

## **Alan Dovey MSc, RMN, DPSN, Dip Psych**

Alan is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham. He is a consultant cognitive behavioural psychotherapist for West Midlands Fire Service (WMFS), Jaguar Land Rover Vehicles and West Midlands Police Force. His area of specialised interest is occupational health and the development of effective systems of treating clients within organisations using an integrated approach. He has been involved in research in CBT within occupational health and presented findings at numerous international events. He has recently undertaken qualitative research within WMFS. Based on this, he is implementing an evidence-based programme aimed at ensuring Mental Health First Aid advocates have the support and training they need on an ongoing basis to deliver their services successfully.

Alan is accredited with the British Association of Behavioural and Cognitive Psychotherapy (BABCP), is registered with the United Kingdom Council for Psychotherapy (UKCP), is a senior associate member of the Royal Society of Medicine and an affiliate of the Society of Occupational Medicine.

Alan is the director of Working Minds UK Occupational Health Ltd and module lead at the newly developed BSc, MSc module in emotional resilience at Staffordshire University.

## **Sharon Wilday MSc, SROT, Dip COT**

Sharon is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham. She has a private CBT practice, working with clients with problems ranging from anxiety, stress, obsessive compulsive disorder, depression and has a specialist interest in trauma. She has worked with the DWP and currently works with the NHS within a specialist clinical team for patients with fibromyalgia, persistent pain and CFS.

She is a Director at WMUK and has over 15 years' experience specifically within OH and works with a number of large businesses providing Specialist OH CBT clinics and training.

Sharon is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), registered with the United Kingdom Council for Psychotherapy (UKCP), the Health and Care Professions Council (HCPC) and an affiliate of the Society of Occupational Medicine. She has presented her work on occupational mental health and sickness absence at several international conferences.

## **Paul Anthony MSc, RMN, Cert Ed, PgD CBT, Pg Cert RM**

Paul is a cognitive behavioural therapist and senior lecturer in mental health at Staffordshire University. He has a private practice working with Working Minds UK and has recently completed training in Eye Movement Desensitisation and Reprocessing therapy (EMDR). He specialises in providing CBT/EMDR, training and supervision in the context of OH.

Paul originally qualified as a registered mental nurse, and spent over 10 years in a variety of primary care settings where he gained experience of a range of mental health problems. In addition to teaching CBT, Paul is involved in clinical research. He is currently leading a research project evaluating the impact of resilience building interventions on student retention in nurse training as part of his academic work

He is accredited with the British Association for Behavioural and Cognitive Psychotherapies (BABCP).