NIHR ARC-GM Internship 2025: Reflections

Michelle Krenzler, Psychological Therapist, Stockport Early Intervention Team.

NIHR | Applied Research Collaboration Greater Manchester

About me

I'm a psychological therapist working in an Early Intervention Team providing cognitive behavioural therapy and family interventions to individuals with first episode psychosis and those at risk of developing psychosis. I promote evidence-based practice and patient-centred care. I have a special interest in compassion focused therapy and staff wellbeing.

Why this internship?

- Is there a place for me in research?
- Can I combine my clinical role with engagement in research?
- Can I be part of shaping clinical guidelines and policy?
- Can I help to give patients a voice through research?

Making it meaningful

'No decision about me, without me''

Person-centred care

Patient & Public Involvement

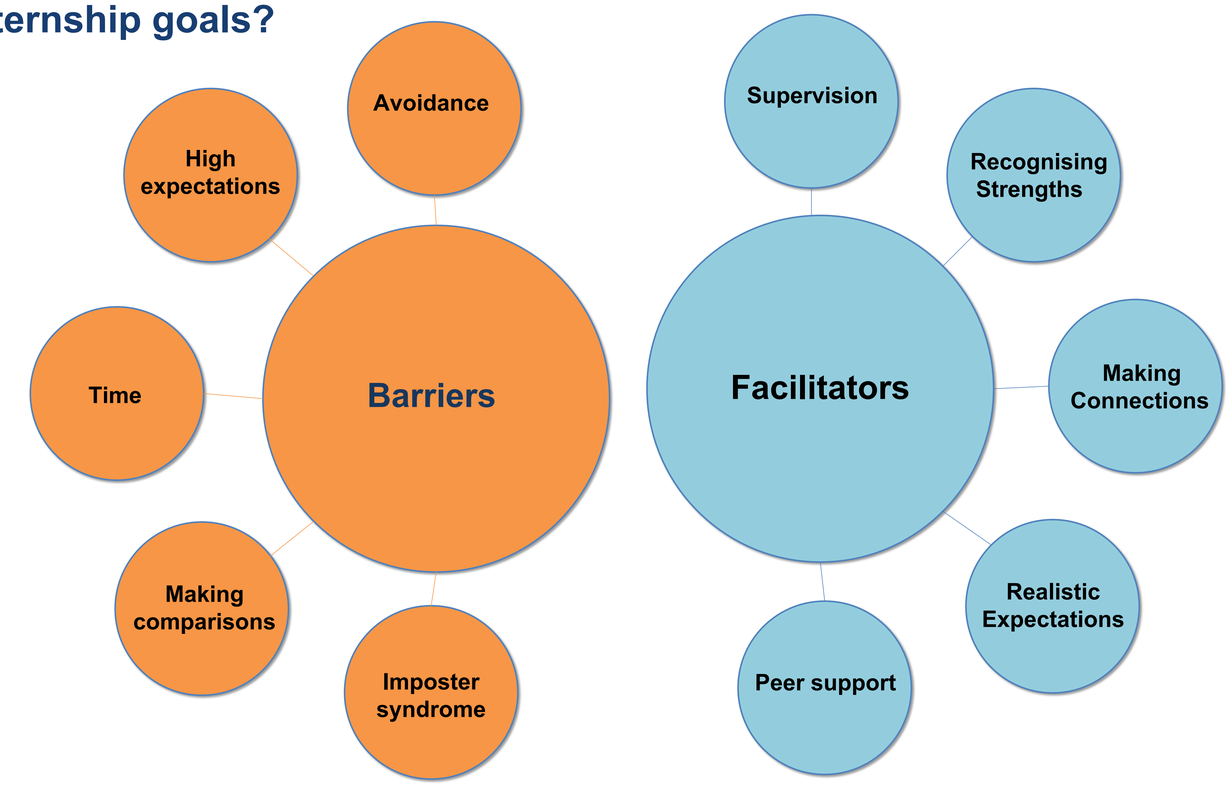
Patient advisory groups

Equality, equity, diversity, inclusion

Co-production

Department of Health (2012) 'Liberating the NHS: No decision about me, without me'

What were the barriers & facilitators in working towards my internship goals?



Opportunities & Achievements

- Attending workshops
- Networking
- Completed and passed Research Methods Masters Module
- Taking on role of research champion
- Developed relationship with research and innovation team
- Observation of PPIE activities
- Successful in application for senior trial therapist role

Next steps

- Commence secondment as senior trial therapist
- Supporting a clinical trial undertaking interviews and analysis of data
- Continue to promote research to clinicians and patients within current service
- Consider associate PI scheme
- Consider completing a service evaluation and submitting for publication

NHS Pennine Care NHS Foundation Trust

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