



## *Professional Profiles*

# Psychological Professions Network

North East and Yorkshire

# Professional Profile



Dr Kate Swainston  
Senior Lecturer  
Lead Health Psychologist  
Newcastle University

## What qualifications / training did you complete to do this role?

I have a BSc(Hons) in Applied Psychology, MSc Health Psychology, Stage 2 Qualification in Health Psychology, and a PhD which explored women's experiences of breast cancer from diagnosis to one year follow-up. I also hold a Postgraduate Certificate in Learning & Teaching in Higher Education and have undertaken post qualification training in third wave CBT and resource based therapies.

I trained within the NHS in cancer and cardiothoracic services and throughout my career have undertaken academic roles leading health psychology training programmes, conducting psychological research, and developing health psychology clinical services.



Dr Kate Swainston  
Senior Lecturer  
Lead Health Psychologist  
Newcastle University

# Professional Profile

## Where are you working now?

In June 2022, I joined the School of Psychology within the Faculty of Medical Sciences at Newcastle University. I teach psychology and medical students at Masters and Doctoral levels, am the postgraduate research lead for psychology, and am Chair of the Board of Examiners for IAPT and CBT programmes. I supervise BPS independent route health psychology trainees throughout the North East & Yorkshire.

I conduct research within applied health psychology across a range of areas including pain and pain management, multimorbidity, surgical research, behaviour change, and public health but specialise in cancer research.

In clinical practice I see medically complex cases and support patients receiving palliative and end of life care.



Dr Kate Swainston  
Senior Lecturer  
Lead Health Psychologist  
Newcastle University

# Professional Profile

## What is your favourite part of your role?

I don't think I can choose one part as I think my favourite thing about being a Health Psychologist is the variety in my role. Every day is different, and I can move between teaching and training, research, consultancy, and clinical practice. I have the opportunity to collaborate with teams from many disciplines and work with people who share my passion for improving patient care.

I'm particularly keen to champion training in health psychology as our specialist knowledge is crucial when working with medically complex patients and supporting behaviour change. We need many more Health Psychologists to meet demands and provide essential psychological support.