

**INTERDEM MEMBERS - BRIEF CURRICULUM VITAE**

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**NAME:** Richard Cheston

**TITLE:** Consultant Clinical psychologist

**PROFESSIONAL GROUPING** Clinical Psychology

**WORK ADDRESS:**

Charter House, Seymour Road, Trowbridge, Wiltshire

United Kingdom, BA14 8LS

**TEL:** 01225-356414/07901 548840

**FAX:** 01225-774861 **EMAIL:** Richard.cheston@awp.nhs.uk

**WEBLINK:** n/a

**PRESENT POSITION:** Consultant Clinical Psychologist, Avon and Wiltshire Mental health partnership trust

**HIGHEST ACADEMIC QUALIFICATION**

- MA in Psychology (St Andrew's University, 1979-1984)
- Phd in Social Psychology (Stirling University, 1984-1987)
- BPS Diploma in Clinical Psychology, (Wessex Training Course 1987-1990)

**DESCRIPTION OF ORGANISATION:** NATIONAL HEALTH SERVICE

## PROFILE OF MEMBER

### AREAS OF EXPERTISE:

- Understanding dementia as an existential threat
- Use of psychological therapy with people with dementia as a way of mitigating this threat, for example
  - Use of attachment-based interventions with people showing distressed or challenging behaviour
  - Use of psychotherapy groups as an intervention for people who have recently been diagnosed with dementia

### KEY PUBLICATIONS (maximum 5)

Cheston, R. (1996) Stories and metaphors: talking about the past in a psychotherapy group for people with dementia, *Ageing and Society*, **16**, 579-602.

Cheston, R and Bender M. (1999) *Understanding dementia: the man with the worried eyes*, Jessica Kingsley: London

Cheston, R, Jones K and Gilliard J (2003) Group Psychotherapy and People with Dementia, *Aging and Mental Health*, 7 (6), 452-461.

Cheston R and Jones R (2009). A small-scale study comparing the impact of psycho-education and exploratory psychotherapy groups on newcomers to a group for people with dementia, *Aging and Mental Health*, 13 (3) 410-425.

Watkins B, Cheston R, Jones K and Gilliard J (2006) "Coming out with Alzheimer's disease": changes in insight during a psychotherapy group for people with dementia, *Aging and Mental Health* 10 (2); 1-11

### RELEVANT RESEARCH ACTIVITY

Cheston R, (2009) Application for backfill funding [£14,883 over 12 months from AWP Flexibility and Sustainability Grant scheme]

### Current Grant Application submitted and pending a decision.

With Marshall A, Coleman PG, Mullee M and others *A Pilot Randomised Controlled trial to compare changes in quality of life for participants with early diagnosis dementia who attend a "Living well with dementia" group compared to waiting-list control*, [£249,549 from the research for Patient Benefit Programme of the NIHR - Competition 13 - decision due March 2011]

