

## CURRICULUM VITAE

### Proposed role in the project: Technical Advisor

#### Category: 2

1. **Family name:** Gilbert
2. **First names:** Jane
3. **Nationality:** British

#### 4. Education:

Institution [ Date from - Date to ]	Degree(s) or Diploma(s) obtained:
University of Cape Town 1978-1981	B.A (Hons), M.A.
University of Leicester, UK 1982-85	M.Sc (Clin Psych)

5. **Language skills:** Indicate competence on a scale of 1 to 5 (1 - excellent; 5 - basic)

Language	Reading	Speaking	Writing
English	1	1	1

#### 6. Membership of professional bodies:

British Psychological Society (BPS) – Chartered Psychologist, Associate Fellow

#### 7. Other skills: (e.g. Computer literacy, etc.)

Microsoft Word

#### 8. Present position: Freelance Consultant Clinical Psychologist

#### 9. Years within the firm: 19 years

#### 10. Key skills: Background in mental health and psychosocial, but expertise not limited to these areas

- Assessment and evaluation of projects, complex problems, environments and organisations
- Facilitation of change within complex systems and organisations
- Generation of practical solutions/action plans through creative, lateral thinking
- Exceptional interpersonal, negotiation and facilitation skills, including team building and personal development
- Capacity to work in all cultural contexts with appropriate sensitivity, supporting others to generate solutions through active problem solving
- Flair and energy for inspiring leadership, while always developing the potential of others
- Creation of a climate in which potentially difficult issues can be addressed sensitively and openly
- Creative design of workshops and teaching methods specific to the needs of participants and particular cultural contexts, and including the creative syntheses of other cultures and languages
- Analysis and presentation of complex information and ideas succinctly and clearly, both verbally and in writing (including for publication)

## Professional Experience

Date from - Date to	Location	Company	Position	Description
Feb/Ap 2010	Liberia	Medical Emergency Relief International (MERLIN)	Mental Health Consultant	<ul style="list-style-type: none"> <li>• Map current mental health services and initiatives in four counties in Liberia, including MOH, INGOs, UN, traditional healers</li> <li>• Assess current mental health needs and service delivery capacity</li> <li>• Explore possible partnerships for MH provision</li> <li>• Develop strategy and recommend key areas for intervention.</li> <li>• Provide recommendations to integrate mental health into Merlin's activities</li> <li>• Explore alternative funding options</li> </ul>
Nov 2009	Jordan	Rehabilitation and Research Centre for Torture Victims (RCT), Denmark.	Consultant – 2 person Mid Term Evaluation Team	<ul style="list-style-type: none"> <li>• Mid-term evaluation of new project with local NGO</li> <li>• Impact of capacity building and impact of external training</li> <li>• Provision of recommendations</li> </ul>
Jan 2008 - Oct 2009	Jordan	Care International	Consultant (5 assignments)	<ul style="list-style-type: none"> <li>• Review of all assessment systems and procedures: Design of new systems and training programme for the staff designed and delivered</li> </ul>
				<ul style="list-style-type: none"> <li>• Review and Recommendations for re-structuring of Counselling and Psychosocial Services for Iraqi refugees. Included analysis of strengths and weaknesses of CARE's provision of services, and provision of recommendations for both internal changes and areas to be explored for future projects and funding opportunities.</li> </ul>

				<ul style="list-style-type: none"> <li>• Team Leader - Evaluation of 14 month ECHO funded project: Psychosocial Support &amp; Material Assistance to Vulnerable Iraqi Families Coping with Displacement in Jordan. This evaluation utilised participatory methodology new to CARE. I managed a team of three Iraqi refugees and three members of CARE's Quality Team (Jordanian). My role involved team building, informal seminars on interviewing, focus group facilitation and questionnaire design (none of the team had engaged in this type of work before), overseeing all aspects of data collection and analysis (including supporting team members when necessary in English/Arabic translation) and empowering and developing the capacity of all team members during the process. This capacity building process was such that the team were able to deliver all findings in a presentation to CARE staff and representatives from ECHO without my input. I was also responsible for the collation of all findings and the structure and writing up of the final report.</li> </ul>
				<ul style="list-style-type: none"> <li>• Consultant trainer - support the implementation of a new Case Management approach within Psychosocial Services; this included the design and delivery of all initial training, follow up support (second visit) and the design and delivery of an "Introduction to Case Management" workshop for CARE partners and representatives from 12 INGOs</li> </ul>
				<ul style="list-style-type: none"> <li>• Consultant trainer – design and provision of participatory and culturally appropriate workshops and coaching for CARE's Jordanian Counselling staff on Time Management; Professional and Ethical practice; Dealing with conflict.</li> </ul>

Marc h 2009	UK	UK Fire Service Rehabilitation Centre	Consultant	<p>Assessment and Recommendations on Psychological Services as a Beneficiary Service. This entailed a review and evaluation of the following:</p> <ul style="list-style-type: none"> <li>• the impact and functioning of the psychological workshops</li> <li>• pilot programme for those whose primary reason for attendance has been psychological and a review of the 28 clients who participated</li> <li>• the skill base of the two practitioners</li> <li>• programme provided to Prison Officer Association Clients</li> </ul> <p>Provision of recommendations on the following:</p> <ul style="list-style-type: none"> <li>• the type of service that could be provided to assist beneficiaries who attend the centre for physical rehabilitation</li> <li>• the type of service that could be provided for those who attend for primarily psychological difficulties</li> <li>• provision of appropriate service for POA clients</li> <li>• assessment of risk, particularly in relation to supervision for CBT and EMDR approaches</li> </ul>
Nov 2008	Khartoum	RedR (UK)	Trainer	<p>Managing Staff Wellbeing and Critical Incident Stress: From Policies to Practice</p> <ul style="list-style-type: none"> <li>• Participatory workshop designed and delivered for senior managers of INGOs based in Sudan to address issues of stress, burn out and how to manage staff and support both national and local staff in difficult, stressful and dangerous circumstances</li> </ul>
Sept/Oct 2007	Jordan	Community Mental Health and Wellbeing Programme, Disaster and Development Dept, Northumbria University (in partnership with UNHCR):	Consultant/Trainer	<ul style="list-style-type: none"> <li>• Fieldwork/capacity building/organisational assessment UNHCR Office, Jordan</li> <li>• Jordan - Design and delivery of workshop on Psychosocial, Mental Health and staff self care for UNHCR local Community Services staff from all UNHCR offices in the Middle East region.</li> <li>• Nairobi, Kenya - Design and delivery of workshop on Psychosocial, Mental Health and staff self care for UNHCR local Community Services staff from seven African countries</li> </ul>
July 2007	Kenya	Workshop – UNHCR staff	Consultant/Trainer	<ul style="list-style-type: none"> <li>• Design and delivery of workshop on Psychosocial, Mental Health and staff self care for UNHCR local Community Services staff from seven African countries</li> </ul>

Nov 2007	UK	DFID	Consultant Psychologist on three person mid term evaluation team (others were psychiatrist and communications expert)	<ul style="list-style-type: none"> <li>• Mid-term evaluation of DFID's first major research project in mental health – a complex 5 year project within South Africa, Ghana, Uganda and Zambia.</li> <li>• The design of appropriate methodology was extremely challenging, requiring both the design of semi-structured interviews for many different stakeholders and the assimilation and analysis of complex information from many sources. In addition to contributing to design, interviewing and analysis, I made a major contribution to the writing up of this work</li> </ul>
	Ghana	Psychology and Counselling Department University of Winneba, Ghana Liverpool School of Hygiene and Tropical Medicine (LSHTM), UK Institute of Child Health, UK Centre for Counselling and Psychotherapy Education (CCPE) University of London, Institute of Community Health Sciences Merlin RedR x 5	Teaching/training  Teaching/training  Lecturer  Lecturer  Lecturer  Trainer Trainer	Psychological Problems in Cultural Context (workshop for staff)  Psychological Self Care for Aid Workers(Diploma in Humanitarian Assistance)  Transcultural Mental Health module for MSc Programme  Implications of Culture, Socialisation and Language for Clinical Practice  Transcultural Mental Healthcare  Psychosocial Health Introduction to International Mental Health
		IMA International	Facilitator	Design and facilitation of leadership; presentation skills; the psychology of “development”; cultural change modules for IMA's programme for international NGO managers

	Brussels	MEDACT  World Federation for Mental Health (WFMH)  Peace and Security Liaison Group(12 NGOs engaged in peace and security issues)	External Facilitator  External Facilitator  External Facilitator	Facilitation and design of Policy Review - To consider the relevance of current activities in the present UK/global context; review organisation's activities: groups; ensure optimum communications between trustees, local groups, members and staff.  Design and facilitation of 3 day of first meeting of five international agencies in the first Global Mental Health Advocacy Forum – Brussels  Facilitation and design of Strategy Review to consider future focus and direction of the network
1998-2000	UK	Department of Psychological Services and Research Dumfries and Galloway Community NHS Trust, UK	Director	Responsibilities included: administrative and managerial tasks of Head of Department, direct management of the Adult Service, liaison with external agencies, appraisal and supervision, recruitment, facilitating on going training, reviews of services during a period of extensive change, provision of a strategic "vision" for the department
	Uganda          Lesotho		Independent Consultant	During my time as Head of Department, I also carried out the following independent work Facilitating "Away Days" for a GP Practice Design and delivery of a workshop on "Masculinity and Conflict" in Gulu, Uganda, sponsored by PANOS UK Consultancy to the Africa Division of Quaker Peace and Service to review their potential input to trauma care in Africa Design and facilitation of Counselling Skills Course for mental health staff in Lesotho, synthesising elements of Western and Basotho culture.
1997-1998	UK	Department of Psychological Services and Research Dumfries and Galloway Community NHS Trust	Head of Adult Services	Responsibilities included: day to day management of the Adult Service, liaison with GPs and other referrers, supervision and integration of Counsellors newly employed in the department, initiation of a new team based approach within the Adult Service.
1992-1996	UK	North Lakeland NHS Trust	Principal Clinical Psychologist	Psychologist for Penrith Community Mental Health Team Psychological services to all GPs in the surrounding area Direct input, staff supervision and consultancy to the Acute Unit.

	Uganda		Independent Consultant	The design and facilitation of "Away Days" for GP practice Facilitation of a support group for women GPs  Assessment of mental health services in Uganda on behalf of "Action on Disability and Development"(ADD), report and recommendations, design of a community based programme
1990-1992	The Gambia	Self employed	Clinical Psychologist - Freelance	<ul style="list-style-type: none"> <li>• Tutor, SRN programme, School of Nursing and Midwifery, Gambia College, Banjul. <ul style="list-style-type: none"> <li>○ Curriculum planning</li> <li>○ Collation of indigenous case studies</li> <li>○ Design of teaching methods to integrate Western and Gambian approaches</li> <li>○ Supervision of clinical placement for students</li> <li>○ Project on traditional healers and treatment of mental illness. (Report presented to the Minister of Health.)</li> </ul> </li> <li>• Consultancy to Peace Corps (American Volunteer Organisation) <ul style="list-style-type: none"> <li>○ Review of psychological stresses experienced by volunteers in their adjustment to a new culture</li> <li>○ Evaluation of training programmes and recommendations for psychological input to maximise volunteers' coping skills.</li> </ul> </li> <li>• Member of Task Force at the Department of Health to review mental health programmes of other African countries</li> <li>• Informal counselling for VSO volunteers.</li> </ul>
1986-1990	UK	National Health Service	Clinical Psychologist posts	Part time provision of service to GP practices. Birth of two children

1. **Other relevant information** (e.g., Publications)

Gilbert, J. (2009) Power and ethics in psychosocial counselling: Reflections on the experience of an international NGO providing services for Iraqi refugees in Jordan. **Intervention Vol 7(1), 50-60.**

Gilbert, J. (2008) Mental Health: Culture, Language and Power. In **Global Health Watch 2.** Zed Books.

Gilbert, J. (2007) The emotional aftermath of disaster: Cultural context and psychosocial recovery. **Bulletin of Community Mental Health and Wellbeing.** Sept issue.

Gilbert, J. (2007) What is it to be human? Finding meaning in a cultural context. **The Networker (BOND) Issue 67, 10-11.**

Gilbert, J. (2006) Boys becoming men. In **Men of the Global South.** Adam Jones (Ed). Zed Books.

- Gilbert, J. (2006) Cultural imperialism revisited: Counselling and Globalisation. **International Journal of Critical Psychology, Special Issue: Critical Psychology in Africa, 17, 10-28.**
- Gilbert, J. (2006) Two Worlds: Integration, synthesis or conflict? Psychological perspectives on cultural identity in Africa. In **Africa on a Global Stage.** Tanya Lyons & GERALYN PYE (Eds). Africa World Press Inc: Eritrea.
- Gilbert, J. (2005) Putting minds to the matter. **The Health Exchange, Nov, 17-19.**
- Gilbert, J. (2005) Psychiatrist or Psychosocial Adviser? Confusion, controversy and progress in mental health. **The Health Exchange, August, 31-33.**
- Gilbert, J. (2005) Humility helps find cultural solutions. **People in Aid Newsletter, July, 8.**
- Gilbert, J. (2005) International Responses to the Psychological Aftermath of the Tsunami Disaster: a Plea for Thoughtfulness and Care **Counselling and Psychotherapy Journal, 16(1), 5-6.**
- Gilbert, J. (2005) "Self knowledge is the prerequisite of humanity": Personal development and self awareness for aid workers. **Development in Practice, 15 (1), 64-69.**
- Gilbert, J. (2004) Staff support. In **Good Practice in Mental Health.** Jackie Pritchard & Tony Ryan (Eds). Jessica Kingsley Publishers.
- Gilbert, J. (2003) Between a rock and a hard place? Training and personal development issues for mental health service managers. **Mental Health Practice, 16(10), 31-33.**
- Gilbert, J. (2001) Cross cultural issues in Counselling Skills Training: Lessons from Lesotho. (Part 2) **The Health Exchange, June, 22-24.**
- Gilbert, J. (2001) Cross cultural issues in Counselling Skills Training: Lessons from Lesotho. **The Health Exchange, April, 18-19.**
- Gilbert, J. (2000) Crossing the cultural divide? **The Health Exchange, April, 15-16.**
- Gilbert, J. (1999) Responding to mental distress: Cultural imperialism or the struggle for synthesis? **Development in Practice 9(3), 287-295.**
- Gilbert, J. (1995) Clients as poets; reflections on personal writing in the process of psychological change. **Clinical Psychology Forum, 75, 3-5.**
- Gilbert, J. (1994) A Gambian Experience. **Changes, 12(3), 165-169.**

## **CONFERENCE PAPERS**

February, 2009 - Cultural context: Impact on mental health and well being of older people. Medsin Regional Conference for the North of England, Newcastle University Medical School

August, 2008 - Power and ethics in psychosocial counselling: reflections on the experience of an international NGO providing services for Iraqi refugees in Jordan. World Federation of Mental Health Annual Conference, London

October, 2007 - Help or harm? The relevance of Western therapeutic approaches in non Western cultural contexts. BACP Annual Conference. Counselling on a Global Canvas, NEC Birmingham (October, 2007)

July, 2007 - The emotional aftermath of disaster: Cultural context and psychosocial recovery. Dealing with Disasters Conference, Northumbria University, Newcastle, UK

April 2007 - "Know thyself": Experiential learning in Mental Health Education. Mental Health in Humanitarian Settings. Norwegian Council for Mental Health, Oslo (April 2007)

April 2007 - INGOs and Mental Health. Nuffield Foundation International Issue Based Network (April 2007)

September, 2005 - UK NGOs and International Mental Health: An exploratory study. IMH Second Annual Conference, Institute of Psychiatry

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July, 2005 - Cultural imperialism revisited: Counselling and Globalisation. 4<sup>th</sup> International Critical Management Studies Conference, Judge Institute of Management, University of Cambridge.

January, 2002 - Cultural Globalisation: Impact on Training Needs. Debate speaker at Global Education and Health Exhibition, Institute of Education, London.

June, 2001 - Responding to Mental Distress. UNISOL (Universities in Solidarity for the Health of the Disadvantaged), Nairobi, Kenya.

September 1997 - Assessment in Primary Care: Some moral issues. Annual Conference of the Association of Clinical Counsellors in General Practice

March 1997 - The Great Juggling Act: Stress in Women's Lives. North Cumbria Women's Health Conference.

January 1997 - Need and Demand: Assessment, the Moral Dimension. Northern Region Primary Care Special Interest Group.

April, 1995 - Power and the freedom to do good work. PPA Annual Conference.