

CURRICULUM VITAE

NAME: Ian Andrew James

DOB: 09 November 1963

CURRENT OCCUPATIONS

1. Performance and Mental Health & Wellbeing Psychologist (Burnley F.C.) since January 2023
2. Clinical Psychologist, Neuropsychologist and National Trainer in Dementia (CNTW NHS in Newcastle)
3. Director of Psychology for Peak Performance Ltd

WORK ADDRESSES

1. Burnley F.C., Training Ground, Padiham, Burnley, Lancashire
2. CNTW NHS Trust Innovations Department, Newcastle upon Tyne (working remotely)

PRESENT POSITIONS

1. Lead Psychologist at Burnley F.C. (3 days per week). I am employed as a consultant via my company 'Psychology for Peak Performance Ltd'
2. CNTW NHS Trust wide Lead on Online Training in Communication Skills (Dementia care)

ACADEMIC QUALIFICATIONS: PhD (Lancaster University, 1990); MSc Clinical Psychology (Newcastle University, 1993); BSc (Aberdeen University, 1986). Accredited neuropsychologist (Division of Neuropsychology)

PREVIOUS ROLES

1. Head of Therapies for Cumbria, Northumbria, Tyne and Wear NHS Trust
2. Head of Department & Research Lead at CNTW
3. Professor at Northumbria and Bradford Universities

MEMBERSHIPS

<u>Society</u>	<u>Membership Number</u>
British Psychological Society	022544
Division of Clinical Psychology	
Division of Neuropsychology	
British Association of Behavioural Cognitive Therapists	944656
HCPC	PLY17325
British Association of Sports Exercise Scientists	114789

PROFILE

I currently work three days per week at Burnley F.C. I am the lead 'clinical and performance' psychologist at the club, where I supervise two sports psychologists (in training). I oversee their delivery of psychology to the players in the women's team and Academy respectively. I have responsibility for the men's first team, working closely with the rest of the members of the medical team. I also work closely with the player-care department.

In addition, I am employed to both provide and organize the Mental Health and Wellbeing services across the club. This involves providing support for all the staff and players at Turf Moor and the Training Ground (men, women, and academy footballers).

I collaborate with the club's HR and Safeguarding departments to deliver the Mental Health and Wellbeing Strategy. I assisted in the development of this strategy, employing a stepped-care framework. This has required the development of a workable pathway, which involves meeting the wellbeing and clinical needs of the employees. Within this framework, I input clinically at the top of the stepped-care model. This model has recently been published in a peer reviewed journal (see James et al., 2025). As such, I provide the

psychotherapeutic interventions for those staff and players with the most complex and severe mental health needs.

In order to provide this service I draw on my 30 years of experience as a clinician, researcher and departmental manager in the NHS. Over this time I have run national campaigns and acted as a national lead in the development of clinical services in both cognitive behaviour therapy and for people living with dementia. I still run a training course for my NHS Trust on the topic of 'improving communication in people with cognitive impairment'. I published the British Psychological Society's national guidance document on this topic in April 2024.

I am an accomplished author, trainer and supervisor, having published over 250 articles on topics such as psychotherapies, CBT, dementia, training and supervision. I include some of the articles relating to sport below:

SPORTS PSYCHOLOGY PUBLICATIONS

1. James, I et al. (submitted) Mental Health support within professional soccer Clubs: Clarifying the roles of Psychologists, Player Care Staff and Clinicians
2. James, I., Turner, M. & James, C. (2025). T Decisions about the management of Mental Distress in professional footballers. *The Cognitive Behaviour Therapist*
3. James, I.A., Glover, D. & Morris, S. (2023). Treating mental stress in elite footballers using a stigma free psychological approach. The Power Threat Meandering Framework. *BJPsych Advances* 29(6):1-8. DOI: 10.1192/bja.2022.48
4. James, I.A., Medea, B., Harding, M. & Carraca, B. (2023). The use of compassion-focussed therapy techniques in elite footballers: Mistakes as opportunities to learn. *The Cognitive Behaviour Therapist*. 15. DOI: 10.1017/S1754470X22000411
5. Carraça, B., Rosado, A., James, I., Magalhães, C., & Ferreira, V. (2021). Mindfulness-based soccer interventions, self-compassion and self-Criticism on flow and perceived soccer performance. *Psychology Distress Current Perspectives and Challenges*, 171-202. Novapublishers
6. James, I.A., James, E.A., & Goodman, M. (2018). Involving young players in football reminiscence. *Journal of Dementia Care*. 25(2), 22-24.
7. James, I.A., & Harding, M. (2018). Self-belief in youth sport: How the relation-inferred self-efficacy (RISE) model can be used to improve the communication skills of physiotherapists and coaches. *Sport & Exercise Psychology Review*. 14(2).
8. Goodman, M., & James, I.A. (2017). Parental involvement in young footballers' development: a comparison of the opinions of children and their parents. *Sports and Exercise Psychology Review*. 13(1), 2-9.
9. Horsley, D., Cockburn, E., & James, I.A. (2015). An exploration of participation football coaches' philosophies from development to expression. *Sports and Exercise Psychology Review*. 11(2), 22-36.
10. James, I.A., Goodman, M., & Reichelt, F.K. (2013). What clinicians can learn from schema change in sport. *Cognitive Behaviour Therapist*. 14(6), 1-9. doi:10.1017/S1754470X13000196

In addition to the publications I am involved in the production of educational animations on clinical issues and sport. The animations are produced by my company 'Psychology for Peak Performance Ltd'. They are freely available on youtube to help guide and supervise trainees and staff (see 'ian james dementia youtube').

PRESENTATIONS

Sporting Chance Conference on World Mental Health Day (10th October 2024, Edgbaston) - entitled: 'The role of a Clinical Psychologist in a football club'.

In my NHS work I regularly give keynotes addresses at national conferences on topics relating to neurological conditions, carer support and mental health.