


# Dr Matthew Dicks

## BSc, DClinPsych CPsychol

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### CONTACT

 01242 263 715

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 <https://www.hughkochassociates.co.uk/>

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### PROFESSIONAL QUALIFICATIONS

#### EMDR Training and Consultancy

Certificate in EMDR (level 1)  
2002

#### Doctorate in Clinical Psychology

University of Birmingham  
1999-2002

#### Psychotherapy and Hypnotherapy Diploma

Centre Training School  
1998-1999

#### Bachelor of Science in Psychology and Health Science (Hons).

University of West of England  
1992-1995

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### PROFESSIONAL MEMBERSHIPS

Health Professions Council registered Reg. no.  
PYL25556

British Psychological Society - Chartered Status  
Membership no. 429697

### PROFESSIONAL EXPERIENCE

#### In-House Clinical Psychologist

March 2017 - Current

Case Management Rehabilitation Company (8b) LOCUM 6  
months

Trust

#### Clinical Psychologist

May 2012 - February 2017

cancer charity (8a)

#### Therapist

October 2010 - May 2012

private practice

#### Lead Clinical Psychologist

October 2006 - September 2010

Renal and Transplant Directorate (8a)

#### Clinical Psychologist

September 2004 - September 2006

acquired brain injury team (8a)

#### Clinical Psychologist

August 2003 - September 2004

CMHT & Neuropsychology Service (7)

#### Clinical Psychologist

September 2002 - August 2003

Community Mental Health Team, Neuropsychology and Post-  
Traumatic Stress Disorder Service

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**CLINICS:** Bristol, Exeter, Gloucester, Plymouth, Swindon,  
Taunton & Weston-Super-Mare

## **TYPICAL AREAS OF INVOLVEMENT**

Assessment skills: Dr Dicks has experience of carrying out various types of assessment, including initial needs assessments, wellbeing, standard formulation based, mental health, mental capacity, medico-legal and neuropsychological assessments.

Rehabilitation skills: Dr Dicks has experience of managing the rehabilitation of clients with psychological injury, acquired brain injury, pain management and complex injury. These skills have been developed over many years of working within multi-disciplinary teams and various settings, such as mental health, acquired brain injury and physical health.

Therapeutic skills: Dr Dicks has experience of working therapeutically with individuals, couples, and families, as well as adults across the full life range. He has well developed Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Systemic and Eye Movement Desensitization Reprocessing skills that are used within a focused and time-limited structure. He has worked with a wide range of adults with complex medical and psychological cases. He has a particular interest in psychological and adjustment issues relating to chronic illness and pain.

Psycho-education/ group skills: Dr Dicks has experience of running psycho-education, therapy and support groups. He has taught a very wide range of subjects and run courses on health-related matters. These include pain management, cancer survivorship courses (dealing with post-treatment challenges), Cognitive Behavioural Therapy (a skills based course), mindfulness (8 week MBCT), living with uncertainty, sexual dysfunction, bereavement, assertiveness and stress management.

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