

## **Dr Nuria Segarra**

BSc(Hons), DClinPsych and PhD

Chartered Clinical and Registered Practitioner Psychologist

## **Curriculum Vitae**

### **Summary**

I am Dr Nuria Segarra, a clinical psychologist with a PhD in neuroscience, as well as an Expert Witness specializing in psychological assessment and the application of Cognitive-Behavioral Therapy (CBT). With a broad range of clients, including children, families, and adults, I bring a unique blend of neuroscience insights to my therapeutic practices.

In my practice, I place a strong emphasis on addressing the psychological impacts of trauma and victimization. By combining my research insights with practical therapy techniques, I aim to provide comprehensive support to my clients, guiding them towards resilience and positive transformation in their lives.

Psychological assessment concludes with an opinion on:

- Emotional, cognitive and behavioural development
- Risk of harm to others and to self
- Analysis of any offending behaviour
- Relationships
- Attachment
- Strengths/resilience, coping methods
- Personality
- Mental health presentations
- A parent's capacity to understand and meet the needs of their children
- A parent's capacity to understand the concerns of others, reduce conflict with co-parents, achieve change and work with professionals
- Recommendations for evidence based interventions

## Experience and Qualifications

### **February 2023 – Present. Clinical Psychologist, Cambridge locality team. CPFT Cambridge and Peterborough NHS trust**

I specialize in the field of psychosis, where I conduct comprehensive psychological assessments and implement evidence-based interventions, adhering to NICE (National Institute for Health and Care Excellence) guidelines. My primary areas of expertise include Cognitive-Behavioral Therapy (CBT) for psychosis and Family Intervention.

### **October 2021 – January 2023. Clinical Psychologist Cameo, early intervention in Psychosis. CPFT Cambridge and Peterborough NHS trust**

I worked in an Early Intervention Service for psychosis, where my role was to assess and treat people in their first psychotic episode. In this capacity, I conducted assessments that encompassed not only mental health features but also cognition and the potential presence of autistic disorders, ensuring a thorough understanding of each individual's needs.

### **January 2020 – September 2021. Clinical Psychologist at NHS –**

In this role I have helped children and families navigate attachment difficulties, which are essential for healthy emotional development. In this context, I have provided short-term interventions to support children facing mental health challenges and attachment-related concerns. Within this multifaceted role, my work with families is of paramount importance. I recognize that family dynamics can significantly impact an individual's well-being, and I strive to involve and support families in the therapeutic process. Furthermore, I serve as a consultant to other professionals, including pediatricians and various healthcare providers, sharing my expertise and insights to ensure a holistic and collaborative approach to care.

### **December 2020 – September 2021. Research and Design Specialist - CPFT Cambridge and Peterborough NHS trust**

As a Research and Design Specialist, my primary focus was on detecting, evaluating, and analyzing the support that youth received within the realm of mental health services. I dedicated my expertise to critically assessing the existing services and interventions available to young individuals, aiming to identify areas for improvement. My role involved comprehensive research endeavors that encompassed not only the assessment of current approaches but also the strategic planning of effective solutions. With a commitment to enhancing the mental health support available to youth, I leveraged research, data analysis, and innovative design methodologies to pave the way for more efficient and impactful service delivery.

### **2013 – 2019, Clinical Psychologist, Hospital la Fe, Valencia. Spain**

Work strongly focused on mental health adolescent / childhood population

### **2011 - 2013 Postdoctoral Researcher. Psychiatry Department, Cambridge University**

Research focused on studying the loss of pleasure (anhedonia) in patients with depression or schizophrenia by fMRI

# Dr Richard Bailie Ltd

Clinical Psychologists offering assessment, training and therapy

## **2010. Clinical Psychologist Hospital de Mataró, Barcelona. Spain.**

Public child mental health resource based in the community

### **November 2004 - 2009, Clinical Psychologist & Researcher, Hospital Clinic Barcelona**

IDIBAPS institute, Schizophrenia Research Unit, Barcelona, Spain

#### **Doctors Degree in Neuroscience**

2004-2009

University of Barcelona, School of Medicine, Hospital Clínic of Barcelona, Spain.

Qualification: Excellent Cum Laude / European Mention

Thesis entitled: "*Neuroanatomical and neurochemical basis of frontal cognitive dysfunction in schizophrenia*". My research was mainly focused in cognitive, neurostructural and neurofunctional abnormalities (cognitive assessment and neuroimaging data-MRI and spectroscopy-) in young patients with schizophrenia.

#### **Clinical Psychologist Training**

1999-2002

Spanish Ministry of Health, Consumption and Social Welfare (Ministerio de Sanidad, Consumo y Bienestar Social), Spain. Very competitive Spanish National exam passed to train as a clinical psychologist at the Hospital "Germanes Hospitalaries Sagrat Cor", Martorell, Barcelona, Spain.

#### **Batchelors Degree in Psychology**

1992-1997

University of Valencia, Spain

## **Further Training and Short Courses**

- Supervisor training, University East Anglia, Clinical Psychology Doctorate. 2<sup>nd</sup> of November 2020.
- Knowledge and experience of all clinical global psychology, psychiatry, and cognitive assessment tools (PANSS, BPRS, Beck Depression inventory SCIP, WAIS, WISC IV, WCST, etc.), as well as specific ones such as Autism Diagnostic Observation Schedule 2<sup>nd</sup> Edition (ADOS-2), MATRICS Consensus Cognitive Battery (MCCB) and Brief Assessment of Cognition in Schizophrenia (BACS), among others.
- Clinical psychologist, researcher and university lecturer with supervisory and managerial experience.
- Ability to establish rapport with patients, to communicate complex, technical and clinically sensitive information, both at a high academic level and in a way that is accessible to patients and their caregivers.
- Excellent knowledge of multidisciplinary research design, methodology, statistical analysis and dissemination of results at the interface of psychology, psychiatry and neuroscience.
- Knowledge in medical image processing by: MRICro, Analyze, SPM (*Statistical Parametric Mapping*) and FSL.
- Fluent written and spoken English. Spanish: native. Catalan: level C.

## Professional Registration

*Registered Clinical Psychologist with the Health and Care Professions Council (HCPC), check online, <https://www.hcpc-uk.org/check/>*

*Associate Fellow of the British Psychological Society (AFBPsS), check my membership online, <https://www.bps.org.uk/public/find-psychologist>*

## Publications

- Parkin K, Chen S, Biria M, Plaistow J, Beckwith H, Jarratt-Barnham I, **Segarra N**, Worbe Y, Fineberg NA, Cardinal RN, Robbins TW, Fernandez-Egea E. Clozapine-related obsessive-compulsive symptoms and their impact on wellbeing: a naturalistic longitudinal study. *Psychol Med.* 2023 May;53(7):2936-2945. doi: 10.1017/S003329172100492X. Epub 2022 Jan 13. PMID: 35469587; PMCID: PMC10235641.
- **Segarra N**, Metastasio A, Ziauddeen H, Spencer J, Reinders NR, Dudas RB, Arrondo G, Robbins TW, Clark L, Fletcher PC, Murray GK. Abnormal Frontostriatal Activity During Unexpected Reward Receipt in Depression and Schizophrenia: Relationship to Anhedonia. *Neuropsychopharmacology.* 2016;41(8):2001-2010.
- Arrondo G, **Segarra N**, Metastasio A, Ziauddeen H, Spencer J, Reinders NR, Dudas RB, Robbins TW, Fletcher PC, Murray GK. Reduction in ventral striatal activity when anticipating a reward in depression and schizophrenia: a replicated cross-diagnostic finding. *Front Psychol.* 2015;26:1280.
- Chuang JY, Murray GK, Metastasio A, **Segarra N**, Tait R, Spencer J, Ziauddeen H, Dudas RB, Fletcher PC, Suckling J. Brain structural signatures of negative symptoms in depression and schizophrenia. *Front Psychiatry.* 2014;27:5:116.
- Cuesta MJ, Pino O, Guilera G, Rojo JE, Gómez-Benito J, Purdon SE, Franco M, Martínez- Arán A, **Segarra N**, Tabarés-Seisdedos R, Vieta E, Bernardo M, Crespo-Facorro B, Mesa F, Rejas J. Brief cognitive assessment instruments in schizophrenia and bipolar patients, and healthy control subjects: A comparison study between the Brief Cognitive Assessment Tool for Schizophrenia (B-CATS) and the Screen for Cognitive Impairment in Psychiatry (SCIP). *Schizophr Res.* 2011;130(1-3):137-142.
- **Segarra N**, Bernardo M, Gutierrez F, Justicia A, Fernandez-Egea E, Allas M, Safont G, Contreras F, Gascon J, Soler-Insa PA, Menchon JM, Junque C, Keefe RS. Spanish validation of the Brief Assessment in Cognition in Schizophrenia (BACS) in patients with schizophrenia and healthy controls. *Eur Psychiatry.* 2011;26(2):69-73.
- Rojo E, Pino O, Guilera G, Gómez-Benito J, Purdon SE, Crespo-Facorro B, Cuesta MJ, Franco M, Martínez-Arán A, **Segarra N**, Tabarés-Seisdedos R, Vieta E, Bernardo M, Mesa F, Rejas J; Neurocognitive diagnosis and cut-off scores of the Screen for Cognitive Impairment in Psychiatry (SCIP-). *Schizophr Res.* 2009.
- Guilera G, Pino O, Gómez-Benito J, Rojo JE, Vieta E, Tabarés-Seisdedos R, **Segarra N**, Martínez-Arán A, Franco M, Cuesta MJ, Crespo-Facorro B, Bernardo M, Purdon SE, Díez T, Rejas J. Clinical usefulness of the screen for cognitive impairment in psychiatry (SCIP-S) scale in patients with type I bipolar disorder. *Health Qual Life Outcomes.* 2009 Apr 1;7:28.

- Valdés M, Bernardo M, **Segarra N**, Parramón G, Teresa Plana M, Rami L, Salamero M, Bargalló N. Somatosensory amplification in schizophrenia is associated with preserved neuropsychological function. *Rev Psiquiatr Salud Ment.* 2008;1(1):3-9.
- **Segarra N**, Bernardo M, Valdes M, Caldu X, Falcón C, Rami L, Bargallo N, Parramon G, Junque C. Cerebellar deficits in Schizophrenia are associated with executive dysfunction. *Neuroreport.* Vol 19 No 15 2008.
- Pino O, Guilera G, Rojo JE, Gómez-Benito J, Bernardo M, Crespo-Facorro B, Cuesta MJ, Franco M, Martinez-Aran A, **Segarra N**, Tabarés-Seisdedos R, Vieta E, Purdon SE, Díez T, Rejas J; Spanish Working Group in Cognitive Function. Spanish version of the Screen for Cognitive Impairment in Psychiatry (SCIP-S): psychometric properties of a brief scale for cognitive evaluation in schizophrenia. *Schizophr Res.* 2008;99(1-3):139-48.
- Rametti G, **Segarra N**, Junque C, Bargallo N, Caldú X, Ibarretxe N, Bernardo M. Left posterior hippocampal density reduction using VBM and stereological MRI procedures in schizophrenia. *Schizophr Res.* 2007 29.
- Bernardo M, Ahuir M, **Segarra N**, Caldú X, Junqué C. Neuropsicología y neuroimagen en esquizogenia deficitaria (*Neuropsychology and neuroimage in deficit subtype of schizophrenia*). Mapfre medicina, 2007, vol 18, supl II.
- **Segarra N** y Bernardo M. Esquizofrenia, una enfermedad del neurodesarrollo (*Schizophrenia, a neurodevelopment disease*). Psiquiatría y Atención Primaria, 2006.
- Bernardo M, **Segarra N**, Aspiazu S, Pino O. Neurocognitive Test to assessment. In: Rojo Rodes E, Tabares Seisdedos R. Practical manual of cognition in Schizophrenia and Bipolar Disorders. Barcelona: Grupo Ars XXI Comunicación, 2007; 61-75 (ISBN 978-84- 9751-248-0).
- Torrent C, **Segarra N**, Martinez-Aran A. Neuropsychology of Schizoaffective disorder. In: Schizoaffective disorder. Barcelona: Espaxs, 2007 (ISBN 978-84- 7179-325-6).