

# Tom Fiocco Walton

CLINICAL PSYCHOLOGY REGISTRAR

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.
- 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
- Software packages including SPSS, Visual basic for Excel, R and R Markdown including package development
- 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

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### Patches Australia

Perth, Australia

PROVISIONAL PSYCHOLOGIST AND CLINICAL PSYCHOLOGY REGISTRAR

2/4/2024 – Present

- Provide individual psychotherapy and assessment to children (6+) and adults with neurodevelopmental disorders including Autism, ADHD, and FASD, in addition to comorbid psychological disorders
- Work as a part of a multidisciplinary team with paediatricians, occupational therapists, speech pathologists, exercise physiologists, and physiotherapists
- Role is part-time 8 hours per week

## Placement Experience

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### The Robin Winkler Clinic

Perth, Australia

CLINICAL PSYCHOLOGY TRAINEE

1/03/2022 – 15/12/2022

- 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

### Ramsay Clinic Hollywood

Perth, Australia

CLINICAL PSYCHOLOGY TRAINEE

13/03/2023 – 29/08/2023

- 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

### Patches Australia

Perth, Australia

CLINICAL PSYCHOLOGY TRAINEE

15/12/2023 – 1/4/2024

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

## Other Professional Experience

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### Cardio Respiratory Sleep

Perth, Australia

SLEEP SCIENTIST

2013–2024

- 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

### The Living Room, The University of Western Australia

Perth, Australia

PEER SUPPORTER

2021–2022

- 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)

## Teaching experience

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### School of Psychological Science, The University of Western Australia

Perth, Australia

LABORATORY DEMONSTRATOR

2021–2022

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

## Volunteer experience

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### Health Promotion Unit, The University of Western Australia

Perth, Australia

FIT FOR STUDY PEER EDUCATOR

2019–2021

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