

MEET A TRUSTEE: KERRY-ANN HOLDER

Meet Dr Kerry-Ann Holder
Consultant Clinical Psychologist
and Trustee

Q: What made you want to join St David's as a Trustee?

I'm a solo adopter, and I adopted my son when he was 15 months old back in 2013. Throughout my adoption journey, St David's and their social workers were a constant source of support, advice, and guidance. I've always been eager to give back, whether through videos for prospective adopters or promoting their services. So, when the former CEO invited me to consider joining as a trustee, I felt truly honoured. As a Welsh-Caribbean female solo adopter, I see my role as more than just overseeing the charity's operations. I want to contribute to St. David's mission to become more diverse and representative of the communities it serves. I've learned so much from the team and fellow trustees, and I'm really enjoying the role.

Could you describe your day-to-day responsibilities as a Consultant Clinical Psychologist working in both private practice and the NHS?

In my NHS role, I manage a team of psychologists and practitioners, providing emotional and psychological care to children, young people, and their families dealing with psychological distress. In my private practice, I work alongside a Consultant Clinical Neuropsychologist. Together, we offer assessments, treatments, and expert witness reports for individuals dealing with brain injuries, epilepsy, dementia, and more. These roles, though different, complement each other and keep me incredibly busy.



Tell us more about your role as the Psychology Service Lead for Child Health Psychology at Noah's Ark Children's Hospital for Wales.

I oversee psychological support for children and young people with chronic health conditions, including cancer, diabetes, cystic fibrosis, and inherited conditions like haemophilia and sickle cell. My team includes psychologists with specialist skills in these areas, and we support both the children and their families as they adjust to these complex conditions. No two days are the same—whether it's running groups for teens to help them cope with their conditions, working with parents who've experienced medical trauma, or collaborating with other services to ensure the best care. It's incredibly rewarding.

You've co-developed the first reflective spaces on race and racism for Clinical Psychology on the South Wales Doctoral Training Course in Clinical Psychology. What motivated you to create these spaces, and what impact have you seen from these initiatives?

Apart from adopting my son, this has been one of my proudest moments. Clinical Psychology is a wonderful profession, but it's still under-represented by people from marginalised groups. Along with an incredible team of women from diverse backgrounds, we co-developed these reflective spaces to encourage trainees to explore their lived experiences and tackle uncomfortable topics like racism. The feedback has been so positive, with many finding the space empowering. These conversations are helping shape a more inclusive future for clinical psychology, which in turn benefits the people we work with. We're aiming for a wider reach across other professions—there's no stopping us!

Can you share more about your experience with the CLIMB Leadership Programme?

I was part of the first cohort of the CLIMB Leadership Programme in 2021, which brought together future leaders from across Wales' health boards. The programme gave me the opportunity to reflect on my leadership journey, the power of sharing diverse stories, and how I could contribute to the future of healthcare. For our final project, I gave a TED-style talk on representation, and the response has been incredible. It's had such a wide-reaching impact on colleagues and organisations, and it's still going strong! You can watch the talk here:

