



Speaker and Sponsor Information

Professor Koula Asimakopoulou ,PhD, CPsychol, AFBPsS, FHEA

A Chartered Psychologist with the British Psychological Society (BPS) and a Registered Psychologist with the Health Care Professions Council (HCPC), Koula completed her undergraduate training with a first-class honours degree in Psychology in 1995, was awarded her doctorate (PhD) in Health Psychology in 2001 and has since undertaken further training to include qualifications in Cognitive Behaviour Therapy (CBT), Third Wave CBT therapies and Motivational Interviewing techniques. Koula is a qualified psychometric test assessor trained to administer, interpret and give people feedback on personality and ability (intelligence) tests.

Koula holds a senior academic position as a Professor of Health Psychology and Dean of Research and Knowledge Exchange at Oxford Brookes University. Further she is as a Visiting Professor in Health Psychology at King's College London and consults regularly with industry on matters to do with Behaviour Change. Koula spends her time between Kent, Oxford and London.

Koula's work focuses on helping people take on behaviour change, deal with stressors, fears and phobias as well as supporting them in living with chronic conditions. She also works with healthcare and education professionals delivering patient-centred care in NHS and private settings. Koula is one of three psychologists who set up and delivered the first ever NHS health psychology service designed to help people combat their fear of the dentist at Guy's Hospital, London.

Koula has published over 120 scientific behavioural science research papers and regularly presents at national and international conferences. She also regularly appears on radio, TV and the national press, advising on issues about behaviour change. Koula has been an examiner for several UK and international psychology undergraduate and postgraduate programmes, as well as undergraduate, Masters and PhD students. She has a long record of looking after patient interests as Chair of the Bromley NHS Research Ethics Committee. Koula is qualified to supervise the work of Health Psychology trainees seeking to obtain HCPC registration.

Professor Sasha Scambler

Sasha Scambler is Professor of Medical Sociology and Dean for People and Culture in the Faculty of Dentistry, Oral and Craniofacial Sciences at King's College London. Her research focuses on the experiences of people living with long term conditions and disability, person centred care and the application of social theory to empirical research. Sasha is a member of the International Association for Disability and Oral Health Scientific Advisory Group. She is a contributing editor of the British Sociological Association (BSA) affiliated 'cost of living blog' and was previously editor of the Journal Sociology of Health and Illness and chair of the British Sociological Association Medical Sociology Group.

Megan Roberts, BDS (Hons), PG Dip Concious Sedation (Ncl), PG Dip SCD (RCS Ed)

Megan Roberts developed a keen interest in special care dentistry whilst at Cardiff University, where she graduated in 2010. Following a year in general practice she undertook a series of hospital and community training roles across Swansea, Merthyr and Cardiff. She worked as a community dental officer and then a senior dental officer in Swansea Bay community dental service from 2014. During this time she was also an educational supervisor for dental core trainees. In 2023 she began her speciality training in special care dentistry based in Swansea. She holds a postgraduate diploma in conscious sedation from Newcastle University and a diploma in Special Care Dentistry from the Royal College of Surgeons of Edinburgh. Her clinical interests include the management of patients with learning disabilities with sedation and managing patients with serious mental illness.

Glesni Guest-Rowland

Glesni Guest-Rowlands works as a clinical lecturer in special care dentistry at Cardiff University and is also a part-time PhD student. Glesni is the lead for Special Care Dentistry and Sedation teaching at Cardiff University's School of Dentistry, and provides teaching for dental hygiene, dental therapy and dental students across various disciplines. Glesni has recently started her PhD looking at how Shared Decision-Making can be implemented for adults with Learning Disabilities in Dentistry.

Suzanne Allport

Business Development Consultant for North West England & Wales, Chase de Vere Medical & Dental.

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Chloe Paton, BDS, MFDS

After graduating from Newcastle University Dental School in 2020, I completed a joint FD and DCT1 in Oral Surgery. I moved to Cardiff in 2022 to complete DCT2 in Special Care and Community Dentistry, and stayed to progress to specialty training in Special Care Dentistry. I enjoy the great variety of my work and developing treatment plans to meet each individual's needs.

Sophie Bryant, MChD/BChD, BSc, MFDS, PGCert Dental Ed, Dip SCD

I obtained my Dentistry degree from the University of Leeds in 2018. Following this I have worked in a variety of dental specialties and clinical settings including: General Dental Practice, hospital-based Oral Surgery, and both community and hospital-based Special Care Dentistry and Sedation. During the last 7 years post-qualification I have predominantly been based in the South West and Wales - commencing my Specialty Training in Special Care Dentistry in South East Wales in 2022.

Outside the world of Dentistry I love to spend time with my husband, Glen, and our Portugese rescue dog, King. We make the most of long walks in the country side, as well as testing the delights of our local pubs and cafes.

Eleri Howells, BDS (Hons), MFDS

Eleri graduated from Cardiff University in 2022 with a particular interest in Special Care Dentistry. She completed her foundation training in Risca, gaining hands-on experience in general dental practice. Seeking to expand their expertise, Eleri undertook a six-month Dental Core Training in Community Dentistry at Cwm Taf where they developed a keen interest in helping anxious patients and the role of sedation in improving their treatment experience. Following this, she spent 18 months in Oral and Maxillofacial Surgery in Prince Charles Hospital. , refining their surgical skills in a challenging and dynamic . With a commitment to improving care for vulnerable patients, Eleri looks to further developing her skills and pursuing a career in Special Care Dentistry.

Laura Andrews, BDS (QUB), MSCD(RCSEd), Dip SCD(RCSEng), PgCert Clin Ed (QUB), PgCert Sed (UCL), MSc

Laura graduated from Queens University Belfast in 2010. Laura completed Vocational Training and Senior House Officer posts in Oral Surgery, Oral and Maxillofacial Surgery, Paediatrics and Orthodontics in Northern Ireland and London. Laura completed her Postgraduate Certificate in Dental Sedation, Postgraduate Certificate in Clinical Education and an MSc project on MRONJ whilst working as a Special Care Dental Officer in the Isle of Man for over 3 years. She commenced her specialist training in Special Care Dentistry in April 2018 and is now working as a Consultant in Cwm Taf Morgannwg University Health Board.

Chelsey Wright, RDN OHE

I have been a qualified Dental Nurse for 18 years, with extensive experience working in both general practice and the Community Dental Service. I hold post certificates in Oral Health Education, Radiography, Fluoride Application, Dental Impression Taking and I am currently in the process of undertaking the NEBDN post certificate in Special Care Dentistry. My clinical day to day duties include nursing on the undergraduate student programme assisting final year dental students from Cardiff University, General Anaesthetic clinic. My specific interests are in paediatric dentistry, special care dentistry, and providing patient centred targeted care on our nurse led clinics. My role as a dental nurse has evolved over the years, I am committed to advocating for a future where dental nurses have a defined career progression pathway. I believe in empowering nurses to expand their skill mix, grow professionally which in turn will result in job satisfaction.

Karen Windsor, RDN OHE

I have been a registered dental nurse for 17 years and have progressed through post certifications including oral health education and radiography. I have a Post Graduate Certification in Medical & Healthcare Education and I am currently studying on the NEBDN Special Care Dental Nursing course. I have always been passionate about promoting good oral health and diet habits - originally focusing on children. As I am a mother to 2 daughters myself - tooth brushing and no sugar snacks are non-negotiable in my house! During my time in community dental service, I have branched out within adult special care patients and been involved in the development of nurse led clinics for OH promotion. I am also part of the North Wales education & training team and enjoy job variation and empowering career progression and implementation of skill mix.

Richard Jones

Clinical Lead and National Co-ordinator of Dentists' Health Support Trust and the Clinical Director of Practitioner Health. MSc Rational Emotive Behaviour Therapy, BSc Mental Health Nursing, NMC independent prescriber, Therapist. RMN, MAREBT.

Richard joins DHST from his 12 year role as the Clinical Director at Practitioner Health: working exclusively with doctors and dentists who are struggling with their mental health or have issues related to addiction. Richard has expertise in helping practitioners recover from all kinds of mental health issues and addictions. He is also experienced managing the interface between working as a regulated professional and experiencing mental health and addiction issues. He has a passion for developing services specifically for health professionals and helping people remain in work or get back to work after a period of absence.

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