

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 learning disabilities and a severe traumatic brain injury for over 8 years. Assessing and identifying communication strategies, liaising with and training the care team. I formed part of the MDT supporting and advising on transition between residential care settings, part of best interest decisions with local authority. Re-establishing relationships with key family members. Working closely with the therapy team, to achieve SMART goals.
- A year old 6 child with cerebral palsy to support transition into mainstream secondary education. Review and contribution to EHCP. Liaison with the entire therapy team, establishing collaborative group therapy work within the school setting to support the client. Providing and justifying costs as part of ongoing care and therapy package.
- Working online during the pandemic with an older lady with stroke as a result of medical negligence. Supporting adjustment and insight alongside functional rehabilitation of speech. Exploring psychological aspects of her injury to help improve mood, wellbeing and engagement in rehabilitation.
- Assessing the potential of a young adult in a minimally conscious state to establish cause-effect. Sharing new insights with family and therapy team, developing guidelines for care staff to embed routine and optimise the environment. Emotionally challenging and highly rewarding work to ensure full potential can be achieved.
- Providing an innovative approach to working with a young man with a severe traumatic brain injury and challenging behaviour living in his own home with 24/7 care, several years post-injury. Working holistically with entire care team, therapy team and case manager to translate achievements of SMART goals within therapy sessions into activities of daily living, most significantly, vocal sounds developing into spontaneous speech.

- Working with a pre-school child with a rare genetic syndrome within his SEN nursery setting to identify and progress developmental goals, providing strategies for integrating these into everyday life at home with family. Providing evidence for EHCP and ongoing provision and funding by local authority.

Qualifications and Achievements

- MA Music Therapy (2012)
- Neurologic Music Therapy Fellowship (2014/2017)
- Clinical supervisor of practitioners and students
- Associate lectureships at University of Derby and University of West of England, specifically on focussed on Acquired Brain Injury and Neurodisability.
- In press (2023): Neurology chapter within The Handbook of Music Therapy
- Conference presentation (2022) Meaningful discovery: conversation and collaboration between Psychology and Neurologic Music Therapy
- Silverlining Brain Injury Charity volunteer 'buddy' for brain injured individuals on 2-week expedition to the Namibian desert (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 3-year, 3,000 patient, global stroke prevention clinical trial across 23 countries

Professional Memberships

- Registered Practitioner Member of BABICM
- Registered with the Health and Care Professional Council (HCPC)
- A member of the British Association for Music Therapy (BAMT)
- A member of the United Kingdom Acquired Brain Injury Forum (UKABIF)

Most Recent Training and Conferences

- 2022 BABICM case managers training Part 1 and 2: 'New and would be case managers' and 'Beyond the beginnings'
- 2022 Suicide awareness and prevention
- 2022 Infection prevention and prevention
- 2022 Adult safeguarding level 2 refresher
- 2022 Child safeguarding level 2 refresher
- 2022 Risk Assessment in the workplace
- 2022 Safeguarding reflective practice
- 2022 CMT conference: Where innovation meets evidence
- 2022 BABICM conference: Down but not out
- 2022 UKABIF conference: Time for change summit
- 2022 Train the trainer programme
- 2021 Working out Loud training
- 2020 Equality and diversity