

Spotlight on.... CLAHRC/HEE NCEL Fellow Lisa Wood



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Funded by Health Education England (HEE), working across North Central and East London (NCEL), our Academy delivers a research fellowship scheme for nurses, midwives and allied health professionals. It aims to raise levels of research activity amongst these groups and develop future research leaders.

Lisa Wood is a Principal Clinical Psychologist working in acute psychiatric inpatient services within the North East London Foundation Trust (NELFT). She is also a Lecturer in Clinical Psychology at the University of Essex. Her research interests are developing psychological therapies for people who experience psychosis and are also in acute crisis.

Lisa has been working clinically with people experiencing long-term mental health difficulties (in particular psychosis) for over 10 years, applying for the CLAHRC HEE NCEL Fellowship as she completed her PhD:

“I wanted to further my research profile - I was working in clinical practice but struggling to find a way to incorporate research into my day to day role. This Fellowship offered time to pursue my research interests and also develop a research project which could improve my clinical practice”

Lisa’s research passion - improving psychological therapies for acute psychiatric inpatients who are experiencing psychosis - arises directly from her NHS practice:

“Patients often report not having enough access to

activities and psychological therapies on the ward despite wanting them. I wanted to develop a psychological therapy which was adapted to meet the needs of acute psychiatric inpatients. The CLAHRC gave me the opportunity to work with experts in the field in order to develop a research proposal.”

A year with the CLAHRC allowed Lisa to develop new skills and improve existing ones:

I have been able to develop my research skills - in complex health intervention development and clinical trials methodology. This will ensure I can undertake such research in the future.”

Back at her home Trust NELFT Lisa is flying the flag for research:

“I have been able to use my knowledge to start a supervision group in my team

where we discuss relevant research and how it may relate to our practice. I have also been able to support other team members who are interested in being more involved in research.”

An added benefit during Lisa’s time with us was the chance to work with the CLAHRC’s patient and public involvement structures;

“I found having access to the CLAHRC’s lay Research Advisory Panel particularly helpful. It was great to be able to take my research ideas to an independent patient and public panel to get feedback. This definitely informed and shaped my research project.”

Being part of the CLAHRC community was a benefit;

“I also found the regular meet ups with other Fellows very helpful in order to learn from their experiences and gain peer support.”

For more information about the fellowship [visit our website](#)