

DR AMY BLAKEMORE

**STATEMENT IN SUPPORT OF MY APPLICATION TO BE A NON-EXECUTIVE
DIRECTOR AT SIX DEGREES SOCIAL ENTERPRISE**



Dr Amy Blakemore is a Senior Lecturer in Mental Health at the University of Manchester and a Chartered Psychologist with the British Psychological Society. Her professional background includes extensive experience in primary care mental health, having originally trained as a 'Graduate Worker' in 2005, prior to the establishment of the Improving Access to Psychological Therapies (IAPT) programme.

Since 2010, Amy has worked as a health services researcher with a particular focus on the development and evaluation of low-intensity cognitive behavioural therapy (CBT) interventions. She is currently Chief or Co-Investigator on several National Institute for Health Research (NIHR)-funded studies conducted in the UK and in low- and middle-income countries. These projects centre on improving rehabilitation outcomes for individuals living with both mental health challenges and long-term physical health conditions, including burn injuries, cardiovascular disease, chronic obstructive pulmonary disease, and breast cancer. She is also involved with a large NIHR funded project to develop sustainable treatments for anxiety and depression in Indonesia.

Amy also co-leads an NIHR-funded feasibility trial investigating patient-led appointment scheduling within step 2 NHS Talking Therapies services; an initiative aligned with current priorities around service accessibility and personalisation.

In addition to her research, Amy is an experienced educator and trainer in the field of primary care mental health. She leads the long-term conditions training for qualified Psychological Wellbeing Practitioners at the University of Manchester and contributes to teaching across several postgraduate programmes, including the Postgraduate Certificate in Primary Mental Health Care and the MSc in Clinical and Health Psychology. She supervises doctoral students, particularly in areas related to low-intensity psychological interventions and multimorbidity.

Amy is committed to practitioner development and capacity building. She recognises the unique pressures faced by low-intensity therapists working in high-volume services and is passionate about supporting their career progression, particularly through engagement in research and evidence generation. She also serves as Associate Editor for *The Cognitive Behaviour Therapist*, with a focus on promoting scholarship in low-intensity CBT.

Throughout her career, Amy has admired the work that Six Degrees does in Salford and is excited about the opportunity to support the organisation in a non-executive director role. She hopes that her knowledge, experience, and skills in primary care mental health, low-intensity interventions, and health services research will contribute meaningfully to the organisation's continued success.