



DR ASH REYNOLDS

CURRICULUM VITAE



Ash Reynolds has worked within the NHS as a psychologist with adults, young people and children since 1995 and privately since 2012. Ash specialises in Physical Health Psychology across the lifespan. Ash works for a local trust based within a District General Hospital (in-patient, out-patient and community work) for people who have chronic physical health problems. Ash offers therapeutic support to help reduce the associated emotional distress and improve the daily management of such conditions. Ash's approach is integrative and holistic; he works with the patients he sees by understanding the impact of the physical health problem on the patient, their support network and the professionals around them from a biopsychosocial perspective. This can mean working with the patient directly doing one to one therapeutic work or supporting the family and teaching the medical team to work more effectively due to the impact of a difficult diagnosis. In his private work he works closely with patients, their family, physiotherapists, occupational therapists, speech and language therapists and case managers to help facilitate change.

His research for his master's degree in Health Psychology was focused on chronic pain whilst his doctorate thesis examined the patient and partner emotional dynamic following a myocardial infarction.

Key Skills

- Rapport building skills with adults, children and young people for a therapeutic relationship
- Clinical assessment, formulation and therapeutic intervention skills for working with children and adults who are struggling emotionally with a chronic physical health difficulty
- Multidisciplinary working – effective communication skills at all levels and with all ages
- Working within a Cognitive Behavioural Therapy and ACT frameworks
- Using solution focused and systemic therapeutic methods
- Teaching and presentation skills

Areas of expertise/other useful information

- Specialist psychological assessments and interventions to adults, children, young people and their families to enable them to adjust to and cope with the practical and emotional demands of physical health problems such as acquired brain injury, epilepsy, chronic pain, stroke, cerebral palsy, amputation and many other chronic conditions
- Working collaboratively with physiotherapists and play specialists to help young people and adults focus on graded goals to physical recovery along with understanding the link between the mind and the body, and how emotional difficulties can manifest themselves as physical symptoms (MUS)
- Reducing emotional distress such as 1) PTSD 2) improving physical health control resulting in improved self-esteem and confidence and 3) invasive and distressing procedures
- Registered with the Health Professionals Council - (PYL-21209)
- Holds professional indemnity insurance
- Has enhanced continuous CRB/ DBS clearance
- Full clean driving licence