

Dr Kathryn Mannix brief CV

Kathryn trained in general internal medicine and then moved sideways from training in medical oncology to develop her interest in palliative care. Before Palliative Medicine was an accepted medical speciality in the UK, she devised her own training scheme that included spending time in medical specialties associated with incurable long-term conditions and also training as a Cognitive Behavioural Psychotherapist. After appointment to a consultant post in 1995 she worked in hospices, patients' own homes and led a busy palliative care service in a large teaching hospital, and she was regional lead clinician for palliative and end of life care in North East England.

Her research interests were in palliation of nausea and vomiting, and in the application of Cognitive Behaviour Therapy (CBT) in a palliative care setting. With CBT colleagues she devised and validated 'CBT First Aid' training for physical health practitioners, a training programme providing additional skills for helping patients with their difficult symptoms and situations.

Kathryn took early retirement in 2016 to campaign for better public understanding of dying. Her first book *With The End In Mind* was shortlisted for the Wellcome Book Prize, became a Sunday Times best-seller, and has been translated into 16 languages so far (the Italian translation is *La Notte Non Fa Paura*, Corbaccio (Milano), 2018). Her second book, *Listen: how to find the words for Tender Conversations*, was published to critical acclaim in 2021.

Kathryn writes, broadcasts, podcasts and lectures across the UK and around the world, both for public information (e.g. BBC, New Zealand Broadcasting Company, Canadian Broadcasting Company) and for medical audiences (e.g. Royal College of Emergency Medicine 2019 and 2024; Intensive Care Society 2023; UK Palliative Care Congress 2019 and 2022; New Zealand Palliative Care Nurses Association 2024).