

AKA helps and empowers people to live life after a devastating, traumatic injury. We promise to listen, nurture and guide as their happiness and wellbeing underpins everything we do. We focus on practical and emotional support in the community and drive the industry for consistently high standards of performance and professionalism.

Catherine Watkins
Case Manager

Based on the: Leicestershire/Derbyshire/Staffordshire border

Expertise: Adults and children, acquired brain injury, stroke, cerebral palsy, disorders of consciousness, severe and complex ABI, learning disability, neuro-degenerative disease.

Case Manager (2022 – Present)

Working at AKA Case Management Limited to provide a collaborative service that assesses, plans, implements, monitors and evaluates support options and services that meet the unique needs of a person who has suffered traumatic injury.

Examples of my cases includes:

- A young adult with a childhood acquired brain injury, successfully enabling study away from home at university and subsequent support for vocational options and entering employment. Co-ordination of the multi-disciplinary team. Support for family regarding benefits applications and appeals. Collaboration with family to develop plans for introduction of a personal enabler and increasing independence.
- Working alongside an older adult with an acquired brain injury and alcohol dependence. Assessing and managing risk, training and support for support workers to maximise safe practice and reduce risk for client and their team. Re-establishing a positive and open culture within the support team.
- Working with a young adult with brain injury acquired in childhood. Building of trust and a therapeutic relationship with the client and complex family dynamics to enable increased engagement in therapy and a weekly structure. Focus on developing independence including car purchase and journey to passing their driving test, purchase and transition into their own property from the family home.
- Supporting an adult with a spinal injury to accept therapy provision and increase engagement with medical professionals and their case. Relocation from unsuitable rental accommodation. Recruitment and supervision of personal assistant. Advocacy and support alongside therapists to maximise independence.
- Working with an adult with an acquired brain injury to establish an MDT and support with complex issues related to cognitive communication disorder, mental health, personal safety and capacity. Complex issue resolution regarding support workers provision. Supporting client in liaison with employer resulting in ill-health retirement. Supporting holiday planning.

- Working with an adult with a severe ABI in a non-specialist care home to evidence and maximise potential through therapy provision and 1:1 support. Liaison with family to safely achieve meaningful outcomes including attendance at family milestone events. Relationship building with care home.

Qualifications and Achievements

- MA Music Therapy (2012)
- Neurologic Music Therapy Fellowship (2014/2017/2023)
- Group supervision co-ordinator AKA Case Management
- Clinical supervision of music therapy practitioners and students
- BABICM conference poster presentation: unlocking of rehabilitation potential in complex brain injury through music therapy, from case management and legal perspectives (2026)
- BABICM vocational conference presentation alongside client: Finding a way for the future (2023)
- BAMT conference poster (2024) Opening possibilities in disorders of consciousness
- BAMT conference presentation (2022) Meaningful discovery: conversation and collaboration between Psychology and Neurologic Music Therapy
- Associate lectureships at University of Derby and University of West of England
- Co-authorship, Music therapy and Neurology chapter within The Handbook of Music Therapy (2024)
- 2-week expedition to Namibia with Silverlining Brain Injury Charity (2018)
- Leadership and business development roles as a Music Therapist, including running my own company, Attune Music Therapy for 6 years
- Project management in the pharmaceutical industry of a global stroke prevention clinical trial

Professional Memberships and roles

- Registered Practitioner Member of BABICM and CMSUK
- Registered with the Health and Care Professional Council (HCPC)
- British Association for Music Therapy (BAMT)
- United Kingdom Acquired Brain Injury Forum (UKABIF)
- Volunteer co-ordinator West Midlands Acquired Brain Injury Forum (WEMABIF)
- Volunteer with Silverlining Brain injury Charity (West Midlands branch)
- Neurologic Music Therapy International Academy Task Force

Most Recent Training and Conferences

- 2026: Safeguarding children/young people/adults level 3
- 2026: Training including Independent Living Trials / use of AI / post-traumatic growth / accessible travel and transport
- 2025/2026: All relevant mandatory training including Mental Capacity, Oliver McGowan Autism training, Fire safety, health and safety, cyber security, EDI.
- 2024/2025: Motivational interviewing Advanced Practice
- 2024/25/26 : BABICM annual conferences
- 2022 Suicide awareness and prevention