



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)

Interest 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

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