**Dr Ralf Schnabel** Clinical Psychologist, Neuropsychologist

Registered Psychologist Reg.No: 90-01657

PhD MNZCCP

89 Grafton Rd, 2nd Level, Grafton, Auckland 1010

**1. ACADEMIA**

Batchelor Degree (Hons) for Psychology (Equiv.); University of Trier

Masters Degree (Hons.) for Psychology (Equiv.); University of Berlin

Diploma Clinical Psychology *"summa cum laude"* ; University of Berlin

PhD Psychiatry; University of Auckland

Honorary Lecturer for Department of Psychological Medicine; University of Auckland

**2. CLINICAL WORK**

## 2.1. Private Practice since 2001

### Neuropsychological and Clinical **Assessment** Services

* ACC
* Auckland District Health Boards
* Major Insurance Companies
* Organisations, including IRD, Air NZ, CYF
* NZ Courts

### Clinical Psychology **Intervention** Services

Provider for ACC, Insurance Companies, and other referrers

* Cognitive Behavioural Therapy following Physical or Mental Injury
* Cognitive Behavioural Therapy for Axis I disorders, specifically depression and anxiety disorders
* Pain Management

**2.2. Previous Service Provision**

Mental Health Services. Neuropsychological Assessment and Clinical CBT. Middlemore Hospital, Psycho-Geriatric Services, Auckland

Neurological Rehabilitation Services. Neuropsychological Assessment, Clinical CBT, behaviour modification for patients with acquired brain injury. Neuro-rehabilitation Services. Middlemore Hospital Auckland

Rehabilitation Services following Myocardial Infarction. Head of the psychosomatic/psychotherapeutic department. Psychotherapy and CBT. Cardiovital Institute for Prevention and Rehabilitation of Cardiac Diseases, Hanover

Intervention Services for Adolescents. Behavioural- and Coping Competence Training for teenagers and young psychotic patients, Hanover

Dehospitalisation programme for long-term psychiatric patients. Clinical and neuropsychological assessments of institutionalised psychotic patients. German Federal Ministry of Health (BMG), Berlin, Hanover, Magdeburg

Diagnostics and behavioural training for clients with chronic disorders. Senate of Spandau‑Berlin.

**3. FORMAL THERAPY QUALIFICATIONS**

* Respiratory and Body Perception Psychotherapy
* Auto-hypnotic Relaxation Therapy
* Cognitive and Behavioural Therapies
* Acceptance and Commitment Therapy
* Gestalt Therapy
* Motivational Interviewing

**4. NETWORK**

* NZ-Psycholgists Board: registered psychologist; Clinical Scope of Practice; Reg. No: 90-01657
* Member of the New Zealand College of Clinical Psychologists
* Member of the Multidisciplinary Panel for the Assessment of Neurotoxicity Claims *“Toxicology Panel”*
* Professional Neuropsychological Supervision by Dr Susan Shaw
* Former Chair of the Psychological Society Auckland Branch

**5. INTERESTS**

Neuropsychological differential diagnosis

Assessment and treatment of depression, anxiety disorders, and somatic symptom disoders

Return to work programmes

**6. PUBLICATIONS**

Borchers, A., Miera S., Schnabel, R. (1993): *Zwischen Enkelbetreuung und Altenpflege: Die mittlere Generation im Spiegel der Netzwerkforschung*. Reihe "Stiftung Der Private Haus­halt". Bd. 19 Campus. Frankfurt/Main; New York

["The Middle Generation in the Per­spective of Social Network Research". Series: The Private Household, Campus.]

Melchinger, H., Schnabel, R., Wyns, B. (1992): *Verordnungspraxis von Medikamenten mit Abhängigkeitspotential*. Schriftenreihe des Bundesgesundheitsministeriums für Gesundheit, Bd. 13. Nomos. Baden‑Baden.

["Prescription of Addictive (Psychopharmacological) Medication". Book Series of the German Federal Ministry of Health, Nomos.]

Melchinger H., Schnabel, R. (1995): *Berliner Sportbericht.* Senatsverwaltung für Wissen­schaft und Forschung [Hrsg.] Drucksache Nr. 17/950 (II.B. 37. a.‑g.); Berlin

["The Berlin Sports Study". Reports of the Berlin Senate for Science and Research.]

Schnabel, R. (1995): *Sucht im Alter*. In: Deutsche Hauptstelle gegen die Suchtgefahren [Hrsg.]: Jahrbuch Sucht 96. Neuland. Geesthach; Hamburg.

["Addiction in Older Age". German Central Organisation against Addiction, Neuland.]

Schnabel, R. (1998): *Ambulante Rehabilitation nach Herzinfarkt oder Bypass-Operation. Konzept und Ergebnisse des Hannovermodells* Selbstverlag. Hannover*.*.

["Ambulant Rehabilitation following Myocardial Infarction or Bypass Surgery. Concept and Results of the Care Model Hanover ". Selbstverlag Hanover]

Schnabel, R. (2012): *Overcoming the Challenge of Re-assessing Logical Memory.* The Clinical Neuropsychologist, 26(1), 102-115

Schnabel, R., & Kydd, R. (2012): *Neuropsychological Assessment of Distractibility in Brain Injury and Depression*. The Clinical Neuropsychologist, 26(5), 769-789.

Schnabel, R. (2013). *Testing the effect of environmental distraction: an innovative procedure for improving differential diagnosis and ecological validity of the neuropsychological assessment*. (PhD), The University of Auckland, Auckland Retrieved from <https://researchspace.auckland.ac.nz/handle/2292/20063>

(Schnabel, 2013)