Dr Rachel Okonjo
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16 October 2026

Dr Alison Brereton
Head of Adult Psychology
Wentworth Vale NHS Foundation Trust
Psychology Service, Moorgate House
Rotherham S60 9QZ

Dear Dr Brereton

Application for Senior Clinical Psychologist, adult community mental health

I am applying for the Senior Clinical Psychologist post in your adult community mental health service. I qualified with a DClinPsych from the University of Hallamford in 2022, I am registered with the Health and Care Professions Council, and I have four years in an adult community team at Sheaf Valley NHS Foundation Trust.

I hold a caseload of about 18 adults with anxiety, depression, trauma and longstanding relationship difficulties, offering assessment, formulation and CBT or compassion-focused therapy. Twice a year I co-run a 12-week emotional coping skills group, and I review every client with PHQ-9, GAD-7 and CORE-10.

I supervise an assistant psychologist and a trainee on placement each year, and I led our evaluation of waiting times, which I presented to the trust's psychology governance group in 2025. Your plan to build a stepped group programme is the work I would most like to lead next.

My CV is attached, and I would be glad to talk about the post. Thank you for considering my application.

Yours sincerely

Dr Rachel Okonjo