

# Ben Holden

b app sc (occ therapy)

e-mail: [bh@benholden.net](mailto:bh@benholden.net)



## Position

Founder, Owner, Managing Director, Case Manager and Occupational Therapist (OT)  
Based near Ipswich, Suffolk

## Professional Registrations & Memberships

- Advanced Member of the British Association of Brain Injury and Complex Case Managers (BABICM) – **Membership No. 0350**
- Royal College of Occupational Therapy (RCOT) – **Membership No. BT0238230**
- Health and Care Professions Council (HCPC) – **Registration No. OT46003**
- Institute of Registered Case Managers (IRCM) - **Registration No. RCM1660**



## Skills & Experience Summary

Ben qualified as an Occupational Therapist in Australia in 1998 and has since built an extensive career across the full spectrum of the rehabilitation pathway, including intensive care, accident and emergency, inpatient, outpatient, transitional living, community, vocational rehabilitation, and case management. He has held positions in both public and private sectors across Australia and the UK.

Ben specialises in working with adults with traumatic brain injury (TBI) and has broad experience with other complex conditions including amputations, polytrauma, and mental health disorders. He is frequently involved in managing highly complex cases and has developed considerable expertise in supporting adults with acquired brain injuries who also present with personality disorders.

He commenced his career in 1999 on a dedicated TBI rehabilitation unit in Sydney and progressed to a Case Manager role in 2002. In the Australian private sector, his caseload predominantly involved TBI case management and vocational rehabilitation under both state and federal workers' compensation schemes. During this period, Ben also provided expert witness services, delivering evidence in the Supreme Court of New South Wales.

After relocating to the UK, Ben held a permanent senior post as a Neuro Occupational Therapist within an NHS inpatient neurological rehabilitation centre of excellence in London. This management role included supervision of multidisciplinary professional staff

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and support personnel. He later worked for a private brain injury case management company in Suffolk.

Currently, Ben's caseload consists primarily of adults with TBI who present with some of the most complex needs, including severe neuro-behavioural challenges, significant cognitive impairments and comorbid mental health difficulties – particularly personality disorders.

Since founding Ben Holden Ltd in 2009, Ben has continued to manage a caseload of catastrophic injury cases alongside his responsibilities as Managing Director.

Throughout Ben's career since around 2000, he has consistently worked with clients where vocational rehabilitation has been a key focus, alongside wider rehabilitation and case management input. As an OT, Ben's skills are often best utilised at the front end of the return-to-work pathway — building a clear picture of functional capacity, job demands and barriers to sustained employment, and translating this into practical, evidence-led recommendations.

Ben has particular experience supporting individuals following serious injury, including acquired brain injury and complex polytrauma, to work towards a return to their pre-injury role wherever feasible. He finds this stage of vocational rehabilitation both the most challenging and the most rewarding: aligning clinical recovery with real-world work demands, engaging employers and wider stakeholders, and creating structured, realistic plans that support a safe and sustainable return to work.

Ben has delivered professional services internationally, with experience in Australia, Northern Ireland, Jersey, Guernsey, Alderney, Lithuania, Greece, France, Poland, and the Czech Republic. He has established a strong and trusted network of clinical professionals, particularly in Poland.

Ben has a long-standing relationship with the British Association of Brain Injury and Complex Case Managers (BABICM). He previously served on the BABICM Council from 2009 to 2011, rejoined the Council in 2024, and was appointed as a Director of BABICM in 2025.

## Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

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## Disclosure & Barring Service (DBS) – Enhanced Certificate

To remain up to date and enable regular annual rechecks our team members are all registered with the online Update Service.

## Employment History

### April 2009 – Current

Ben Holden Ltd – Suffolk, UK

Managing Director/Case Manager/Occupational Therapist

### December 2007 – May 2009

Anglia Case Management – Suffolk, UK

Brain Injury Case Manager & OT

### May 2006 – November 2007

Homerton Hospital Foundation NHS Trust - Hackney, London, UK

Regional Neurological Rehabilitation Unit

Permanent Band 7 OT

### March 2006 – May 2006

Wandsworth Primary Care NHS Trust - Roehampton, London, UK

Queen Mary's Hospital

Inpatient Neuro Rehabilitation Ward, Locum OT

### February 2002 – January 2006

Accent Rehabilitation Service - Sydney, Australia

Brain Injury Case Manager & OT

### January 1999 – January 2002

South Western Sydney Area Health Service - Sydney, Australia

Liverpool Hospital, Brain Injury Rehabilitation Unit

Rotational OT

## Other Memberships

- Member of Glyndebourne
- Friend+ of Royal Opera House - Covent Garden
- Member of English National Opera

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## Personal Summary

Ben thrives in the English countryside, where he enjoys time with family and friends, long walks with the dog, and the occasional warrior pose in a yoga class. A lover of fine wine, vegetarian cuisine, and green tea, he balances his palate with a healthy dose of gardening, travel, and dabbling in investments with cryptocurrency and stocks and shares.

He is passionate about the outdoors, community-building, sustainability, and is known to take part in the occasional peaceful protest followed by a drag show. His musical taste is wonderfully eclectic, ranging from experimental electronic beats to soaring classical.

You're just as likely to find Ben at the opera as you are to spot him hiking a mountain trail, swimming in the sea, or throwing shapes in a Les Mills class like nobody's watching.

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