

Jac McKenna

Specialist Psychotherapeutic Occupational Therapist
Registered with Health & Care Professionals Council- OT13716



Personal Profile:

Jac qualified as an Occupational Therapist from Salford University in 1985 and has been actively practicing ever since. Jac is a passionate Occupational Therapist who, has become recognised as a leader in her field having demonstrated exceptional knowledge and skills supporting individuals who are facing psychological challenge or disruption.

Jac has worked in a range of service settings including acute and community mental health, community psychotherapy, medium secure rehabilitation and supported living.

Jac's skills have led her up the career ladder progressing to Officer in Charge and Head of Service positions. Throughout her career Jac has experience utilising a variety of techniques to foster engagement and therapeutic communication and is experienced in using a variety of OT interventions that support self-efficacy, emotional resilience, adjustment and psychosocial wellbeing.

Her expertise in psychosocial support and psychotherapeutic intervention techniques, including counselling skills, cognitive behavioural techniques, neuro-linguistic programming and emotional intelligence training, have been applied to support the management of psychological, social and emotional challenges including anger, anxiety, depression, dysregulation, pain and trauma, supporting development of coping strategies, self efficacy and occupational function.

More recently Jac has worked in professional education at the University of Salford. As a skilled professional team member with excellent organisational skills, Jac has developed and led both the part-time BSc (Hons) in Occupational Therapy programme and the MSc in Geriatric Medicine. She has been instrumental in driving forward the service user involvement agenda, facilitating service user participation in professional education, receiving a Vice Chancellors award for innovation and excellence in service user engagement in curriculum. Jac has maintained her applied skills by working closely with service users to engage them in teaching as a meaningful and purposeful occupation. In addition, Jac has contributed to several academic textbooks which are utilised to support student training in communication and engagement skills, Jac has provided related training for other professional groups including medics, paramedics and the police.



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Her research interests and publications focus on psychosocial support, communication, emotional intelligence, adjustment to disability and service user involvement in professional education. The skills and knowledge Jac has developed through research is valuable in ensuring an evidence-based approach to service development, delivery and evaluation.

Jac completed a Masters degree in Applied Psychology, further developing skills and knowledge in cognitive behavioural therapies, counselling skills, psychotherapeutic interventions and emotional resilience. Jac has engaged in opportunities to update clinical knowledge and skills providing services to Affinity health Care, (engaging in a review of activity programmes for individuals in the latter stages of terminal illness), providing assessment support to local community mental health services, providing structured clinical supervision to practitioners and has completed training as a certified Neuro-Linguistic Programming Practitioner.

Jac is passionate about service user autonomy and engagement and is committed to enabling individuals to do more of what they want or need to do in their everyday lives.

Qualifications:

- Master of Science Applied Psychology
- Registered Practitioner of NLP (ABNLP)
- Post Grad Certificate in Education Research and Practice
- BSc (Hons) Health Care and Welfare
- Diploma of the College of Occupational Therapy

Training:

- Trained in motivational interviewing
- Trained in assertiveness for self-confidence
- Trained in vocational rehabilitation
- Trained in mindfulness and presence
- Trained in working with survivors of sexual abuse
- Trained in managing anger
- Trained in dealing with challenging behaviour
- Trained in self management and managing stress
- Trained in community engagement
- Trained in diversity and equality
- Trained in compliance and GDPR
- Mandatory Training up to date

Company	Position	Dates
Rehabilitation for Independence	Specialist Psychotherapeutic Occupational Therapist	October 2021 - Present
University of Salford	Senior Lecturer / Programme Lead (1996 -2021) , Lecturer (1992 -1996) Visiting Clinical Lecturer 1990 – 1992)	1990 – October 2021
Burnley, Pendle and Rossendale NHS Trust	Head Occupational Therapist - Mental Health Services	1991 – 1992
North Manchester General Hospital	Senior Occupational Therapist - Community Psychotherapy Service	1990 – 1991
North Manchester Health Authority Advisory team leader for Gulf War psychological casualties.	Advisory Team Leader for Gulf War Psychological Casualties Occupational Therapy Lead	1991 – 1991
Bury Health Authority, Mental Health Unit, Fairfield Hospital,	Advisor on staff training programmes Mental Health Services	1991 – 1992
Fairfield Wells Residential Care Home	Officer In Charge	1989 – 1990
Regional Forensic Services, Medium Secure Services Prestwich Hospital	Senior OT (1985-1987) Basic Grade OT (1987-1989)	1985 - 1989

Publications:

McKenna, Roberts.S and Tickle. E (2022) Engaging with Service Users in Bruggen, H. v., Kantartzis, S. Pollard N (Eds) (2022) 'And a seed was planted...' Occupation based approaches for social inclusion, London, Whiting and Birch.

McKenna.J, Webb.J and Weinberg.A (2020) A UK-Wide Analysis of Trait Emotional Intelligence In Occupational Therapists.

McKenna, J. (2017) Psychosocial Support in Curtin.M, Adams.J.E. and Egan.M (2017) (Eds.) 7th ED. Occupational therapy for people experiencing illness, injury or impairment: Promoting occupation and participation. London. Elsevier

McKenna J and Mellson .J (2013) Emotional Intelligence and The Occupational Therapist British Journal Of Occupational Therapy. Vol 76(9) –p 427-430

McKenna J (2007) Emotional Intelligence Training in Adjustment to Physical Disability and Illness. International Journal of Therapy and Rehabilitation. Vol 27(7), pp1-13 <https://doi.org/10.12968/ijtr.2017.0142>

Summary Of Continued Professional Development:

- 2025 – Understanding Psychometric Assessment
- 2025 – Zero Suicide
- 2025 – Childhood Sexual Abuse
- 2025 – Safeguarding Children Level 2
- 2025 – MECC Toolkit
- 2025 – 5 ways to well being
- 2025 – MECC Safeguarding
- 2025 – MECC How to have a conversation
- 2025 – MECC and it's importance
- 2025 – Digital risk
- 2025 – Prevent Level 3 Mental Health
- 2025 – Prevent Awareness Level 3
- 2025 – Prevent Basic Awareness
- 2025 – Oliver McGowan Autism and LD
- 2025 – ABI

- 2026 Role of the Deputy
- 2026 Disability Matters
- 2026 Adjustment after Brain Injury
- 2026 Communication skills
- 2026 Cultural Awareness
- 2026 Mental Health and BI
- 2026 MCA and Assessing Capacity
- 2026 Assessing Best Interest
- 2026 DOLS
- 2026 MCA and Consent
- 2026 Conflict Resolution
- 2026 Fatigue Management
- 2026 Motivational Interviewing
- 2026 PTSD after Brain Injury
- 2026 Safeguarding
- 2025 Personality Change After Brain Injury
- 2025 Communicating with empathy
- 2025 Autism
- 2025 – GDPR
- 2025 Sensory Issues and BI
- Memory Issues after BI
- 2025 Ways To Wellbeing
- 2025 Understanding and Responding to Behaviours That Challenge Following ABI
- 2025 Life after ABI
- 2025 Coping with Depression and Anxiety After BI
- 2024 –Introduction to Safeguarding Adults Level 1
- 2024 – Safeguarding Adults and Children Level 3
- 2024 – MCA & Safeguarding
- 2024 – Safeguarding Children Level 1
- 2024 – Safeguarding Adults Level 2