A clinical resource for the community

5000 people have attended mental health workshops at the Charlie Waller Institute since 2008

The University’s School of Psychology and Clinical Language Sciences provides training for regional mental health professionals and community clinical facilities in tandem with its research in the areas of mental health, child anxiety and speech therapy.

Training mental health professionals

The Charlie Waller Institute of Evidence-Based Psychological Treatment is the University of Reading’s pioneering mental health training and research centre. The Institute is a collaborative initiative between the University, Berkshire Healthcare NHS Foundation Trust and the Charlie Waller Memorial Trust.

The Institute provides training for mental health therapists in cognitive behaviour therapy for anxiety and depression, which supports the frontline NHS.

Mental health problems are estimated to affect one in four people while only two-thirds of people receive treatment that could be considered as ‘minimally adequate’.

To date, 320 mental health professionals have followed one of the Charlie Waller Institute’s postgraduate courses and 5,000 have attended workshops in the last 4 years.

Research into child development issues

The University’s Winnicott Research Unit is focused on the interplay between environmental and biological factors in the course of child development. Much of the Unit’s current work takes place within a clinical facility it runs in collaboration with the local NHS Trust and the Berkshire Child Anxiety Clinic.

Treating childhood anxieties

Anxiety disorders, such as separation anxiety, difficulties in social situations, excessive worry and phobias, are among the most common emotional and behavioural difficulties experienced by young people.

The Berkshire Child Anxiety Clinic is a unique county-wide specialist service for the assessment and treatment of these problems among children aged 7–12. The Clinic is funded by the University and Berkshire Healthcare NHS Foundation Trust and accepts referrals from across Berkshire.

A centre for speech and language therapy provision

Approximately 2.5 million people in the UK have communication difficulties of some kind.

The Department of Clinical Language Sciences runs a clinic in partnership with Berkshire West Primary Care Trust offering regular adult and paediatric sessions as well as specialist fluency clinics for children and adults as part of local NHS speech and language therapy provision.