

CURRICULUM VITAE



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PROFESSIONAL QUALIFICATIONS:

BSc Occupational Therapy

CURRENT MEMBERSHIP OF PROFESSIONAL BODIES:

HCPC (Health and Care Professionals Council)

BAOT (British Association of Occupational Therapists)



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Nicola graduated from Glasgow Caledonian University in 2004 with a BSc in Occupational Therapy. During her time at University Nicola's course included 12 week placements in providing rehabilitation to young adults recovering from brain injury, physical disability within wards and the community, enabling people with mental illness to regain purposeful lives in the community and social work care of the elderly in the community. Nicola began her career working with Momentum Skills Scotland supporting clients with mental health problems, brain injury and physical disability to return to employment. Supporting clients in deciding which route to employment best suited them and to help individuals understand and breakdown barriers when looking for employment with a long-term condition. Nicola was involved in sourcing and organising work placements for clients, and group work activities in order to build confidence, increase I.T skills, interview skills and C.V construction.

Nicola continued to develop her clinical skills with clients when she was appointed to manage a return to work programme for individuals with a physical or neurological condition including brain injury. The majority of these conditions being long term, Nicola's aim was to provide interventions for individuals who were in work and struggling to remain in work as well as returning to work with a long term condition. Part of Nicola's role was to identify specific needs and interventions to best support clients return to work and staying in work, as well as providing training to employers on how disability or illness will impact on their job role. Nicola used the Canadian Occupational Performance Measure (COPM) to identify the occupational performance problems experienced by clients. During this time Nicola developed her professional relationships with Occupational Health Services, Social Work, Allied Health Professionals and Referral Agencies, all crucial when organising clients rehabilitation.



Nicola also has experience in delivering group work sessions which helped her develop interpersonal skills both written and verbal. The sessions focused on cognitive rehabilitation, memory strategies and personal development. This involved 6-8 people in a group setting discussing what they feel their weaknesses are and how to rebuild their skills to become as independent as they once were with the use of the Brain Injury Workbook Exercises for Cognitive Rehabilitation. Her work also involved preparing discharge reports, progress reports and attending case reviews. Whilst managing this programme Nicola was also responsible for the supervision of new Occupational Therapists coming into post and organising training needs.

Following this Nicola created a programme development manual which is a start to end process on how the programme operates. Nicola continued to develop her skills further when working with clients and their families at review meetings to discuss their rehabilitation goals, working with a goal-setting approach and increasing their independence.

Alongside supporting clients to return back to work she became involved with preparing reports for Access to Work's Department of Work and Pensions. In 2014 Nicola began to work as a self-employed Access to Work Assessor providing Access to Work Need Assessment Reports for the Department of Work and Pensions. This role involves a holistic assessment exploring all relevant factors of the client's needs, and how this impacts on their daily life as well as their work potential. This requires an understanding of the client's condition and their particular presentation. This has allowed her to further extend her knowledge on many health conditions that individuals may suffer from.

Nicola has a particular interest in neurological conditions and vocational rehabilitation with individuals with acquired brain injury and assessing their needs on return to work. She is motivated to support and encourage clients to be engaged in working towards reaching their personal recovery goals.