

Tom Fiocco Walton

CLINICAL PSYCHOLOGIST REGISTRAR (PSYC0002475278)

The University of Western Australia

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Education and Qualifications

The University of Western Australia

Perth, Australia

BACHELOR OF SCIENCE WITH FIRST CLASS HONOURS IN PSYCHOLOGY. THESIS TITLE: SLEEP DISCREPANCY AND INSOMNIA: AN

INVESTIGATION USING POLYNOMIAL REGRESSION WITH RESPONSE SURFACE ANALYSIS

2020

The University of Western Australia

Perth, Australia

DOCTOR OF PHILOSOPHY AND MASTER OF CLINICAL PSYCHOLOGY. THESIS TITLE: SLEEP DISCREPANCY: A CONCEPTUAL AND

METHODOLOGICAL INVESTIGATION

ongoing

Skills

CLINICAL

- Delivery of evidence-based psychotherapy including dialectical behaviour therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioural therapy (CBT), CBT for insomnia (CBT-I), exposure with response prevention (ERP), and social skills training, across the lifespan.
- Clinical assessment with unstructured and semi-structured interviews including risk assessment and safety planning
- Assessment with standardised psychometric instruments including measures of mental health symptomatology, emotional functioning, neurodevelopmental features, and personality inventories
- Administration, interpretation, and report writing for cognitive testing including WPPSI, WISC, WAIS, and WIAT
- Administration of neuropsychological tests including MoCA, CoCA, RBANS, DKEFS, NEPSY, WMS, WRAML

RESEARCH

- Systematic review, study design, quantitative statistical analysis, and academic writing and communication
- Expertise in insomnia disorder and advanced statistical methods for analysing congruence/discrepancy in psychological constructs
- Programming languages and software packages including R, R Markdown, SPSS, and Visual basic for Excel
- Open science practices including pre-registration and computationally reproducible manuscripts

PROCEDURAL

- Working in multidisciplinary teams of medical and allied health
- Working within the NDIS system; private hospital settings; visits across clinic, school, home, and video-conference

Awards and Prizes

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| 2021 | Australian Government Research Training Program Scholarship, awarded to support students undertaking higher degrees by research |
| 2020 | Australian Psychological Society Fourth Year Prize, University of Western Australia, awarded for highest mark in fourth year psychology course |
| 2020 | H.L. Fowler Prize, University of Western Australia, awarded for best honours thesis in psychology |

Work experience

Patches Australia

PROVISIONAL PSYCHOLOGIST

- Provide individual psychotherapy and assessment to children (6+) and adults with neurodevelopmental disorders including Autism, ADHD, and FASD, and co-occurring psychological disorders
- Work as a part of a multidisciplinary team with paediatricians, occupational therapists, speech pathologists, exercise physiologists, and physiotherapists
- Liaise and coordinate care with parents, teachers, health professionals, and others involved in the life of a young person
- Part-time role: 0.2 FTE

Perth, Australia

2/4/2024 – 1/7/2024

Patches Australia

CLINICAL PSYCHOLOGIST REGISTRAR

- As above
- Role is 0.3 FTE

Perth, Australia

1/7/2024 – Present

Placement Experience

The Robin Winkler Clinic

CLINICAL PSYCHOLOGY TRAINEE

- Provided individual cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT) for children (10+) and adults
- Provided neuropsychological assessments for typically and atypically ageing older adults in the Healthy Ageing Research Program (HARP)
- Provided brief sleep interventions for children with ADHD and other comorbid presentations
- Facilitated groups including CBT-I for insomnia in older adults, emotional regulation, and CBT for managing emotions
- Provided individual behavioural activation therapy for depression in adolescents
- Provided neuropsychological assessments for the Dementia prevention and risk Management Program for Aboriginal Australians project (DAMPAA)
- Placement was part-time comprising four days per week

Perth, Australia

1/03/2022 – 15/12/2022

Ramsay Clinic Hollywood

CLINICAL PSYCHOLOGY TRAINEE

- Provided group therapy based in CBT, ACT, and positive psychology, and meal support as part of a outpatient eating disorders programme
- Provided individual psychotherapy to inpatients presenting with misuse of alcohol and other substances, severe/treatment-refractory depression, anxiety and panic disorder
- Facilitated group dialectical behaviour therapy for outpatients presenting with borderline personality disorder or features thereof
- Placement was part-time comprising two days per week

Perth, Australia

13/03/2023 – 29/08/2023

Patches Australia

CLINICAL PSYCHOLOGY TRAINEE

- Provided individual psychology capacity building support and assessment to children and adults with neurodevelopmental and psychological disorders
- Placement was part-time comprising three days per week

Perth, Australia

15/12/2023 – 1/4/2024

Other Professional Experience

Cardio Respiratory Sleep

SLEEP SCIENTIST

- Polysomnography (PSG) including overnight diagnostic sleep studies, CPAP and BiPAP titrations, Multiple sleep latency test (MSLT), and maintenance of wake tests (MWT)
- Consultation with patients during trials of CPAP therapy
- Training of new staff members in PSG scoring and analysis

Perth, Australia

2013–2024

The Living Room, The University of Western Australia

PEER SUPPORTER

- Provided support to UWA students with varying levels of emotional distress in a low-barrier mental health space
- Collaboratively developed self-care plans, safety plans with Living Room guests; conducted brief interventions (sleep, alcohol)

Perth, Australia

2021–2022

Teaching experience

School of Psychological Science, The University of Western Australia

LABORATORY DEMONSTRATOR

- Psychology: Mind and Brain (PSYC1101)
- Adult Psychopathology (PSYC2214)
- Introduction to Quantitative Methods in Psychology (PSYC2203)

Perth, Australia

2021–2022

Volunteer experience

- Participation in outreach education and wellbeing programmes at university events and colleges including brief alcohol interventions; sexual health, and relationships, mental wellbeing

Publications

1. Walton, T. F., Ree, M. J., Fueggle, S. N., & Bucks, R. S. (2025). A scoping review of sleep discrepancy methodology: What are we measuring and what does it mean? *Sleep Medicine*, 126, 32–66.