLOGY

- My thesis focused on the effectiveness of psychotherapy in routine settings

Sheffield, UK

2018-2021

### University of Chester

BSc, PSYCHOLOGY

- First Class Honors

Chester, UK

2010-2013

## Clinical Role

### Salford Royal NHS Foundation Trust

CLINICAL PSYCHOLOGIST

- Specialist experience as a clinical psychologist treating individuals who experience functional neurological presentations.

Manchester, UK

2019–Present

### Indigo Neuropsychology

CLINICAL PSYCHOLOGIST - ASSOCIATE

- 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.

UK

2019–Present

## Research

### University of Sheffield

RESEARCHER

- Published several peer-reviewed journals concerning the effectiveness of psychological therapy in routine settings.
- Regular supervisor of clinical psychology student research projects.
- Specialist expertise in practice-based methodologies including single case experimental design, meta-analysis and longitudinal multilevel modeling.

Sheffield

2018-present

## Teaching Experience

### University of Sheffield

WORKSHOP LEADER ON SINGLE CASE EXPERIMENTAL DESIGN METHODOLOGY.

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

Sheffield

2020-present

### Edgehill University, UK

VISITING LECTURER ON WORKING WITH FUNCTIONAL NEUROLOGICAL DISORDERS.

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

Edgehill

2021-present

## Publications

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1. Kellett, S., Gausden, J., & Gaskell, C. (2021). The effectiveness of cognitive analytic therapy for borderline personality disorder: Utilizing a withdrawal experimental design to improve sensitivity to abandonment. *Psychology and Psychotherapy: Theory, Research and Practice*, 94(S1), 96–119. <https://doi.org/10.1111/papt.12278>
2. Kellett, S., Oxborough, P., & Gaskell, C. (2021). Treatment of compulsive buying disorder: Comparing the effectiveness of cognitive behavioural therapy with person-centred experiential counselling. *Behavioural and Cognitive Psychotherapy*, 49(3), 370–384. <https://doi.org/10.1017/S1352465820000521>
3. Gaskell, C., Hague, B., & Kellett, S. (2021). Effectiveness of the unified protocol for treating co-morbid health anxiety and depression: An empirical case study. *Behavioural and Cognitive Psychotherapy*, 49(6), 673–683. <https://doi.org/10.1017/S1352465821000205>
4. Gaskell, C., Askey, R., Groom, M., & Delgadillo, J. (2021). Effectiveness of transdiagnostic seminars to support patients with common mental disorders: A multi-service practice research network study. *Behavioural and Cognitive Psychotherapy*, 49. <https://doi.org/10.1017/S1352465821000114>
5. Rawlings, G. H., Gaskell, C., Rolling, K., & Beail, N. (2021). Exploring how to deliver videoconference-mediated psychological therapy to adults with an intellectual disability during the coronavirus pandemic. *Advances in Mental Health and Intellectual Disabilities*, 15(1), 20–32. <https://doi.org/10.1108/AMHID-06-2020-0014>