



Neuro Rehab  
Group

## DR CARA PELSER

### CURRICULUM VITAE

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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. Cara also has experience conducting a variety of mental capacity assessments for both treatment and medicolegal purposes.

Cara has worked in the NHS for 15 years across both inpatient and community settings; her most recent post was on an inpatient stroke rehabilitation ward. She has also worked in the community with adults with brain injuries following complex trauma, and on a brain injury rehabilitation ward.

Cara has volunteered for Headway Blackburn with Darwen for 15 years and is passionate about raising awareness of brain injury and working closely with families and carers. Cara co-edited a book, alongside two rehabilitation consultants, titled 'A Practical Approach to Interdisciplinary Complex Rehabilitation', which was published by Elsevier in 2022.

#### **Qualifications**

- Post Graduate Certificate in Clinical Neuropsychology Practice, University of Glasgow, 2020-2023.
- 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**

Beal, E., Pelsler, C., & Coates, P. (2023). Lockdown life - experiences of partners of individuals with an acquired brain injury during the COVID-19 pandemic: A qualitative study. *Brain Impairment*, 1-14.

Beal, E.M, Coates, P. & Pelsler, C. (2022) Psychological Interventions for Treating Functional Motor Symptoms: A Systematic Scoping Review of the Literature, *Clinical Psychology Review*, 94, 102146.

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*.