



**BECKY RAD SMA**  
**MSc Advanced Practice (Community Health Studies),**  
**BSc Psychology, BN Nursing (Mental Health)**  
**Case Manager**

Becky is an experienced Mental Health Nurse and psychology graduate who has worked with a diverse client group since 2008. She has considerable experience across a variety of healthcare settings (inpatient and community) including older people, forensic, neuropsychiatry and rehabilitation services.

Alongside her independent case management, Becky works as a clinician in a Specialist Personality Disorder Service. She provides clinical assessment, formulation and intervention to high risk individuals with complex emotional difficulties. This is a consultative role, involving collaboration and partnership working across sectors and services.

Becky is a calm, patient professional who is a skilled Dialectical Behaviour Therapist, able to build lasting therapeutic relationships with complex individuals. She adopts a positive and flexible approach to risk assessment and relapse planning which is evident in her independent practice.

She has worked extensively with young people and is currently developing a specialist nurse role to bridge the gap between child and adult services for young people presenting with an emerging personality disorder in addition to significant risk and complexity.

Becky is both enthusiastic and compassionate and used to working in an interdisciplinary way, with experience of coordinating and leading multi-disciplinary teams.

Becky has excellent verbal communication skills and is a meticulous record keeper and report writer. She is a highly organised individual, essential when managing a portfolio of clients with shifting priorities and often challenging behaviour.

Living in Cardiff, Becky is a Welsh speaker and well placed to work with clients in mid and south Wales.

**Key skills**

- Experience of working with individuals with complex mental health needs including dual diagnoses; ABI, PTSD, ASD
- Ability to build and maintain positive relationships with challenging clients
- Excellent communication skills; verbal and written



- Positive and flexible approach to risk taking
- Significant experience of assessment and treatment formulation
- Goal setting and monitoring
- Working as part of an MDT
- Knowledge of local services across the statutory, private and voluntary sector.

### **Professional Qualifications and Memberships**

- Dialectical Behaviour Therapy (Intensive level with additional training for use with teens and substance use disorders)
- BN Nursing (Mental Health)
- BSc Psychology
- MSc Advanced Practice (Community Health Studies)
- Member of BABICM
- Member of the RCN