

About Claire Smith



Claire Smith

Senior Lecturer in Occupational Therapy, School of Health & Social Care

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Research institute: Health and Social Care Institute

Claire Smith is a Senior Lecturer in Occupational Therapy at Teesside University. She qualified in 1991 and has worked in a number of adult mental health services across the North East of England.

In 1999 she completed a master's in counselling and joined the occupational therapy teaching team to deliver on aspects of mental health, communication and professional development.

In addition to her work at the University she is employed part time as a psychological therapist for Alliance Psychological Services, working, until recently, in a specialist service for refugees. She continues to work with complex mental health needs as well as providing supervision for therapists and training on mental health and refugee issues.

Claire has spoken at national and international conferences, has published a number of feature and opinion articles and has been an invited speaker providing workshops to large staff groups and other universities. She has delivered on subjects such as refugee mental health, cultural competency, psychological trauma and other issues

related to therapy, and has been involved in steering and advisory groups locally and internationally on race equality in mental health, occupational rights and the mental well being of refugees.

Claire's PhD research is a qualitative study intended as an exploration of the meaning of occupation for people who have sought asylum in the United Kingdom. The study is phenomenological, undertaken to illuminate the experiences people have of occupation before, during and after the asylum process to identify barriers and opportunities which influence well-being.

Research interests

Currently undertaking a PhD entitled 'An Exploration of the Meaning of Occupation to People Seeking Asylum in the United Kingdom'

In the news

- **Teesside University coverage**

ITV 1 TT N, North East Tonight, 22/01/2013, 18:15:57; ITV 1 Border, Lookaround, 22/01/2013, 18:15:57

A Teesside University lecturer comments on being diagnosed with depression.

- **Teesside University interview**

BBC Radio Tees, Mike Parr, 01/10/2012, 10:53:10

The popular views from the general public of asylum seekers are discussed with Claire Smith, a senior lecturer in occupational therapy at Teesside University.

- **£10,000 grant for asylum research**

Evening Gazette, 28/08/2012, p.15

A Teesside University lecturer has been awarded a £10,000 grant to carry out pioneering research looking at how asylum seekers feel about leaving their daily lives behind. Claire Smith, inset, senior