



Neuro Rehab
Group

DR CARA PELSER

CURRICULUM VITAE

Dr Cara Pelsler has extensive experience of working in neuropsychological and clinical psychology services, both within community and inpatient settings. She has expertise in conducting neuropsychological assessments and providing cognitive rehabilitation and psychological therapy for patients, and their families, following neurological illness and injury. Cara believes that working closely with other members of a care and treatment team, to support with individualised client goals, encourages engagement, motivation and rehabilitation, optimising rehabilitation potential. Cara draws upon on a range of therapeutic modalities, including CBT, ACT, narrative, and solution-focused approaches, and has experience in working therapeutically with patients with functional neurological disorders/medically unexplained symptoms.

Cara currently works parttime in the NHS in a Community Specialist Rehabilitation Service, and prior to this worked in a brain injury rehabilitation unit and on a level 2 rehabilitation ward. Preceding clinical psychology training, she worked as a psychological wellbeing practitioner in a mental health service and a rehabilitation coach for Transitional Rehabilitation Unit Ltd.

Cara is currently co-editing a book titled 'A Practical Approach to Interdisciplinary Complex Rehabilitation' due to be published by Elsevier in early 2022.

Qualifications

Post Graduate Certificate in Clinical Neuropsychology Practice, University of Glasgow, 2020-present.

Post Graduate Diploma in Clinical Neuropsychology, University of Glasgow, 2015-2019.

Doctorate in Clinical Psychology, University of Liverpool 2011-2014.

Post Graduate Certificate in Primary Care Mental Health Practice, UCLAN, 2009-2010.

Psychology BSc, Durham University, 2005-2008.

Professional Affiliations

British Psychological Society, Membership Number: 241985

Chartered Clinical Psychologist, British Psychological Society

Full member of the Division of Clinical Psychology, British Psychological Society

Full member of the Division of Neuropsychology, British Psychological Society

Health and Care Professions Council, Registration Number: PYL31612

Publications

Pelsler, C., Banks, H., & Bavikatte, G. (2022). A Practical Approach to Interdisciplinary Complex Rehabilitation. Elsevier.

Beal, E. M., & Pelsler, C. (2021). Evaluation of psychoeducational videos for acquired brain injury. Clinical Psychology Forum, 340, 10–16.

Koch HCH, Medley A and Pelsler C (2020) Legal Mind Case & Commentary No.29 Risks of Unbalanced and Misleading Expert Evidence. PIBULJ. May 2020.



Koch HCH, Laraway A, Pelsler C and Lamswood S (2018). Assessing distress post-cyber breaches. Legal Mind Case and Commentary No. 20. Personal Injury Brief Update Law Journal, 2018.

Pelsler, C. & Whitelock, A. (2017). Adjusting to life after illness or injury. Cheshire and Merseyside Rehabilitation Network Information Leaflet, available online; <https://www.cmrehabnetwork.nhs.uk/Patient-information-leaflets-i10.html>

Brunsdon, C.L, Kiemle, G. & Mullin, S. (2015). Male Partner Experiences of Females with an Acquired Brain Injury; An Interpretative Phenomenological Analysis. Neuropsychological Rehabilitation.

Brunsdon, C.L (2011). Can IAPT be expanded to meet the needs of people with an acquired brain injury? Clinical Psychology Forum.