



Helen J. Wood

Affiliate, Psych/Public Mental Health & Population Sciences

Bio

BIO

Dr. Helen Wood (she/her) is a clinical psychologist licensed in Vermont and Pennsylvania. She works for INSPIRE training and is also a Clinical Associate Professor at the University of Vermont, Department of Psychological Science. Dr. Wood was previously the psychologist for outpatient psychosis services, including a first-episode psychosis service, at an academic medical center in southwest Pennsylvania, where she led CBTp implementation. She has worked as program director for an adult psychosis inpatient unit, as well as in outpatient services in the US and in the UK's National Health Service. She co-chairs the North American CBTp Network's early psychosis working group. Dr. Wood values collaboration with people bringing lived experience knowledge to clinical, training, and research contexts. Dr. Wood's clinical and research interests focus on understanding the experience of psychosis and improving services and/or other forms of support. Dr. Wood has a BA Hons in History, Theology and Religious Studies from the University of Cambridge, an MSc in Experimental Psychology from the University of Sussex, and a Doctorate in Clinical Psychology from Canterbury Christ Church University, all in the UK.