

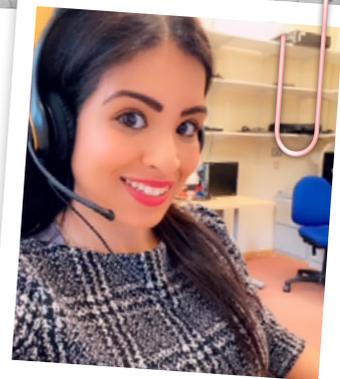


Clinical Psychologist perspectives

– a working day in the spotlight

Working as a Clinical Psychologist in private practice and an Academic Tutor on a clinical psychology doctoral course at the University of Oxford requires a great deal of balancing a range of varied roles.

Dr Reena Vohora gives us a fascinating insight into her 'typical' working day, although as she notes, no two days are ever the same in this fast-paced profession!



Reena Vohora

Supporting trainees as an Academic Tutor

After catching up with my emails, my day started with two trainee university meetings. My first was a research supervision meeting. Together with the trainee, we generated ideas for a cognitive assessment literature review, and considered the range of cognitive screens that are typically used to assess post-stroke impairment in acute hospital and rehabilitation settings like Pearson Clinical's [Western Aphasia Battery-Revised \(WAB-R\)](#). We also discussed gaps in the current evidence base and differences in the modes of assessment.

In my second trainee meeting, we reviewed their research findings for a memory clinic related project. We discussed the clinical recommendations for the service and a plan for the dissemination of the findings.

Before midday I then chaired a Race Equality Network meeting for the NHS Trust I work across. At this meeting we considered how to support the achievement of equitable outcomes for staff and patients and the implementation of initiatives to increase equality and diversity. We also began planning the next equality, diversity and inclusion event.



Before taking a break, I spent some time planning and writing upcoming teaching sessions. I planned a session on an 'introduction to cognition' and considered changes in service delivery as a result of the COVID-19 pandemic, the resulting impact on clinical practice, and the knowledge and skills required in relation to clinical placements.

As I often do, I drew upon discussions with local clinical psychologists and neuropsychologists. I also squeezed in some time to speak with some regional clinical leads. We wanted to establish clear theory-practice links to teaching and placement activities to ensure older adults competencies are met on the doctoral course.

At last, time to relax... for a little bit. It may have been 2pm, so a bit past lunch-time, but it was great to step away from the computer and go out for a walk. This always helps me transition from academic to clinical work and supports my mental health to look after myself.



Supporting clients

The clinical part of my day started with video calls. Since the onset of restrictions relating to the pandemic, **Telepractice** seems to be the way forward. I had an afternoon of sessions via Zoom ahead of me, with one face-to-face meeting at the end.

I assessed and supported several people this afternoon, from managing stress and difficulties with sleep to body image, and also looking at psychological approaches to support cultural beliefs. I used a range of approaches to help my clients including **compassion-focused therapy**. This really helps some of my clients reflect on their emotions and generate goals for psychological support.



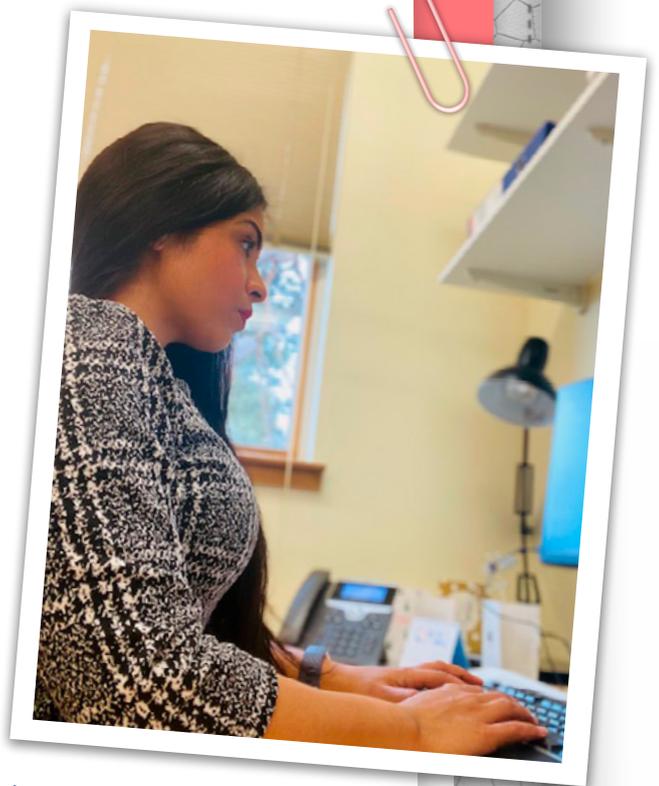
My day finished with writing a blog on cognition and prepping for a mental health Q&A session for a forthcoming charity event. Then it was time to head to the gym for an exercise class with friends.

Dr Reena Vohora is a Chartered Clinical Psychologist and runs her own private practice.

She began working in the NHS in 2005, and specialises in work with adults on managing emotional wellbeing, difficulties relating to food and body image, and with older adults who have cognitive and/or neurological impairment.

Reena is also a tutor on a doctoral clinical psychology course and co-chair of the Oxford Health NHS Foundation Trust Race Equality Network.

Further information is available at: www.doctorreena.com



'Clinical Psychologist perspectives – a working day in the spotlight' has been created by Dr Reena Vohora for Pearson Clinical, 2021.

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