

Dr Ruth Butterworth

Academic Tutor in Clinical Psychology

[School of Psychology \(/schools/psychology/index.aspx\)](/schools/psychology/index.aspx)

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About

Ruth is a Clinical Psychologist specialising in work with Children, Young People and Families, particularly in the perinatal and early years period. As an Academic Tutor on the ClinPsyD Programme she oversees the Therapeutic Issues module and has a particular interest in helping trainee clinical psychologists develop as reflective practitioners.

Qualifications

- BSc (Hons) Psychology, University of Manchester (2000)
- Doctorate in Clinical Psychology (DClinPsy), University of Manchester (2004)

Biography

Ruth qualified as a Clinical Psychologist in 2004 and has worked clinically with children and families ever since, firstly within a Tier 3 CAMHS and Looked After Children's setting and then within a Perinatal and Early Years CAMHS team. Her specialist interest is in applications of attachment theory in a clinical setting – primarily in relation to therapeutic intervention with parents and their young children, but also extending into how we can use an attachment framework to explore issues in the wider service context.

Teaching

Ruth is responsible for coordinating the Therapeutic Issues module, delivering sessions on Communication Skills and Enquiry Based Learning (application of skills to clinical scenarios) in years 1&2. She also contributes to the teaching on Attachment Theory within the Child and Family module.

Postgraduate supervision

Ruth currently supervises students on the ClinPsyD Programme and the Clinical Psychology MRes programme in relation to projects in:

- Perinatal and Infant Mental Health
- Early years CAMHS (including the Solihull Approach)
- Attachment theory in a wider professional context, for example: attachment in clinical supervision; and the role of attachment in teachers' experience of stress and burnout

Research

Clinical Psychology

Other activities

- Clinical Psychologist registered with the HCPC and the British Psychological Society (BPS)
- Member of the BPS/DCP Faculty of Perinatal Psychology
- Member of the Association for Infant Mental Health (AIMH-UK)
- Commissioned to complete an evaluation of a Cabinet Office-funded Peer Mentoring project with Midlands Psychology (a local 3rd Sector Provider)

Publications

Publications

- Fatimilehin, I., **Butterworth, R.**, O'Shaughnessy, R. & Göpfert, M. (In press). Assessment of parents and families for the court. In Parental Psychiatric Disorder: Distressed Parents and their Families (3rd Edition). Cambridge, UK: Cambridge University Press
- O'Shaughnessy, R., **Butterworth, R.** & Göpfert, M. (In press). Assessment and Formulation of Parenting. In Parental Psychiatric Disorder: Distressed Parents and their Families (3rd Edition). Cambridge, UK: Cambridge University Press

- Barkby, H., **Butterworth, R.** Davies, J., Marsland, L. & O'Shaughnessy, R. (2009). Bonding with Baby: A pilot parent-infant intervention programme in Liverpool. Clinical Psychology Forum, 224, pp 17-21.

Conference and Poster Presentations

- Barkby, H., **Butterworth, R.** Davies, J., Marsland, L. & O'Shaughnessy, R. (2009). Bonding with Baby: A pilot parent-infant intervention programme in Liverpool. Poster presented at the Association for Child and Adolescent Mental Health (ACAMH) Conference, London.
- **Butterworth, R.** (2008). Attachment theory: Understanding the needs of children in public care. Presentation to the Czech Parliament, Prague, February 2008.

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