

## CURRICULUM VITAE

Drs. Cornelia Adriana Johanna Meesters

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Born: 13 April 1951 at Bergen op Zoom (NL)  
Nationality: Dutch

### Education

1963-1969 Grammar School (NL); arts differentiation (Dutch, English, French, German, Latin, Greek, History, Mathematics), all exams equivalent to A-level

1969-1970 Secretarial College (NL); executive secretary

1971-1979 State University Groningen (NL); clinical psychology, doctorandus degree; thesis on memory process; minor subject criminology; clinical placements in general mental health, neuropsychology, elderly care, child and adolescent care

1980-1983 State University Groningen (NL); medicine, propedeuse exam (basic training completed)

1981-1982 Kruyswijk-Van Thiel Training (in co-operation with the Dutch Association for Rogerian Psychotherapy), Groningen (NL); psychotherapy training

1990 British Psychological Society (UK); Statement of Equivalence

1990 Certificate of incorporation in the Register of Chartered Psychologists (UK)

2004 Incorporation as Full Practitioner Member of the Division of Neuropsychology (BPS, UK)

### **Other relevant training**

1985	University of Amsterdam (NL); post-qualification course, Research Designs
1985	Computer technology (NL); PC and small business systems
1986	Computer technology (NL); 3 modules systems analysis
1987	State University Groningen (NL); post-qualification course, psychopathology
1990	BPS (British Psychological Society) Northern Region (UK); post-qualification course, applications of family therapy
1990	Royal Hospital & Hospice Putney (UK); post-qualification course, assessment of memory problems
1990	West Cumbria Health Authority/Cumbria County Council (UK); course, organising a Community Mental Health Team
1990	West Cumbria Health Authority/Cumbria County Council (UK); course, applications of systemic therapy to the dynamics of a Community Mental Health Team
1991	PSIGE (BPS Faculty of Psychologists working with older people), University of Cambridge (UK); annual conference
1992	MHNA (Mental Health Nurses Association) (UK); course, practical approaches to challenging behaviour
1992	PSIGE, University of Durham (UK)' annual conference
1993	Groupwork Consultation and Training, Greenwich (UK); courses in intermediate groupwork, advanced groupwork and groupwork supervision
1993	PSIGE, University of Manchester (UK); annual conference
1994	SETRHA (South East Regional Health Authority) Clinical Psychology Training Scheme, Tunbridge Wells (UK); introductory supervisor's workshop
1993-1994	SETRHA Clinical Psychology Training Scheme, Tunbridge Wells (UK); supervisor's workshops, power in the supervisory relationship (3 parts)
1994	PSIGE, University of Canterbury (UK); annual conference
1995	St, Mary's Hospital, Portsmouth (UK); course, grief and bereavement counselling
1996	Mind Matters, London (UK); refresher symposium, memory
1995	Worthing Priority Care NHS Trust, Worthing (UK); symposium, handling complaints
1997	PSIGE/Royal College of Psychiatrists, London (UK); symposium, concepts of dementia
1996	BPS Special Interest Group Neuropsychology, Nottingham (UK); symposium, neuropsychological impairment and driving ability

1996	Worthing Priority Care NHS Trust, Worthing (UK); symposium, handling sickness absence
1996-1997	University of Surrey, Guildford (UK); supervisor's workshops, criteria for placements + organisational integration of trainees' work during placement
1997	Worthing Priority Care NHS Trust, Worthing (UK); symposium, job appraisal procedures
1998	BPS Special Interest Group Neuropsychology, London (UK); symposium, neuropsychology and older adults  European Reminiscence Network, Vienna (A); Reminiscence Conference
1998-1999	PSIGE South Thames, London/Brighton (UK); workshops Neuropsychology of dementia
1999	Salomons Centre for Applied Social & Psychological Development, Tunbridge Wells (UK); seminar, adult protection: research policy & practice
1999	PSIGE, University of Bath (UK); annual conference
1999	Groupwork, London (UK); European Groupwork Symposium
1999	Centre for Continuing Professional Development, York (UK); conference 'How to improve the quality of service in psychiatric wards' and 'Risk Assessment and Management'
1999	BPS Division of Psychotherapy, London (UK); conference Integrative developments in psychotherapy; conference
1999	Tavistock Clinic, London (UK); conference Psychotherapy research
1999	BPS, London (UK); Media course
2000	South Downs Health NHS Trust, Brighton (UK); seminar Anxiety
2000	PSIGE South, Brighton (UK); training day Narrative and Identity in Old Age
2000	Hammersmith Hospitals/Imperial College, London (UK); conference Memory Clinics
2000	Hawker Publications, Birmingham (UK); conference Dementia Care in the Community
2000	PSIGE, University of Birmingham (UK); annual conference
2000	Pavillion/MTI, London (UK); conference Smart futures: lessons from Japan
2000	Alzheimer Scotland, Pitlochry (UK); conference Directions in Dementia
2001	Worthing Priority Care NHS Trust, Pulborough (UK); conference Impact of NSF for Older People
2001	Hawker Publications, Birmingham (UK); conference Dementia Care in the Community
2001	Ticehurst Hospital, Ticehurst (UK); seminar Trauma and Out of Body Experiences
2001	Salomons Centre, Tunbridge Wells (UK); supervisors workshop Working with Groups

- 2001 Salomons Centre, Tunbridge Wells (UK); training day Reforming Mental Health Act
- 2001 PSIGE, University of Oxford (UK); annual conference
- 2001 Worthing Priority Care NHS Trust, Worthing (UK); training day Managing Diversity and Equal Opportunities
- 2001 Worthing Priority Care NHS Trust, Worthing (UK); training day Setting Standards
- 2001 Joint Trade Unions in Worthing Priority Care NHS Trust, Worthing (UK); training day Legal issues around NHS reorganisation
- 2002 PSIGE South, Hove (UK); training day Integrative therapies
- 2002 PSIGE, University of Winchester (UK); annual conference
- 2003 Amicus Trade Union, Bishop's Stortford (UK); training course Introduction to Employment Law
- 2003 PSIGE, University of East Anglia, Norwich (UK); annual conference
- 2003 PSIGE/Salomons Centre, Tunbridge Wells (UK); postdoctoral course Neuropsychology applied to Older People
- 2004 West Sussex & Surrey Strategic Health Authority, Horley (UK); Cultural/Ethnic Diversity and Mentorships
- 2004 European Computer Driving License (UK)
- 2004 BPS/Salomons Centre, Tunbridge Wells (UK); Organisationa Consultancy
- 2005 BABCP (British Association of Behavioural and Cognitive Psychotherapists), Southampton (UK); CBT Supervisors workshop
- 2005 University of Surrey, Guildford (UK); Working with interpreters
- 2005 PSIGE, University of Chester (UK); annual conference
- 2005 EABCT (European Association of Behavioural and Cognitive Psychotherapists), Thessaloniki (GR); CBT Conference, inc. workshop on therapy resistance
- 2006 International Trauma Institute, Dublin (IRL); specialist workshop trauma intervention
- 2006 PSIGE, University of Sussex, Brighton (UK); annual conference
- 2006 BPS/DON (Division of Neuropsychology), Shoreham (UK); psychological sequelae of stroke
- 2007 BPS/DON, London (UK); supervisors study day (neuropsychology)
- 2007 ASIST/Mind, Lewes (UK); suicide intervention and prevention
- 2007 NIPP (Network of Inpatient Psychologists)/BPS, London (UK); Acute Inpatients research, Study day

- 2007 BPS, London (UK); Study day Mental Capacity assessment
- 2007 PSIGE, University of Nottingham (UK); annual conference
- 2007 WCBCT (World Congress of Behavioural and Cognitive Psychotherapists), Barcelona (E); specialist CBT conference, inc. workshop on trauma
- 2007 Essex Trauma Centre, Colchester (UK); masterclass trauma intervention
- 2007 BIRT (Brain Injury Rehabilitation Trust), Leeds (UK); neuropsychology and neurorehabilitation
- 2007 BPS/PSIGE, London (UK); Study day: psychotherapy with older people (CPD/ACT)
- 2008 BPS/DCP (Division of Clinical Psychology), London (UK); Conference 'New Roles and New Challenges'
- 2008 BPS, Dublin (IRL); annual conference
- 2008 BABCP, London (UK); Workshop 'Case formulation in complex cases'
- 2008 BABCP, London (UK); Workshop CBT supervision
- 2008 BPS/PSIGE, Brighton (UK); study day 'Ageing and CBT'
- 2008 BPS/PSIGE, London (UK); study day 'Rainbows and Horseshoes', Consultancy and new ways of working for psychologists in older people's services.
- 2008 BPS/PSIGE, London (UK); workshop 'Trauma and Later Life', considerations for choice and application of appropriate treatment models

**Experience**

- 1978-1980 Clinical work: neuropsychology unit, general psychiatry unit, youth psychiatry unit; assessment, counselling, monitoring group psychotherapy (State University Groningen, NL)
- 1981-1983 Teaching university: preparing course and tutoring advanced students in social-medical projects (State University Groningen, NL)
- 1983-1989 Teaching psychological factors in disasters (Dutch Red Cross Society, NL);
- 1984 Locum operational manager logistics department (Provincial Government Groningen, NL)
- 1985-1989 Private practice clinical psychology Groningen (primary care) (NL)
- 1987-1989 Staff executive Dutch Red Cross Society; educational officer and co-ordinator public relations (ex officio member of local and provincial committees)

- 1989-1991 Clinical Psychologist, West Cumbria Health Authority, Whitehaven; 50% Adult Mental Health (primary care, CMHT involvement), 50% Elderly Care (assessment and treatment individual clients; indirect care through projects in hospital and residential homes; stimulation of relative support and voluntary organisations); chair of CMHT in 1990
- 1991-1994 Clinical Psychologist, Maidstone Health Authority/Maidstone Priority Care NHS Trust, Maidstone; Elderly Care (assessment and treatment individual clients; indirect care in diverse settings; staff training; relative support involvement; development of specialist treatment/care techniques, research)
- 1994 - 2006 Clinical Psychologist, Head of Speciality/Lead Psychologist, West Sussex Health & Social Care NHS Trust (formerly Worthing Priority Care NHS Trust, Worthing/Shoreham); Elderly Care (assessment and treatment individual clients, couples and systems/families; indirect care in diverse settings; specialist role in CMHTs; staff training and support; relative support involvement; research; service development; managing other psychologists)
- Since Feb 2007 Private practice clinical psychology Hove: adult clients only; psychotherapy (cognitive, behavioural, CBT, client-centred, systemic), psychodiagnostics (functional analysis, neuropsychology), occupational health consultation and intervention, individual clinical supervision (qualified practitioners only), staff teaching and training, research

## Research

- 1973-1974 Undergraduate university project: Parkinson's Disease; in this project we investigated the effect of a cholinergic drug on clinical symptoms of the disease (including depressed mood)
- 1976-1977 Graduate university project: Mental stress in drivers; in this project we investigated which factors in normal urban traffic caused stress symptoms in drivers
- 1977-1978 Graduate university project: Decisions in the psychodiagnostic process; our investigation was aimed at comparing psychiatrists and clinical psychologists in terms of their familiarity with psychopathological terminology
- 1978-1979 Thesis for doctoral degree: Keeping track of changing information; I investigated the validity of a translated (British) memory task with strong attention components for a Dutch population
- 1979 Single case study: Aphasia and specific language problems; as part of my neuropsychology placement I investigated modality-specific aphasic problems in one client, compared with one control subject; for this study I also designed an assessment tool for this problem
- 1981-1982 Free lance university project: Tutoring in the medical faculty; during my medical training a system for tutoring of medical students was introduced following British example; I designed and executed an evaluation of this experiment
- 1991-1992 Clinical research: Relocation to a residential unit; as part of a quality assurance measure around forced relocation of long stay clients (due to hospital closure) we performed an evaluation of the relocation and the precautions taken against potentially harmful effects to the frail elderly clients concerned
- 1992 Clinical research: Enhanced residential care; I replicated an earlier evaluation study on the effects of moving long stay clients from hospital to residential homes, with professional back-up from an expert support team
- 1993 Clinical research: Snoezelen; I adapted a technique of sensory stimulation (originally developed for people with severe learning disabilities) for use in a unit inhabited by a group of severely demented clients, linking the clinical trial to a quasi-experimental evaluation
- 1993 Single case study: Validation therapy; I designed a standardised approach to the clinical treatment of one client, using principles of validation therapy and linking the trial to a descriptive evaluation of both treatment results and characteristics of the technique
- 1993 Groupwork training project: Bereavement groups; a process-oriented study of staff groups in a residential setting for dementing people, aimed at raising awareness and stimulating positive coping mechanisms surrounding residents' deaths
- 1997 Clinical research: Groupwork as a vehicle for peer supervision; in this project I facilitated a peer supervision group for mental health nurses; the research concentrates on the dynamics of the group
- 2003 Clinical research: "I'll huff & puff", a case study of a treatment resistant person with severe personality disorder

2008                      Clinical research Translation and cultural/neuropsychological adaptation of dementia scales

### **Publications and presentations**

Tutorial systems in the Faculty of Medicine. (1983)

Shock, Groningen (NL)

The use of personal computers and small business systems for psychologists in private practice. (1988)

Presentation WELP study day, Groningen (NL)

Relocation of older people with mental health problems (1992)

Presentation PSIGE Annual Conference, Manchester

Snoezelen in Maidstone (1993)

Poster PSIGE Annual Conference, Canterbury

Snoezelen (1994)

Workshop PSIGE Annual Conference, Leicester

Interspeciality Consultancy (1996)

Presentation PSIGE Annual Conference, Cardiff

Client-centred psychotherapy and dementia (1996)

Presentation, Conference 'Psychotherapy and dementia', Birmingham

Sensory stimulation: a primary need (1998)

Signpost, Vol. 3, No. 1, April

Jack & Jill: the first century of clinical psychology (2000)

PSIGE Newsletter, No. 71, January

Survey of supervision practices amongst clinical psychologists (2002)

PSIGE Newsletter, No. 81, November

I'll huff and I'll puff (2003)

Presentation PSIGE Annual Conference, Norwich

What is psychology? (2007)

Series of mini-workshops for general public, Hove

### **Professional affiliations and committee experience**

Between 1985 and 1989 I was an active member of WELP (primary care psychologists association), and served on its committee in various functions, from treasurer to conference organiser

Member of the British Psychological Society

Member of the BPS Division of Clinical Psychology

Full Practitioner Member of the BPS Division of Neuropsychology

Member of PSIGE (Psychologists Special Interest Group concerning Elderly People)

Secretary conference planning group in 1993

Secretary SE Thames branch in 1993/1994

Newsletter Editor 1999-2002

Member conference planning group in 2006 (logistics portfolio)

Member of BABCP

### **Professional interests**

Neuropsychology

Psychological assessment techniques

Counselling and psychotherapy

Cognitive functions, i.e. information processing, states of consciousness, memory and perception

Interprofessional consultancy

Translanguage and transcultural issues in research and clinical practice

Ethical dilemmas

### **Further information**

In addition to Dutch (my native language) and English, I have good working knowledge of French and German, and reasonable knowledge of Spanish and Italian.