

CV

Dr Guy Holmes

CLINICAL TRAINING

Psychology Degree (1982-85). Birmingham University. B.Sc Hons. 2 (i).
Clinical Psychology Training (Doctorate Course) (1992-95). Birmingham University.
Clin. Psy. D.
Manchester Course in Group Psychotherapy (1996-97). Group Analysis North
(Institute of Group Analysis).
Introductory Course in Psychotherapy (1998-99). Philadelphia Association.
Developing Consultancy Skills: Using a Systems-Psychodynamics Approach (2004-
05). Cassel Hospital Management and Leadership in Mental Health Services
Programme.
CPD residential training in supervision (1997-2007). Universities of Birmingham,
Coventry and Warwick, Keele and Staffordshire.
Numerous conferences and CPD events attended on areas such as:
advocacy, attachment, evidence-based practice, groupwork, recovery, voice hearing,
etc, by people such as Ron Coleman, Peter Hawkins, Marius Romme, Mike Smith,
Wolf Wolfensberger.

PUBLICATIONS

Research Papers:

- Holmes, G. & Offen, L. (1996). Clinicians' hypotheses regarding clients' problems: are they less likely to hypothesise sexual abuse in male compared to female clients? *Child Abuse and Neglect*, 20, 493-501.
- Holmes, G. (1996). Bringing about change in a psychiatric hospital: the Patients' Council two years on. *Clinical Psychology Forum*, 95, 25-28.
- Holmes, G. & Offen, L. (1996). Clinical Psychologists' perceptions of psychological distress: gender issues and the 'medicalisation' of clients. *Clinical Psychology Forum*, 97, 27-31.
- Holmes, G. & Newnes, C. (1996). Medication – the holy water of psychiatry. *Open Mind*, 82, 14-15.
- Holmes, G., Offen, L., & Waller, G. (1997). See no evil, hear no evil speak no evil: why do relatively few male victims of childhood sexual abuse receive help for abuse-related issues in adulthood? *Clinical Psychology Review*, 17, 69-88.

- Holmes, G., & Perrin, A. (1997). Countertransference. *Psychodynamic Counselling*, 3, 263-277.
- Holmes, G., & Toulson, A. (1998). Learning from Admin Workers. *Care: The Journal of Practice and Development*, 6, 39-44.
- Holmes, G., Dawson, O., Waltho, D., Beaty, J., & Newnes, C. (1998). User views of two psychiatric day hospitals. *Psychiatric Bulletin*, 22, 362-364.
- Goodwin, I., Holmes, G., Newnes, C., & Waltho, D. (1999). A qualitative analysis of the views of in-patient mental health service users. *Journal of Mental Health*, 8, 43-54.
- Stenfert Kroese, B., Dewhurst, D. & Holmes, G. (2001) Diagnosis and Drugs: Help or hindrance when people with learning difficulties have psychological problems? *British Journal of Learning Disabilities*, 29, 26-33.
- Holmes, G. (2001) So Farewell then, CMHTs. *Clinical Psychology*, 6, 7-10.
- Holmes, G. (2002) What is called thinking? *Journal of Critical Psychology, Counselling and Psychotherapy*, 2, 33-39.
- Holmes, G. (2002) Some thoughts on why clinical psychologists should not have formal powers under the new Mental Health Act. *Clinical Psychology*, 12, 40-43.
- Goodwin, I, Holmes, G., Cochrane, R. & Mason, O. (2003) The ability of adult mental health services to meet clients' attachment needs: The development and implementation of the Service Attachment Questionnaire. *Psychology and Psychotherapy: Theory, Research and Practice*, 76, 145-161.
- Holmes, G. (2003) An audit: Do the people I see get better? *Clinical Psychology*, 24, 47-50.
- Holmes, G. & Hudson, M. (2003) Coming off Medication. *OpenMind*, 123, 14-15.
- Holmes, G. & Newnes, C. (2004) Thinking about community psychology and poverty. *Clinical Psychology*, 38,19-22.
- Holmes, G. (2005) Learning Humility. *Clinical Psychology*, 45, 20-21.
- Diamond, B., Holmes, G., Hanna, J., Harper, D. & May, R. (2005) The Clinical Supervisor Role. *Clinical Psychology Forum*, 153, 3-5.
- Stenfert Kroese, B. & Holmes, G. (2005) The use of psychotropic medication for people with learning disabilities. *Learning Disability Review*, 10(4), 19-22.
- Holmes, G. (2006) Helping people to come off neuroleptics and other psychiatric drugs. *Clinical Psychology Forum*, 163, 21-25.

Holmes, G. (2006) Toxic Mental Environments. *Clinical Psychology Forum*, 164, 39-43.

Holmes, G. (2006) Some thoughts on 'Psychology in the Real World: Understanding yourself and others'. *Journal of Critical Psychology, Counselling and Psychotherapy*, 6, 99-107.

Howard, R. & Holmes, G. (2007) Reflections on a specialist groupwork placement. *Clinical Psychology Forum*, 179, 11-14.

Holmes, G. & Gahan, L. (2007) *The Psychology in the Real World – Understanding Yourself and Others* Course: An attempt to have an impact on stigma and social inclusion. *Groupwork*, 16(3), 9-25.

Book chapters:

Newnes, C. & Holmes, G. (1999) The future of mental health services. In, Newnes, C., Holmes, G., & Dunn, C. *This is Madness; A Critical Look at Psychiatry and the Future of Mental Health Services*. PCCS Books: Llangaron.

Holmes, G. Newnes, C. & Dunn, C. Continuing Madness. In, Newnes, C., Holmes, G., & Dunn, C. *This is Madness Too: Critical Perspectives on Mental Health Services*. PCCS Books: Llangaron.

Stenfert Kroese, B. & Holmes, G. (2001) 'I've never said no to anything in my life': helping people with learning difficulties who experience psychological problems. In, Newnes, C., Holmes, G., & Dunn, C. *This is Madness Too: Critical Perspectives on Mental Health Services*. PCCS Books: Llangaron.

Bucknall, O. & Holmes, G. (2001) Relatives and carers. In, Newnes, C., Holmes, G., & Dunn, C. *This is Madness Too: Critical Perspectives on Mental Health Services*. PCCS Books: Llangaron.

Holmes, G. & Hardy, G. (2007) The shame of 'not being a man': experiences of gay, straight and bisexual men. In P. Stastny & P. Lehmann (eds.) *Alternatives Beyond Psychiatry*. Berlin: Peter Lehmann Publishing.

Books:

Newnes, C., Holmes, G., & Dunn, C. (1999). *This is Madness; A Critical Look at Psychiatry and the Future of Mental Health Services*. PCCS Books: Llangaron.

Newnes, C., Holmes, G., & Dunn, C. (2001). *This is Madness Too: Critical Perspectives on Mental Health Services*. PCCS Books: Llangaron.

Other research reports not published in peer reviewed journals can be found on www.shropsych.org

Commissioning Editor of Critical Psychology Division of PCCS Books (see www.pccs-books.co.uk)

CLINICAL WORK

Specialist Individual work:

Psychotherapy with people who hear voices and/or have unusual (sometimes called 'delusional') beliefs
Alternatives to psychiatry for people diagnosed as psychotic
People who binge eat, vomit and starve themselves
Working with male and female victims of sexual abuse
Reactions to extreme trauma
Working with suicidal people
Helping people who self-harm
Therapy with people who have had early experiences of neglect and abuse
The introjection of the capacity to think
Existential psychotherapy and meaning making
Helping people withdraw from psychotropic medication
Healing iatrogenic damage

Specialist Group work:

Group psychotherapy with men who have a long history of involvement with psychiatric services
Group psychotherapy with people with severe problems
Balint Group for G.P.s
Facilitation of groups in community settings
Thinking About Medication Group
Coming off Medication ('*Out of the Box*') Group
Psychology in the Real World: Understanding Ourselves and Others Courses/Groups
The Black Dog: Understanding Depression Courses/Groups
Psychology in the Real World: Toxic Mental Environments Courses/Groups
Psychology in the Real World: Walk and Talk Group

TRAINING

Some Conference Presentations:

Holmes G. (1996) *Clinical psychology and what service users want*. DCP Affiliates National Conference, Manchester.

Holmes, G., and Crepaz-Keay, D. (1999) *Getting your ideas published*. National MIND Conference, Blackpool.

Holmes, G. (2001) *Why clinical psychologists should not take the role of clinical supervisors under a new mental health act*. BPS Professional Affairs Board Conference on the Mental Health Act, BPS Headquarters, London.

Stenfert Kroese, B. & Holmes, G. (2001) *Problems with psychiatric diagnosis and drugs in the area of learning disabilities*. Therapeutics in Learning Disabilities National Conference, Leicester.

Holmes, G. & Newnes, C. (2002) *Service user friendly research*. West Midlands Assistant Psychologists' Conference, Birmingham.

Holmes, G. (2002) *Why clinical psychologists should not have formal powers under the new mental health act*. DCP North Thames Conference, BPS Headquarters, London.

Holmes, G. & Hudson, M. (2002) *Coming off medication*. National MIND Conference, Cardiff.

Holmes, G. & Newnes, C. (2004) *Thinking about Community Psychology*. National Community Psychology Conference, Birmingham.

Holmes, G. & Newnes, C. (2004) *Should Clinical Psychologists Have Prescription Rights?* East Midlands Regional Clinical Psychology Conference, Leicester.

Holmes, G. (2005) *Helping People Come Off Neuroleptics*. National MIND Conference: Coping With Coming Off, London.

Holmes, G. (2005) *Madness, Medication, the Mental Health Act and Me*. DCP Affiliates National Conference, University of Glamorgan.

Holmes G. (2007) *Changes in People*. West Midlands Clinical Psychology Training Course 40th Anniversary Conference. University of Birmingham.

Other:

Course Tutor: Introduction to Counselling and Psychotherapy Course (1996-97).

Course Director: Thinking About Psychiatry Course (1997-98).

Course Director: Feeling Stressed and Under Pressure (1998).

Course Director: Medication (2003).

Psychology in the Real World: Understanding Yourself and Others. (2002-)

A series of 12 week courses for service users, staff and interested members of the public, at CHEC (Community, Education and Health Centre, Telford), The Gateway (Education and Arts Centre, Shrewsbury) and The Lantern (Shropshire Library Services, Shrewsbury).

The Black Dog: Understanding Depression. (2004-). 7 week courses for service users, staff and interested others at The Gateway focussing on people's experiences and ways of making sense of depression.

Psychology in the Real World: Toxic Mental Environments Course (2006) at The Gateway, Shrewsbury.

Honorary Lecturer at Birmingham University (1996-), Coventry and Warwick University (2000-) and Staffordshire University (2004-). Visiting Lecturer at other universities. Lecturing on Clinical Psychology Doctorate Training Programs and Social Work Training (BA and MA) Programs, on medication, diagnosis, critical psychology, harmful clinical psychology, group interventions in community settings, groupwork, attachment theory, psychodynamic theories and practice.

Numerous half-day and one-day training, in various formats (lectures, seminars, experiential training) at universities, conferences and training events in Shropshire and other parts of the U.K. and Ireland. Participants have included: community mental health workers (e.g. social workers, nurses, people in the voluntary sector), psychiatrists, G.P.s, psychologists, inpatient staff, admin workers, service users, patients' council volunteers. Topics include:

Audit and people who 'get better'
Anti-Psychiatry and Alternatives to Psychiatry
Coming off Medication
'Delusions'
Dilemmas in Mental Health Work
Ending Issues
Group Work
Harmful Clinical Psychology
Interpersonal Cognitive Therapy and the Inner Critic
Listening Skills
Mental Health, Psychology and Psychiatry
Men who Commit Suicide and Violence
Medication
Normalisation
Professional Boundaries
Psychodynamic Psychotherapy and Malan's Triangles
Post-traumatic Stress Reactions
Power and Empowerment
Problem Formulation
Recovery and Power
Research into Therapy
Research
Responding to Distressed and Demanding People
Responding to the Needs of Young Men
Risk Assessment and Management
How G.P.s might say no to patients' unreasonable requests
Service user friendly research
Sexual Abuse
Should Clinical Psychologists have prescription rights?
Stigma
Service Users' Views of Service
The Unbearable Lightness of Language
Using Common Sense and Personal Experience to Help People
What is Called Thinking in Therapy and Supervision?
Why Don't We See People Forever?

CONSULTANCY

Evaluation of Two Psychiatric Day Hospitals (1996-97)
Evaluation of The Patients' Council at Shelton (1996-97)
Burnout in Staff in Two Psychiatric Day Hospitals (1997-98)
Designing and Implementing a Risk Assessment and Management Protocol for the Mental Health Trust and Local Social Services (1998-01).
Setting up a PATH (Planned Alternatives To Hospital) project in Wrekin (2000)
Setting up a drop-in group for people with obsessions and compulsions (2001)
Editing No Panic's Self-Help Manuals (2001-2)
CMHT Psychology Rep on Directorate of Psychological Therapies (2001)
Psychology Representative on Steering Group for Castle Lodge Crisis Unit (2002-3)
Shropshire's Mental Health Promotion Team (1995-)
Mental Health Consultant to CHEC Community Centre, Telford (2002-4).
Consultant to Director of Student Counselling and Support Services at Birmingham University (2004-5)
Consultant to managers in Department of Psychological Therapies re range of difficulties relating to referrals for individual therapy (2005)
Role consultation with NHS and Social Services managers (2000-)
Consultant to lead Psychologist working with people labelled as Aspergers Syndrome (2004-)
Regular consultation to various people and groups, including:
British Psychological Society regarding proposals for the Mental Health Act; MIND; The Patients' Council (Shelton); manager of Nurse-led 24-Bedded Unit (Castle Lodge); researchers (world-wide); managers regarding mental health strategies in Shropshire and Wrekin; mental health clinicians from all professions, and G.P.s, in Shropshire and nation-wide.

Re Research:

Researched needs of members of department of psychological therapies regarding research. Set up and facilitated the Research Support Group (2001-3). Currently provide consultation to staff in local NHS Trusts, local service users and researchers nation-wide regarding research that they are conducting (including research being conducted as part of CPD, for example for Masters qualifications).

Lead clinician in Dept of Psychological Therapies regarding research consultation, coordinating a group of research consultants available to people requesting research advice and support in the NHS Trusts (including current and ex-service users).

Research assistance and supervision for people doing clinical psychology and counselling psychology doctorate qualifications (2000-).

Specialist advice and assistance to evaluate services e.g. No Panic, CBT drop-in service, PATH project, CMHTs, Centres for Psychological Therapies.

SUPERVISION

Provided for:

On an individual basis:

Qualified Clinical Psychologists
Counselling Psychologists
Trainee Clinical Psychologists (Core and Specialist placements e.g. in Groupwork)
Assistant Psychologists
Service Managers
Senior Social Workers
Psychiatric Social Workers
Community Mental Health Nurses
Community Mental Health Team Managers
G.P. Counsellors
Staff Counsellors
Voluntary Sector Workers
Associate Specialist Psychiatrists
SHOs to Consultant Psychiatrists
Worker in Women's Refuge

On a group basis:

Balint Group
Facilitation of a peer supervision group for social workers, nurses, psychiatrists, OTs
Counsellors group
Supervision for group therapists
Facilitation of supervision group to explore systemic and team issues
Facilitation of a research special interest group

ADDRESS

Dr Guy Holmes
Department of Psychological Therapies
Chaddeslode House
130 Abbey Foregate
Shrewsbury
Shropshire
England
SY2 6AX

Email guy.holmes@nhs.net