DR JO NEAL

BSc (HONS), PHD, DCLINPSY, PGDIP, CPSYCHOL, AFBPSS
CONSULTANT CLINICAL NEUROPSYCHOLOGIST/DIRECTOR
(BPS CHARTERED PSYCHOLOGIST; HCPC REGISTERED)

SELF DESCRIPTION

Dr Jo Neal specialises in Clinical Neuropsychology, and in the treatment of PTSD. She holds Chartered Psychologist and Associate Fellow status with the British Psychological Society. She is registered with the Health and Care Professions Council.

She has been qualified as a Psychologist since 1998, and as a Clinical Psychologist since 2005. She worked within the NHS before moving into full-time private practice in December 2006.

Dr Neal takes a biopsychosocial and person-centred approach, and offers the following for Case Managed referrals (adults and young people):

- Therapeutic intervention. Working with the brain injury survivor and their family
- Neuropsychological assessment, including formal testing if required
- Use of Virtual Reality for treatment of phobias or mental health issues that can interfere with rehabilitation or treatment, e.g. social anxiety, avoidance of MRI (due to claustrophobia)
- Liaison with other professionals and working together in the wider context, e.g. work, educational services, social services etc
- Support and training for support staff
- Assessment of mental capacity
- A holistic and professional mindset; values teamwork, joint goals and open communication
- An eclectic therapeutic approach within rehabilitation, drawing upon CBT, Acceptance & Commitment Therapy, Mindfulness, Solution Focused Therapy, Motivational Interviewing, Psychodynamic Therapy
- CBT treatment for PTSD

PROFESSIONAL QUALIFICATIONS

- Post-Doctoral Diploma (Merit) in Clinical Neuropsychology, University of Glasgow (2009-2011)
- Cardiff University Bond Solon Expert Witness Certificate (2009)
- Doctor of Clinical Psychology (2002-2005), University of Wales, Bangor
- PhD Psychology (1998-2001), University of Surrey, Roehampton, London
- BSc (Hons) (First Class), Psychology and Counselling (1995-1998), Roehampton Institute London/ University of Surrey
- Certificate in Counselling (Distinction) (1994). Waverley Abbey, Surrey
- Certificate in Youth and Community Work (1985-1987), Birmingham University

ACCREDITATION/MEMBERSHIP

- Full Member of the Division of Neuropsychology, British Psychological Society
- Associate Fellow of the British Psychological Society
- Applied Psychology Practice Supervisor, British Psychological Society
- Chartered Clinical Psychologist, British Psychological Society
- Member of the Division of Clinical Psychology, British Psychological Society

EXPERIENCE

Private

- Consultant Clinical Neuropsychologist, Sage Psychologie[UK] Limited. Assessment and therapy for case managed clients with a brain injury living in the community (December 2006 onwards)
- Expert Witness, Neuropsychology (2006–2013)
- Expert Witness, PTSD (2005-2013)
- Clinical Neuropsychologist in two residential brain injury rehabilitation units: North Wales (December 2006–May 2009), and Stockport (locum post, January 2007–August 2007)

NHS

- Locum Clinical Neuropsychologist, Cheshire and Wirral Partnership NHS Foundation Trust (3 days per week, Nov 2011-March 2012). Wirral Neurological Rehabilitation Unit and Community Stroke Service
- Locum Clinical Neuropsychologist, North Wales Brain Injury Service (Oct 2005–Dec 2006)
- Clinical Psychologist in Training, University of Wales, Bangor (2002-2005)
- Assistant Neuropsychologist, Lincoln (2001-2002)

VOLUNTARY WORK

- Headway Chester, Committee Member, December 2020 to present

CONTINUING PROFESSIONAL DEVELOPMENT

CONFERENCES ATTENDED

- Division of Clinical Psychology, March 2021
  - Acceptance and Commitment Therapy: Grief, loss and crisis, Dr Russ Harris
  - Working with withdrawal from prescription drugs - why and how, Professor John Read
- Exploring the frictions between litigation, therapy needs and financial considerations, Potter Rees Dolan & AKA Case Management, 23 January 2020
- Seeing is Believing: Mild TBI & PTSD, Unlocking the Complexity and Controversy, Re:Cognition Health Brain and Mind Experts, London, 10 October 2019
- Motivational Interviewing & Brain Injury Rehab, Dr David Manchester, Oldham, 2 May 2019
- Rewind Therapy (Human Givens) in the Treatment of PTSD, London, 14-15 June 2017
- Reducing the Burden of Neurobehavioural Disability after Acquired Brain Injury: Past, Present and Future, Swansea, 28 November 2016
- Sleep and Insomnia: A masterclass on psychobehavioural assessment and therapy for insomnia, Dr David Lee, Sleep Unlimited, Manchester, 15 November 2014
- Mild TBI and Stress: The influence of trauma and prolonged stress on cognitive functioning, BPS Division of Clinical Neuropsychology, London, 9 October 2014

WEBINARS ATTENDED

- Understanding the impact of ABI and hidden disability on community participation, BABICM / The Children's Trust, 29 April 2021
- Addiction: When pleasure turns to craving and loss of control, Dr Ashok Jansari, Cognitive Neuropsychologist, 22 April 2021
- Improving brain injury rehabilitation outcomes: Is food and nutrition the missing link? Elysium Neurological, 22 April 2021
- Why sleep isn't for rest but for the brain to spring clean, Dr Ashok Jansari, Cognitive Neuropsychologist, 15 April 2021
- Neuroendocrine deficiencies after Traumatic Brain Injury, International Brain Injury Association, Dr Tamara Wexler, 18 March 2021
- Understanding insight after brain injury, Physio Matters, 27 January 2021
- Virtual Reality, Agoraphobia, Psious, 27 November 2020
- Neuropsychological testing in the COVID age: The Case for Teleneuropsychology, 26 November 2020
- The changing face of serious injury litigation due to COVID19, Physio Matters, 4 November 2020
- Living with a traumatic brain injury - behaviour ripples affecting rehabilitation, 27 October 2020
- Inspire Innovation, AYOA, 8 October 2020
- Loss, change and adjustment following a traumatic injury, 29 September 2020
- Psychological aspects of pain, Professor John F Morgan, Consultant Psychiatrist, 23 September 2020
- Using ACT with neurological conditions, BPS Division of Neuropsychology, 7 August, 21 August, & 4 September 2020
- Paediatric practice in a pandemic, Part 3 – EHCP, BABICM, 20 August 2020
- How neuropsychological rehabilitation is responding to remote working, Recolo, 8 July 2020

RESEARCH

- Executive function in healthy volunteers and patients with focal cerebral lesions (DClinPsy, 2005).

PUBLICATIONS

- Vaughan, F. L., Neal, J. A., Mulla, F. N., Edwards, B., & Coetzer, R. (2017). The validity of the Brain Injury Cognitive Screen (BICS) as a neuropsychological screening assessment for traumatic and non-traumatic brain injury. *The Clinical Neuropsychologist*, Apr 31(3), 544-568.

- Neal, J. A, & Edelmann, R. J. (2003). The etiology of social phobia: Toward a developmental profile. *Clinical Psychology Review, 23*, 761-786

- Neal, J. A., Edelmann, R. J., & Glachan, M. (2002). Behavioural inhibition and symptoms of anxiety and depression. Is there a specific relationship with social phobia? *British Journal of Clinical Psychology, 41*, 361-374