

Dr Ainslea Cross - EHPS spotlight bio

Ainslea Cross,
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I recently joined EHPS's Practical Health Psychology blog editorial board as Head Editor to

support the translation of health psychology research to practice and to help promote our discipline through the dissemination of practical health psychology to health care professionals. As health psychologists, a key priority for us is to promote good practice to raise the profile of health psychology and the Practical Health Psychology blog provides a key opportunity to achieve this. My plan is to source authors from a wide range of applied health psychology settings, including public health, health service, academic and training, private practice, third sector and industry. As well as experienced health psychology researchers, I will also be sourcing articles from health psychology practitioners and trainers, particularly those working in practice as Consultant Health Psychologists and Practitioner Psychologists who translate research to practice on a daily basis.

I am the Academic Lead for Health Psychology (University of Derby), the Programme Director for our MSc Health Psychology, the largest UK based online British Psychological Society (BPS) stage one health psychology training programme. I am a Chartered Psychologist with the BPS and a Registered Health Psychologist with the Health Care Professions Council. Following my PhD (University of Leicester), I successfully completed the BPS Qualification in Health Psychology (stage 2) through the completion of training in health psychology therapeutic approaches, foundations of health psychology practice, motivational interviewing and cognitive behavioural therapy (CBT). As an experienced academic, I was keen to

upskill in clinical practice skills in order to make a meaningful contribution to psychological intervention design and delivery, both in research and applied practice. My involvement in health psychology applied practice and research has seen me work with clinical and non-clinical populations on long term conditions management, health behaviour change and preventing ill health. In 2018, I established and became sub editor of the Health Psychology Practice, Consultancy and training section of Health Psychology update (BPS) to provide a platform for sharing good Practice and case studies in applied health psychology practice and training.

As a health psychology scientist-practitioner, I actively research health psychology techniques and interventions. My current research explores our relationship with stress and self-regulation through mental imagery and social approaches to health behaviour change. I am also interested in the role of cardiovascular reactivity in health behaviour change and outcomes.

I am involved in a number of collaborative projects external to the University, funded by Cancer Research UK (All Together Active) and ERASMUS Knowledge Alliance (Co In Care). My consultancy commitments include providing health psychology input to MOVE, a charity supporting young people living with and beyond cancer through physical activity, Team Derby with physical activity projects and workplace stress interventions for local businesses.



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