

Meet our Speakers

You can find out more about our incredible line up of presenters and what they'll be speaking about at this year's CNTW Research Conference:

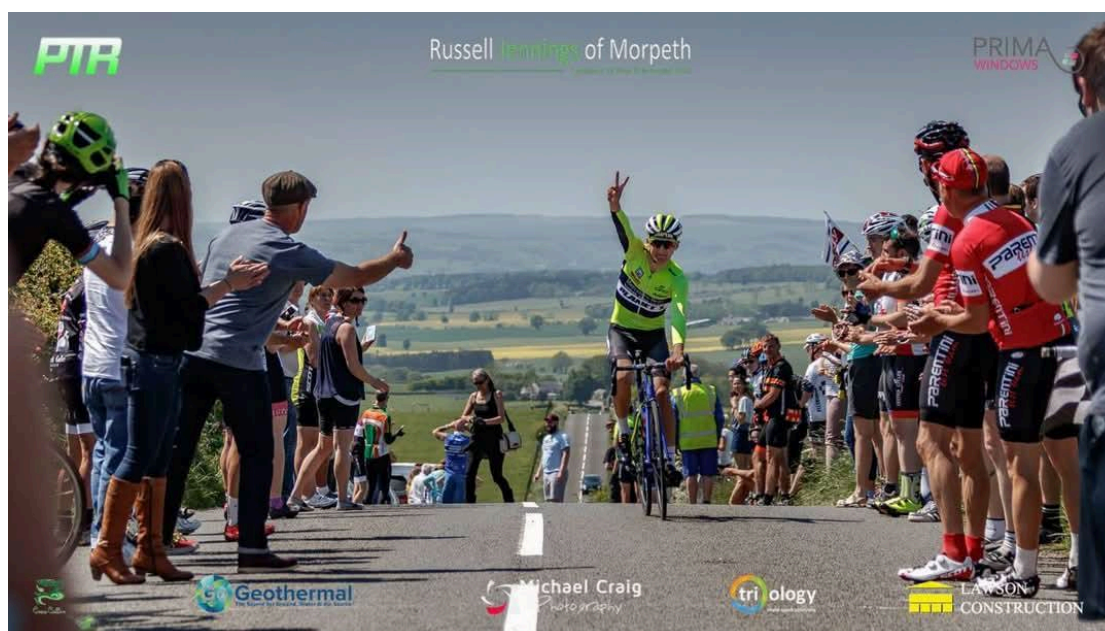
Keynote Speaker: Ben Hetherington

My rehab journey – overcoming the challenges of a TBI

I am a 29 year old Huub Wattshop rider and an aspiring Paralympian cyclist for Great Britain, categorised as a C3 athlete. I've been passionate about cycling since a teenager and before my accident I was a semi-professional cyclist, who had cycled at a high level of road cycling, both domestically and internationally. When it came to road racing, the longer and harder, the better it was for me.

In May 2019, I was involved in a serious road accident on my bike while competing in a local 10 mile Time Trial. I was airlifted to hospital, placed in a medically induced coma and spent 35 weeks in hospital. In the crash I suffered a traumatic brain injury, and other injuries including a left radius fracture and a left scapulae fracture, alongside multiple soft tissue damage. Some of my best results were in the last 6 months before my crash and I had been looking forward to a successful season racing internationally with my UCI team: Memil Pro Cycling.

Unfortunately, the crash left me with significant cognitive and physical impairments, but I have fought hard over the last 6 years to overcome the challenges my accident has posed me, returning to as normal a life as possible, and retaining my strong passion for cycling and a determination to build a career in it and excel. I have competed in a number of para-cycling road and track events, both domestically and in Europe over the last few years, some of which I ranked on the podium for (including taking gold in some events). This year I will continue to compete in a number of road and track events, including the Paralympic Cycling World Cup series. My motto and approach to life is 'NEVER GIVE UP'.



Katherine McGleenan

Jay's Study; Developing tailored implementation of personalised safety planning for adults experiencing Suicidality

Katherine has worked as a mental health nurse in Cumbria and the Northeast for 35 years in various clinical and leadership roles. Throughout her career, she has worked with people experiencing suicidality, as well as people bereaved by suicide. Before moving into research, Katherine worked as the Suicide Prevention Programme lead for the Northeast and North Cumbria Integrated Care system, leading the development of a regional multiagency approach to suicide prevention.



Katherine now leading research focusing on personalised safety planning for self-harm and suicidality. She is also helping to build collaboration between researchers in our region to help enhance the scope and impact of our suicide and self-harm research.

Dr Nicola Clibbens & Dr Iain McKinnon

PIONEER-MH: A Realist and Economic Evaluation of Police Involvement in Inter-agency Mental Health Crisis First Response Pathways in England

Nicola is an associate professor of mental health nursing in a joint role between Northumbria University and CNTW. In her role, she supports the development of research capacity and capability for nursing in the NHS, teaches research methods to student nurses and delivers research focused on acute and crisis mental health. She is specifically interested in improving outcomes for those experiencing a mental health crisis through improved service designs and development of psychosocial care. She is also interested in research that supports those who provide care for people during a mental health crisis including family, friends and carers as well as health and social care staff.

She has experience of leading and co-leading NIHR research including MH-CREST and PIONEER-MH both realist studies focused on multi-agency crisis services. Jay's study and DIVERT are developing co-produced safety planning interventions to prevent suicide and reduce self-harm.



X: @NicolaClibbens

Bluesky: @nicolaclibbens

Iain is a Consultant Psychiatrist within CNTW secure services and treats offenders with a range of mental disorders and developmental conditions. He has research interests at the interface between forensic mental health services, and the interface with the criminal justice system, as well as having an interest in multimorbidity. He has developed and overseen the implementation of new screening procedures in police custody in the UK, as well as other innovative interventions for offenders with diverse health conditions. He has held a NIHR Doctoral Training Fellowship, and ESRC funding to investigate police healthcare systems, as well as NIHR funding to investigate housing stability for people with intellectual disability in the community, and trauma among neurodiverse populations.

Iain currently holds a NIHR Senior Clinical Practitioner Researcher Award (SCPRA) and is an Honorary Senior Clinical Lecturer at Newcastle University.

Bluesky: @iainmckinnon



Dr Barbara Salas Revuelta

The ASCEnD trial

I am an Academic Clinical Fellow in General Adult Psychiatry and an ST3 doctor, currently working clinically in forensic services. I also dedicate one day a week to the National Specialist Mood Disorders Service (NSAMS). My research focuses on the transition from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services (AMHS) for young autistic adults with bipolar disorder. Additionally, I work as the Associate Principal Investigator for the ASCEnD trial, where I am responsible for screening and randomizing patients regularly.



Dr Mourad Wahba

The CaPE clinic: Three years later

Dr. Mourad Wahba is a consultant psychiatrist and lead for the Care Pathway Enhancement (CAPE) Clinic. Originally from Egypt, he moved to the UK in 2014 to pursue a career in psychiatry, with a special interest in mood disorders, psychopharmacology, and psychedelic-assisted psychotherapy.

Mourad led the local delivery of the Compass Pathways-sponsored phase 2b trial investigating psilocybin for treatment-resistant depression and is now the Principal Investigator for the phase 3 trial. He also supports the local delivery of current and upcoming mood disorder trials within the trust, working to advance research and improve treatment options for patients.

Alongside his clinical and research work, he is an honorary senior clinical lecturer at Newcastle University, contributing to psychiatric education and training.



Katie Dooley Cawley & Fiona Johnstone

Understanding the Barriers and Enablers to Speech and Language Therapy Staff engaging in Research Related Activity within a Specialist Mental Health and Disability NHS Trust

Katie Dooley Cawley is a qualified Speech and Language Therapist (SLT) specialising in working with Adults with Learning Disabilities in the community. She is Hub lead for Adult Community SLT services and operational manager for the Gateshead and Sunderland SLT teams.

Katie has an interest in research capacity building, both locally in CNTW trust and regionally and is a committee member for the North East SLT Research Network.

Katie is currently completing a pre-doctoral fellowship through NIHR, studying barriers and enablers to Paid Carers using and sustaining the use of Communication Strategies with Adults with Learning Disabilities.

Katie will talk about the project she led, assessing the barriers and enablers to Speech and Language Therapists engaging in research activity within CNTW trust.



Fiona Johnstone is the professional lead & manager for the Speech Therapy service across CNTW NHS Foundation Trust. She is a qualified & practising Speech and Language Therapist (SLT) with 25+ years experience working across a range of clinical areas. Currently working with children, Young People and Adults with Learning Disabilities, and Autism in community & inpatient settings, for communication and dysphagia needs. She is also an Allied Health Professional Associate Director in Inpatient and Specialist Care Groups.

Fiona is keen to promote and develop research knowledge & skills within the Speech Therapy service as well as for other AHPs across the Trust. Research is a high priority for the Speech Therapy service to build capacity & understanding so that research becomes an embedded aspect of everyday work.

Fiona is highly supportive for members of the service to look to develop their research skills to a higher level via internships, PCAF & DCAF awards.

An internship project undertaken by Katie Dooley focussed on understanding the barriers and enablers to speech and language therapy staff engaging in research related activity within a specialist mental health and disability NHS Trust has been extremely useful in considering plans to develop research awareness, knowledge and skills for the Speech Therapy workforce.

Katie has since been supported by the service & Trust for a pre-doctoral fellowship (PCAF) through NIHR, studying barriers and enablers to Paid Carers using and sustaining the use of Communication Strategies with Adults with Learning Disabilities.

Fiona & Katie will talk about the internship project Katie undertook, understanding the barriers and enablers to speech and language therapists engaging in research related activity within CNTW trust.



Dr Charlotte Aynsworth

A new 'Vision' for Research

I am Clinical psychologist and NIHR Doctoral and Clinical Academic Practitioner Fellow based within HARP (Hub for Advancing Research in Psychosis). Having specialised in delivering psychological therapies for people with psychosis for over 12 years, I have remained research active such as Trial Co-ordinating large scale multisite RCT's including gameChange (Oxford University) and Managing Unusual Sensory Experiences in First Episode Psychosis (MUSE FEP). I am now undertaking an NIHR DCAF fellowship aimed at developing our understanding and treatment of visual hallucinations in psychosis.



Jessica Fitzsimmons

Integrated Clinical Academic Programme Internship: My Journey into Research

I'm a specialist nurse working clinically across inpatient rehabilitation services based at St George's Park hospital, this role involves supporting the recovery of people with complex psychosis. My career has been based primarily within inpatient services across the site. I'm an early career researcher, currently part of the Integrated Clinical Academic Programme Internship based at Sheffield Hallam University.



Anthony Ross & Casey McCall

Understanding the experiences of transition for newly qualified mental health nurses and their potential to stay in the role: A qualitative exploration

I am a 62 year old semi retired mental health nurse. I live with my partner Susan in Roker a seaside area in sunny Sunderland. I have 2 adult children, 2 young grandchildren a house cat and a lovely but bouncy Labradoodle named Jimmy. I am proud of my city and being a Mackem and how this has informed and influenced my development as a person and as a nurse. This passion aligns itself to my nursing practice. After accidentally entering the profession I have spent nearly 44 years as a mental health nurse and the opportunities it has provided me has allowed me to develop and grow as a person, practitioner and educator. Nursing is cool.

I began my career in Cherry Knowle Hospital (google it) and I've worked in the various guises of ever changing provider titles during my practice. The last 12 years of my career have been in education working at Northumbria University. My hope has been to use education to help inform and improve clinical practice, professional development and ultimately the quality of care being provided. Education, research and person centred values are paramount to the nursing profession and the care system in its entirety. These align with my value systems which are strongly influenced by themes of collaboration, respect and inclusivity. This approach I believe helps to challenge exclusion, stigma and discriminatory practice this is strongly influenced by my training and practice as a qualified family therapist, CAMH practitioner and drug and alcohol worker and latterly as an educationalist.



My name is Casey and I am a nurse within the South Locality Crisis Team. I was a COVID graduate who initially started my nursing career in acute inpatient wards, both male and female. In my first role I was given the opportunity to be involved in a research project looking at the experience of newly qualified nurses and the transition from student nurse to preceptor. This is my first involvement with any form of research and hopefully not my last, as the experience has been great and I can't wait to share our findings!



Marilyne and Jeff Bullock & Dr Alison Killen

Being a public contributor to research – our experiences

Alison is a Research Associate at the Newcastle NIHR Biomedical Research Centre, Newcastle University where she runs the patient and public involvement and engagement (PPIE) part of the COBALT clinical trial. She also delivers brain health and memory loss sessions to ethnically minoritised community groups to build research awareness and works as a health psychologist in the CNTW Lewy body clinic.



Jeff and I have been married for 56 years and have one son. Jeff's career was in flying both military and civilian. Mine was in accountancy but mainly keeping a light in the window. Our hobbies have included scuba diving, skiing and volunteering with the National Trust. We lived in various parts of the UK but settled in Wooler in 1996. Jeff was diagnosed in 2023.



Dr Guy Dodgson

The MUSE Trial

Dr Guy Dodgson is a clinical psychologist who has worked in Early Intervention in psychosis services for over 20 years. He is a Cognitive Behavioural Therapist and has led on the development of a treatment to improve the effectiveness of CBT for people experiencing hallucinations. Managing Unusual Sensory Experiences was developed in collaboration with service users, clinicians and Durham University and draws on current cognitive psychology knowledge to explain how people can experience unusual sensory experiences, providing the explanations in an accessible digital format. He has recently completed an NIHR RfPB feasibility study on MUSE, with promising results. He is actively involved in several other research studies that focus on improving the effectiveness of treatment for psychosis.

Dr Revin Thomas & Dr Christy Gardner

Botulinum toxin in clozapine induced hypersalivation, 2025 update.

Dr Revin Thomas MMBS MRCGP MRCP FRCP (Edin)

Consultant physician in stroke medicine and neurorehabilitation

Assistant-Associate Medical Director for neurological and specialist services.

Training Program Director for rehabilitation medicine (HEENE)

Dr Thomas works as a consultant in neurorehabilitation and runs botulinum toxin clinics at Walkergate Park in Newcastle, the regional level 1 neurorehabilitation centre, managing cases of dystonia, spasticity, sialorrhea and other conditions.

He also works as a consultant in stroke medicine at Durham, working across hyperacute care and stroke rehabilitation. He is the stroke research lead and holds Principal Investigator roles for national and international studies.



Dr Gardner is a Consultant Psychiatrist in the Universal Crisis Team in Newcastle and Gateshead working with older adults. She completed her undergraduate degree at Newcastle University.

[awaiting photo]

Dr Michelle Glascott

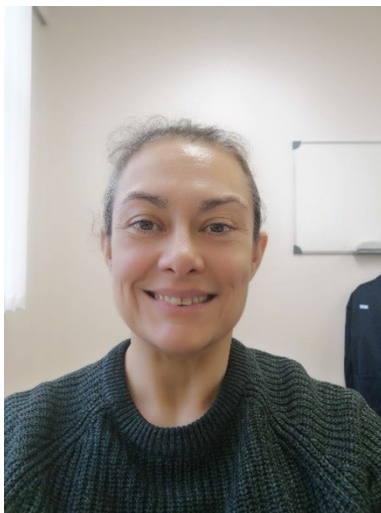
Physical activity on acute mental health wards

Dr Michelle Glascott; Doctorate in Nursing Science; Fellow of the Higher Education Academy; Registered Mental Health Nurse & Teacher; Non-Medical Prescriber; Visiting Scholar at Northumbria University.

Michelle works as a Nurse Consultant in CNTW's south acute inpatient services. Her research interest areas include non-traditional approaches to mental health, offenders, social justice, trauma, so called 'personality disorders' and lived experience co-production.

Previously Michelle has held posts in both academic and pioneering clinical settings, and some may say she appears to gravitate to whatever 'sexy' service pops up next. Although they cannot accuse her of that anymore. Michelle is committed to developing more egalitarian and human focussed approaches to helping those in mental distress and as such is committed to critical examination of contemporary mental health care- i.e. can be quite disruptive!

She is also a dedicated Liverpool supporter (although happy Newcastle won the League Cup) and remains bereft at the loss of Jurgen Klopp and is guiltily delighted at Arne's Slot's impact so far.

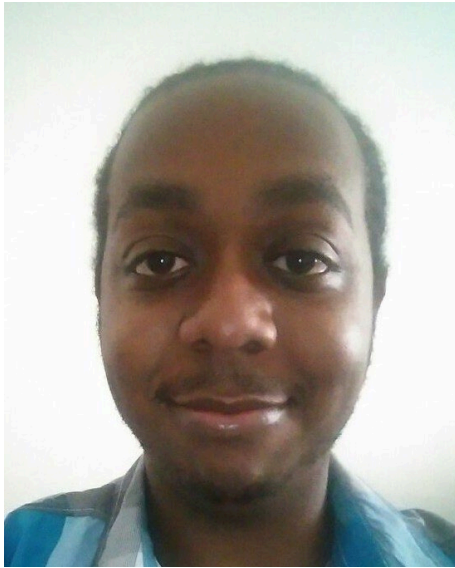


Dr Jermaine Thompson

The impact of psychiatrists' views on the pharmacological management of Aggression, Violence, Agitation and irritability when prescribing for children and young people, with or without an intellectual disability

Jermaine is in the final year of his dual speciality resident programme in Child and Adolescent Psychiatry and Psychiatry of Intellectual Disabilities. He completed a BSc with Honours in Biomedical Science/Neuroscience from King's College London, before going onto study Graduate Entry Medicine at Warwick Medical School. He has published work on females with autistic spectrum conditions and is currently focussing his research on the management of violence and aggression in children and young people with additional needs. He is an Associate

Registrar for the Positive and Safe Care team within CNTW and was the trainee Rep for Paediatric Psychopharmacology steering group.



Dr Rajesh Nair

‘Trials’ & Tribulations in ADHD

Dr. Nair completed his psychiatric training from Southampton and has been a consultant since 2007.

He is currently a consultant at adult ADHD service in CNTW. He is also a senior lecturer at Newcastle university. He leads the UKAAN NE group and sits in the education committee for CADDRA.

His interests are in ADHD, AI, Neuroimaging and drug trials.



Benjamin Fell (Akrivia – Conference Sponsor)

Case Study: Predicting Treatment Resistant Schizophrenia at first diagnosis using the Akrivia Health Research Platform

Ben is Director of R&D at Akrivia Health, responsible for the company's data curation, real world evidence and research support functions. The R&D team delivers Akrivia's programme of real world evidence research using their unique data asset of more than 6 million patients' anonymised psychiatric electronic health records, and provides expert, hands-on support to researchers using the data across the NHS, academia and industry. The R&D team also develops Akrivia's bespoke natural language processing pipeline, which translates unstructured EHR text data (e.g., clinical notes) into a structured format to preserve patient anonymity and enable their effective use in research. The team have established expertise in real world data enrichment and research methods, data accessibility and discoverability, transparency and privacy-enabling application of AI, precision psychiatry, social determinants of health, and health inequalities.



Simon Taylor (Florence – Conference Sponsor)

The Role of Electronic Site Files in Increasing Capacity

Simon Taylor leads the European Research Business for Florence Healthcare - His main task is helping the NHS understand how they can get rid of paper from the Research Day-to-Day and expand their research capacity in the process



Sarah Maxwell (Compass Pathways)

Psychedelic Research in Psychiatry

Sarah Maxwell, PhD, is a Senior Medical Science Liaison at Compass Pathways, a biotechnology company dedicated to accelerating patient access to evidence-based innovation in mental health. Sarah has 12 years of experience in the pharmaceutical industry with prior roles at Biogen and Sanofi, focusing on neurological diseases. Sarah holds a PhD in developmental neurobiology from the University of Edinburgh and she completed a postdoctoral fellowship in neural stem cell biology at Karolinska Institutet in Sweden. With a strong academic and industry background, Sarah is passionate about advancing patient care through scientific collaboration and innovation.

