

Tom Fiocco Walton

CLINICAL PSYCHOLOGIST REGISTRAR (PSYC0002475278) & RESEARCH OFFICER

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: (HOW) SHOULD WE MEASURE SLEEP

DISCREPANCY?

2025

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 and interpretation of psychometric tests including WPPSI, WISC, WAIS, and WIAT

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, LaTeX, SPSS, and Visual basic for Excel
- Open science practices including pre-registration and computationally reproducible manuscripts

TEACHING

- Design and delivery of engaging lectures, integrating technical and theoretical insight with applied clinical experience
- Facilitation of small-group learning, supporting student skill development through discussion, feedback, and assessment guidance

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 |
| 2018 | School of Psychological Science Unit Award for highest performing student in Adult Psychopathology |

Research experience

School of Psychological Science, The University of Western Australia

Perth, Australia

RESEARCH OFFICER (WITH DR CELE RICHARDSON)

2025

- Clinical trial assessing the psychological mechanisms underpinning improvements in depressive symptoms following treatment of sleep problems with online cognitive behavioural therapy for insomnia
- Develop and maintain reproducible workflows within R to analyse and integrate study data from disparate sources including systems such as REDCap and Inquisit
- Coordinate with data users to ensure alignment and accessibility of datasets
- Consult with data users regarding statistical analysis of data
- Use RStudio projects and Git for version control
- Conduct clinical assessments for suicidality and risk of suicide and self-harm for study participants

Teaching experience

School of Medicine, The University of Western Australia

Perth, Australia

GUEST LECTURER

2025

- Teaching for a series of multidisciplinary seminars on the cognitive and behavioural treatment of insomnia and circadian rhythm disorders
- Deliver lectures focussed on sleep physiology and the diagnosis, pathophysiology, assessment, and treatment of insomnia and circadian rhythm disorders
- Guide students through case studies, facilitating critical thinking and application of theoretical concepts.

School of Psychological Science, The University of Western Australia

Perth, Australia

LABORATORY DEMONSTRATOR

2021, 2022, 2025

- Psychology: Mind and Brain (PSYC1101)
- Adult Psychopathology (PSYC2214)
- Introduction to Quantitative Methods in Psychology (PSYC2203)
- Delivered tutorial content, facilitated group discussions and provided support for specific learning needs
- evaluated and provided feedback on student lab reports and assignments

Clinical experience

Child & Adolescent Mental Health Service, Hillarys

Perth, Australia

CLINICAL PSYCHOLOGIST REGISTRAR

24/03/2025 – Present

- Provide psychotherapy, assessment, and care coordination for young people (<18) and families with moderate to severe, complex, or high-risk mental health concerns
- Collaborate within a multidisciplinary team with social workers, teachers, occupational therapists, and psychiatrists

Patches Australia

Perth, Australia

CLINICAL PSYCHOLOGIST REGISTRAR

1/7/2024 – Present

- Provide individual psychotherapy and assessment to children (6+) and adults with neurodevelopmental disorders including Autism, ADHD, and FASD, and co-occurring psychological disorders

Patches Australia

Perth, Australia

CLINICAL PSYCHOLOGY TRAINEE

15/12/2023 – 1/4/2024

- Provided individual psychology capacity building support and assessment to children and adults with neurodevelopmental and psychological disorders

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

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)

Other Professional Experience

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

- 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)

Volunteer experience

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

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.
2. Walton, T. F., Bucks, R. S., & Ree, M. J. (n.d.). *Insomnia symptoms and sleep discrepancy: An investigation with cubic response surface analysis [manuscript under review]*.

Presentations

1. Walton, T. F. (2024). Approaches to measuring and conceptualising sleep discrepancy: A scoping review [poster presentation]. *ESRS 2024 27th Congress of the European Sleep Research Society*.
2. Walton, T. F. (2024). On the use of difference and ratio scores in sleep discrepancy research [poster presentation]. *ESRS 2024 27th Congress of the European Sleep Research Society*.
3. Walton, T. F. (2024). Insomnia and sleep discrepancy: An investigation with cubic response surface analysis [poster presentation]. *ESRS 2024 27th Congress of the European Sleep Research Society*.

References

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Dr Cele Richardson

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