



Dr. Chris Gaskell

CLINICAL PSYCHOLOGIST AND HONORARY RESEARCHER
University of Sheffield | NHS | Private Practice

✉ chris@indigoneuro.co.uk | 🏠 chris-gaskell.com | 📷 [chris-gaskell](#) | 🌐 [chris-gaskell](#) | 🐦 [chris-gaskell92](#)

Some stuff about me

- I'm a clinical psychologist specialising in neuropsychology.
- I have amateur interests in data science, programming, and web development.

Clinical Skills

Assessment	Intervention	Service
Neuropsychological Assessment – Cognitive Testing – Mental Capacity Assessment	CBT – Schema – Cognitive Rehabilitation	Clinical Leadership – Supervision – Developing Clinical Systems

Clinical Experience

Combined Healthcare NHS Foundation Trust

Stoke-on-Trent

SENIOR CLINICAL PSYCHOLOGIST

2022–Present

- Conducting specialist neuropsychological assessments for differential diagnosis and developing neuropsychological treatment plans.
- Supporting development of services for patients with functional neurological disorders.
- Providing psychological intervention to patients living with a neurological conditions.

Indigo Neuropsychology

UK

CLINICAL PSYCHOLOGIST - ASSOCIATE

2019–Present

- Carrying out assessment and intervention for children/young people who have experienced a brain injury.
- Working at a family and systems levels of intervention.
- Providing clinical leadership to multi disciplinary teams.
- Preparing and delivering training on neuropsychological aspects of brain injury for schools.

NWNT

UK

CLINICAL PSYCHOLOGIST - ASSOCIATE

2023–Present

- Conducting specialist psychological assessments for people who have sustained an aquired brain injury.
- Delivering a range of evidence based psychological interventions for neurological conditions.

Salford Royal NHS Foundation Trust

Manchester, UK

CLINICAL PSYCHOLOGIST

2019–2022

- Experience as a clinical psychologist treating individuals who experience functional neurological presentations.
- Service development establishing methods of tracking patient outcomes.
- Delivery of teaching to a range of clinician (doctor, paramedic, psychologist) staff groups.

Education

University of Sheffield

Sheffield, UK

DClinPsy, CLINICAL PSYCHOLOGY

2018–2021

- My thesis focused on the effectiveness of psychotherapy in routine settings.
- At viva I passed without needing to make corrections.

University of Chester

Chester, UK

BSc, PSYCHOLOGY

2010–2013

- First Class Honors.
- My thesis focused on how personality correlates with psychological flexibility

Research

University of Sheffield

RESEARCHER

Sheffield

2018-present

- 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.

Teaching Experience

University of Sheffield

WORKSHOP LEADER ON SINGLE CASE EXPERIMENTAL DESIGN METHODOLOGY.

Sheffield

2020-present

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

Edgehill University, UK

VISITING LECTURER ON WORKING WITH FUNCTIONAL NEUROLOGICAL DISORDERS.

Edgehill

2021-present

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

Programming

Coding Languages	Software	Usage
R – HTML – CSS – LaTeX	RStudio – Quarto – R Markdown – GitHub – Zotero – Office365 – Lorenzo	Shiny Apps – Presentations – Websites – Parameterised Reports

Shiny Apps

Benchmarking the Effectiveness of Psychotherapy

ESTABLISH EFFECTIVENESS FOR CLINICAL SERVICES AND COMPARE TO A LARGE SET OF PERFORMANCE

BENCHMARKS.

- <https://chris-gaskell.shinyapps.io/effectiveness-meta-shiny/>

Reliable Change in Clinical Neuropsychology

CALCULATE RELIABLE CHANGE INDICES FOR SCORES ON COMMONLY USED NEUROPSYCHOLOGICAL

TESTS.

- <https://chris-gaskell.shinyapps.io/reliable-change/>

Single Case Design Analysis Suite

A SUITE OF ANALYSES FOR CONDUCTING BI-PHASIC SINGLE CASE DESIGN ANALYSES.

- <https://chris-gaskell.shinyapps.io/sced-app/>

1. Gaskell, C., Kellett, S., Simmonds-Buckley, M., Curran, J., Hetherington, J., & Delgadillo, J. (2023). Long-term psychotherapy in tertiary care: A practice-based benchmarking study. *British Journal of Clinical Psychology*, 62(2), 483–500. <https://doi.org/10.1111/bjc.12424>
2. Gaskell, C., Power, N., Novakova, B., Simmonds-Buckley, M., Reuber, M., Kellett, S., & Rawlings, G. H. (2023). A meta-analytic review of the effectiveness of psychological treatment of functional/dissociative seizures on non-seizure outcomes in adults. *Epilepsia*, epi.17626. <https://doi.org/10.1111/epi.17626>
3. Storey, A., Gaskell, C., Blake, D., & Lynott, E. (2023). An exploration of how patients experience the care they receive from an older persons community mental health team. *FPOP Bulletin: Psychology of Older People*, 1(162), 17–23. <https://doi.org/10.53841/bpsfpop.2023.1.162.17>
4. Power, N., Kellett, S., & Gaskell, C. (2023). Effectiveness of cognitive analytic therapy for mixed anxiety and depression in the context of borderline traits: A quasi-experimental single case design evaluation. *Journal of Psychotherapy Integration*, 33(1), 34–46. <https://doi.org/10.1037/int0000281>
5. Gaskell, C., Simmonds-Buckley, M., Kellett, S., Stockton, C., Somerville, E., Rogerson, E., & Delgadillo, J. (2023). The Effectiveness of Psychological Interventions Delivered in Routine Practice: Systematic Review and Meta-analysis. *Administration and Policy in Mental Health and Mental Health Services Research*, 50(1), 43–57. <https://doi.org/10.1007/s10488-022-01225-y>
6. 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>
7. Kellett, S., Oxenborough, 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>
8. 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>
9. 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>
10. 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>