

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, liaison with student finance and access to disability services and funding. Maintaining therapy provision in 2 locations, access to disability sport and support of the family. Support of benefits applications and renewals.
- 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.
- 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. Recruitment and review of rehabilitation support worker approach. Supporting client in liaison with employer in decision making regarding return to work.

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 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)
- 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 global stroke prevention clinical trial

Professional Memberships

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

Most Recent Training and Conferences

- 2024: Irwin Mitchell Independence Day conference
- 2024: Motivational interviewing
- 2024: BABICM conference Great expectations spotlight on clinical excellence
- 2024: Safeguarding children and young people level 3
- 2024: Safeguarding and protection of adults level 3
- 2023: BABICM conference: Vocation, vocation, vocation
- 2023: CMSUK: Paediatric case management
- 2023: BABICM conference: Steering steady in a world of complexity
- 2023: Mental capacity act and DOLs
- 2023: Equality diversity and inclusion
- 2023: Wellbeing in the workplace
- 2022 Suicide awareness and prevention
- 2022 Risk Assessment in the workplace
- 2022 Safeguarding reflective practice