

Case for Patrick Holford as a Visiting Professor

ITEM 9.1

Patrick Holford has an international reputation in terms of nutrition and mental health. As his cv and application make clear, he has played a leading role in developing clinical, teaching and research links into the relationship between nutrition and mental health. He has published over 28 books on the subject of nutrition and its affects on mental health and other aspects of the human condition. There is a tremendous need across many sectors for education into the nutritional aspects of mental health – within medicine, the teaching profession and psychotherapy – with his allied position to the University, Teesside could lead the way in developing courses and post-graduate programmes in this area.

In particular, Patrick Holford has been in discussions with the CACTUS Clinic, founded by the late Steve Baldwin, to explore collaboration and joint working in a number of areas. Cactus has been continuing its work under the directorship of Dr Dave Woodhouse and the clinic manager, Amanda Clarkson. Together they have begun to explore research aspects of the clinic's work with young people and to use this research to inform expansion of the business. Collaboration with Patrick Holford would greatly enhance these developments by extending the client base for research to include more adults and increase capacity and capability with Cactus both by developing a northern Brain Bio Centre and by access to resources. In particular, appointment of Patrick Holford as a Visiting Professor would underpin a collaborative research programme, under the supervision of Dave Woodhouse and Patrick Holford, with a PhD student placement analysing psychometric and biochemical before and after data on all clients treated at the Brain Bio Centres (in Richmond, Surrey and Teesside). Food for the Brain Foundation would fund the researcher a £12,500 per annum bursary. This joint working would help to secure the future of the Cactus Clinic – which has the potential to provide a cutting edge research laboratory for the University - after the retirement of Dr Woodhouse.

Patrick Holford's appointment would also benefit the Psychology subject group more widely by providing support and a focus for the development of the work of Dr Jonathon Reay, who is developing a strong research record in psychology and nutrition and opens up possibilities for working with the School of Health. Additionally, he could teach on some department courses on the subject of nutritional/biochemical effects on behavioural/psychological conditions whilst other course and research opportunities would be explored.