Undertaking a Clinical Lectureship

Dr Catherine Carr
PhD, PGDip Music Therapy, BA(Hons)

NIHR Clinical Lecturer
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Background

• Music therapist – adult mental health
• Phd Fellowship – CDRF
• Lecturer and Supervisor, Guildhall School of Music and Drama

Modelling of intensive group music therapy for acute adult psychiatric inpatients

• Post- PhD – what next?
• Returning to clinical practice?
Developing the proposal

• How to build on the PhD findings?
• Output that can impact upon NHS within 5 years?
• How to develop further research skills?
• Aspirations within a clinical academic career?

• MRC Framework for development of complex interventions

• Clinical component?

*Developing and refining intensive group music therapy for acute adult psychiatric inpatients*
Preparation

• PPI – SUGAR, participants from study
• Presentation and feedback from academic and clinical colleagues
• Advice from Pragmatic Clinical Trials Unit
• Notifying research office of imminent application – preparation of costings
• Identification of and discussion with potential mentors- research, clinical, leadership
Training plan

• Reviewer feedback
  – Needs to be more **ambitious**
  – Strengthen the **clinical component** of training

• Courses in research methods
• Music therapist CPD opportunities
• Being creative: visits, observation, consultation
Experiences so far....

- Return to clinical practice enriching, grounding
- Skill development- clinical and research
- Building academic and clinical research groups and culture
- Greater involvement and collaboration with clinicians in research processes
- Access to training and widening networks
- Able to enjoy the research experience
The challenges....

• Managing governance process
• Time required for research procedures
• Balancing new opportunities with delivering research
Thank you...

- Professor Stefan Priebe
- Professor Helen Odell-Miller
- Anna Maratos
- Stephen Sandford

Colleagues at:
- Unit for Social and Community Psychiatry
- East London NHS Foundation Trust
- National Institute for Health Research