

Tara McCloskey

Profile:

Highly motivated individual with over 15 years' experience across NHS and private sectors, delivering evidence-based treatment for complex mental health conditions. Skilled in clinical leadership, team supervision, and developing innovative service pathways. Exceptional interpersonal and communication skills, with the ability to manage high-pressure environments and collaborate effectively with multidisciplinary teams.

Work Experience:

Eating disorders Service, SWLSTG NHS Mental Health

October 2015 -Present

Mild to moderate pathway lead — January 2024 - Present

- Led the implementation of the Mild to Moderate Pathway processes (live as of March 2024)
- Managing clinical processes and lead discussions defining exclusion criteria for pathway
- Overseeing data gathering, analysis and dissemination
- Lead recruitment processes including shortlisting, interviewing, and evaluating candidates
- Clinically Supervise and line manage the supervisor of the pathway, therefore clinically responsible for all clinicians in the pathway
- Delivered presentations to external services and NHS colleagues to support service development
-

Interim FREED team lead (MAT leave cover) — August 2022 - September 2023

- Leading on the FREED Pilot initiative
- Data collection and analysis, reporting to HIE and NHS England every quarter
- Managing team of clinicians and supervising clinical practice
- Engaging, assessing and treating young adults (18-25) suffering with their first episode of an eating disorder

Highly Specialist Cognitive Behavioural Therapist — December 2021-Present

- Working with individuals presenting with moderate to severe Anorexia Nervosa, Bulimia Nervosa, Binge Eating disorder and other presentations of eating disorders and personality disorders
- Managing patient care from assessment to discharge from service
- Leasing, communicating and presenting to other colleagues such as GPs, medical professionals and other NHS teams in primary, secondary and tertiary care settings.
- Managing physical health as well as holding responsibility for mental health risks
- Using Enhanced CBT, and MANTRA to work with this complex presentation as well as Dialectical behavioural therapy and Compassion Focussed treatment
- Clinically supervise Cognitive behavioural therapy (CBT) trainees and therapists, trainee psychology interns and doctoral students within the outpatients-team, providing guidance, clinical reflections, case management and presentations, personal reflections and clinical and support
- Developed and lead the enhanced CBT for eating disorders (CBT-ED) group for Bulimia and Binge Eating Disorder, facilitating effective treatment sessions.
- Teaching within a Multi-disciplinary team, and lead coordinator for CBT training and teaching

Specialist Cognitive Behavioural Therapist — October 2015-December 2021

- Treating individuals presenting with moderate to severe Anorexia Nervosa, Bulimia Nervosa, Binge Eating disorder and other presentations of eating disorders and personality disorders
- Managing patient care from assessment to discharge from service
- Liaising, communicating and presenting to other colleagues such as GPs, medical professionals and other NHS teams in primary, secondary and tertiary care settings.
- Managing physical health as well as holding responsibility for mental health risks
- Using Enhanced CBT, and MANTRA to work with this complex presentation as well as Dialectical behavioural therapy and Compassion Focussed treatment
- Clinically supervise psychology and doctoral trainees providing guidance, clinical reflections, case management and presentations, personal reflections and clinical and support

Private Therapy Clinic

May 2012- Present

Highly Specialist Cognitive Behavioural Therapist

- Complex psychological assessments for adults, adolescents and children
- Using CBT, CBT-ED, Dialectical Behavioural therapy, Acceptance and commitment therapy, Compassionate focussed therapy and MANTRA (as modes of therapy)
- Work with clients common mental health problems such as depression, anxiety disorders and personality disorders. Specialised in treating eating disorders, OCD and work stress.
- Report writing for medical procedures, schools, universities and court proceedings
- Provide supervision and teaching for Psychology graduates

Clinical manager of the service — October 2015 - September 2019

- Conducting interviews for new starters
- Supervision of trainees
- Managing new client interactions from contacting service, placing them with relevant clinician
- Handling complaints

Wandsworth IAPT, SWLSTG NHS Mental Health

May 2008 – October 2015

Clinical supervisor for Psychological wellbeing Practitioners — September 2014- October 2015

- Overseeing clinical practice and personal development for trainee and qualified PWP

BABCP Accredited Cognitive Behavioural Therapist. — September 2009 – October 2015

- Working with moderate to severe disorders such as Depression, Low self-esteem, OCD, PTSD, Panic Disorder, Social Anxiety, GAD, Health Anxiety, Anger Management, Health Anxiety and Eating Disorders.
- Formulate, implement and evaluate therapy programmes drawing on a range of theoretical and therapeutic models across a range of complex problems.
- Use highly developed communication skills in working with people to understand their difficulties and develop a range of treatment interventions tailored to the individual.
- Initiating, planning and reviewing care plans involving clients, carers and other professionals and agencies.
- Staff performance management including evaluation of staff clinical hours and developing reports. Help to collate and disseminate results for audits.
- Member of Research project group- young people accessing IAPT, retention and drop-out rates.
- Involved in service improvement meetings (LIA)
- IAPTus trainer for members of the department that need ‘top up’ training.
- Facilitated CBT Education course
- Involved in interviewing and selection of new recruits.
- Assessment, treatment and report writing for Farsi speaking clients.
- Successfully completed Career Development programme (Capital People).

Low Intensity Trainee (part-time student) — September 2008 - September 2009

- Assisted Business manager in development of Wandsworth IAPTus (“super-user” development group)
- Developed protocols to aide transformation into IAPT service
- Raised mental health awareness and contributed to mental health promotion across the 4 boroughs in SW London. .
- The postgraduate certificate in Psychotherapeutic care added to my knowledge and skills to fulfil the evolving remit in Primary Care mental health services. Specifically focussing on mental health assessments, delivering sign-posting advice and guidance, providing motivational enhancement to clients contemplating change, offering self help based CBT and bibliotherapy, as well as promoting the general philosophy embedded in the recovery model. Met with clients (with mild-moderate depression or anxiety) fortnightly.
- Trained in telephone triage, which requires keen listening skills to diagnose a client as well as having good communication skills to contain a client’s emotions, without the benefits inherent in face to face interaction.

Graduate Mental Health Worker — May 2008 - September 2008

- Psychological assessments of clients using self-report measures, rating scales, direct and indirect structured observations and semi-structured interviews with clients and others involved in the client's care. Risk was assessed and managed. Implementing the stepped care model within a primary care setting in line with NICE guidance.
- Case discussions with Clinical psychologists to find the best fit treatment.
- Mental Health Promotion which involved setting up well being meetings, liaising with colleges, libraries and health centres to locate venues as well as planning the advertising and content of the meetings.
- Assisting the Director of the NHS Service in undertaking data collection, analysis and production of reports and summaries in relation to primary care mental health services and presenting it in the service launch meetings.

Richmond, Psychological Therapies in Primary Care

Sep 2007 – May 2008

Honorary Assistant Psychologist

- Responsible for setting up CCBT and GSH and co-facilitating anxiety management group.
- Involved in setting up the conversion of Richmond Psychological therapies into IAPT and an exercise referral scheme for children and their families.

Research

I have an MSc in Occupational Psychology. My research, using quantitative aimed to ascertain whether the reasons behind an individual's ambition and career success impact their levels of anxiety and whether their anxiety is a reflection of their personality.

Education and Qualifications:

Other: Supervising Psychological Wellbeing Practitioners (PWP) course at UCL.

Post Graduate: MSc in Occupational Psychology, Merit (Birkbeck, University of London, 2014).

PG Diploma in Cognitive Behavioural Therapy (Reading University, 2010).

PG Certificate in Psychotherapeutic Care (Roehampton University, 2009).

Degree: BSc (Hons) Psychology, Upper Second Class Degree (Royal Holloway, University of London, 2007).

A Levels: Psychology, French, Maths and English (A-B, Lady Eleanor Holles School, 2004).

Skills:

Clinical & Therapeutic Approaches: CBT, CBT_ED, DBT, MANTRA, ACT, CFT and CMT & Supervision of clinicians, psychology interns, and trainees

Psychometric testing: BPS Level A and B certified & Administer aptitude tests and personality questionnaires for recruitment and development

Technical Proficiency: MS Word, Excel, PowerPoint, SPSS, IAPTUS & RIO

Languages: Fluent in Farsi & Basic proficiency in Spanish and French