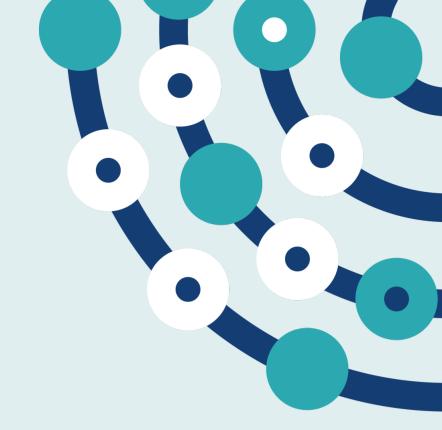


## My ARC-GM Internship Experience (2024-2025)

Loren Whyatt, High Intensity CBT Therapist, Salford Talking Therapies Loren.Whyatt@gmmh.nhs.uk



### Background

- BSc Psychology with Counselling (2019)
- Assistant Psychologist (Change Grow Live, 2021-2022)
- Level 4 Diploma Therapeutic Counselling (2022)
- PGDip Cognitive and Behavioural Therapies
  (2023)
- Voluntary Research Assistant roles University of Huddersfield (2017), International Student
   Research Foundation (2022)

nterest in research

#### Aims

Gain real-world research experience

Refresh knowledge of research methods

Learn how research can fit with my clinical work

Determine whether I might want a career in research

### **Training**



- Introduction to Quantitative Research & Analysis
- Introduction to Qualitative Interviewing
- Qualitative Data Analysis



Conducting an Intervention Review

# Diagnosis and Management of Depression and Anxiety in Older Adults in UK Primary Care Settings – systematic review

1

 Created data extraction template using Covidence

2

• Full text screening of papers

3

Data extraction using Covidence

4

Consensus

### Other activities & opportunities

- Regular supervision with research professional
- Regular meetings with other ARC-GM interns
- Online webinars and training events
- Access to University of Manchester library resources
- Funding for training and conferences
- Attending research meetings
- Networking in service, promoting research

### Skills

Screening articles for systematic review

Data extraction using Covidence

Public engagement events

Recruiting participants

Qualitative interviewing

### Next steps

Continue with systematic review

Co-author report for publication

Continue developing research skills & experience

Supporting with C-PTSD audit in my service

Continue practicing as CBT Therapist

MSc top up for CBT PGDip

### Acknowledgments

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