



**Name** Dr. Helen Moya  
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#### Education and Professional Qualifications

- Registered Nurse (Learning Disabilities), Jan 1989 (Derby School of Nursing)
- B.Sc.(Hon.) Human Psychology, 1993, Loughborough University
- Ph.D. Psychology, 1997, Loughborough University
- PGCHE (Higher Education Teaching qualification), 2009, University of Nottingham
- PG.Dip. Cognitive Behaviour Therapy, 2011, University of Nottingham

#### Professional Membership

- Chartered Psychologist with the British Psychological Society (BPS)
- Registered Nurse and Nurse Teacher with Nursing and Midwifery Council (NMC)
- Member of British Association of Behavioural and Cognitive Psychotherapists (BABCP)
- Accredited CBT practitioner with the BABCP (provisional accreditation from September, 2013, full accreditation from 2014). Reaccredited September 2019.

#### Current Positions

- CBT Practitioner, Clinical Supervisor and Consultant at Moya CBT private CBT practice (0.6 FTE)
- IAPT Clinical Trainer (LTC focus) at Trent Psychological Therapy Service (0.2 FTE) September 2021 – present
- CBT therapist and supervisor in the Mental Health Support Team (MHST) at Nottingham City Council (0.2 FTE) January 2022 - present

#### Most recent Professional roles and position(s)

1. CBT Practitioner at Trent Psychological Therapy Service (full-time) Sep 2018 – Oct 2021

2. Full-time lecturer in Mental Health and Social Care at the University of Nottingham  
December 2006 – July 2018
3. Course Director of the Postgraduate Diploma and Master's programmes in Cognitive Behaviour Therapy. This is a BABCP accredited course at Level 2 (IAPT HI CBT)  
Sep 2012 – July 2018
4. Honorary Contract with Nottinghamshire Healthcare Trust as a Cognitive Behaviour Therapist (Department of Psychological Medicine, Queens Medical Centre) – 1 day/week.  
Jan 2012 – September 2018

#### Clinical expertise

- Medically Unexplained Symptoms (MUS), with a particular interest and experience with Non-epileptic Attacks (NEA) and working with dissociation in general
- Generalised Anxiety Disorder (GAD) using the Dugas and Robichaud Intolerance of Uncertainty protocol
- CBT case formulation – making sense of complex presentations
- Short-term CBT for long-term conditions within IAPT framework, across all anxiety disorders and treatment of depression using NICE recommended protocols

#### Teaching commitments (previous)

- CBT theory and skills on Postgraduate Diploma in CBT
- Clinical supervisor for PG.Dip in CBT trainees
- Academic supervisor for Master's in CBT dissertation pathway
- IAPT Leadership and Innovation in Clinical Practice module (15 credits)
- High Intensity IAPT clinical supervision course
- IAPT Long Term Conditions (LTC) top up training for East Midlands
- Introduction to CBT to Postgraduate Mental Health Nursing students on Graduate Entry Master's in Nursing programme
- Person-centred nursing care on B.Sc. in Nursing Studies (Mental Health field)
- Dissertation supervisor to B.Sc. students

#### Research interests

- Ph.D. focused on identities of people with profound learning disabilities. I examined a transition in care from hospital to a community home in terms of how the clients' identities were maintained. I introduced life story books as a resource for capturing 'stories' of family and nursing staff who were close to the clients. I used Discourse Analysis to examine how identities were constructed in the talk of others.
- Identities in CBT – I have a philosophical interest in how different epistemologies and world views enter the therapeutic relationship and impact on shared

understanding of a person's presenting problems. This is a development and adaptation of my earlier Ph.D. study of care relationships.

### Training experience

- Moya CBT training on Creative Methods in CBT and how to build the KSA portfolio
- CBT for health-related anxiety and depression – living with a LTC or MUS
- CBT formulation skills
- Life story workshops for healthcare professionals (various) for Nottinghamshire Healthcare NHS Foundation trust (on-going)
- BABCP local branch training on Identities in CBT and GAD (on-going)
- In-house training on Introduction to CBT for midwives in local NHS Trust (Ph.D. student project)

### Recent Publication

Kinsella, P. & Moya, H. (2021) CBT for long-term conditions and medically unexplained Symptoms: A guide for practitioners. Routledge: London

