

Dr Katharine Bentley

DPsych, CPsychol, QCoP, MSc (psych), MSc (couns), BSc (hons), Dip.CBT.

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL05802**
British Psychological Society Membership: **139921**

PERSONAL PROFILE

- Chartered Psychologist for 16 years
- Practitioner Psychologist for 16 years
- Consultant Psychologist 10 years: adults, adolescents, families, and children
- Expert Witness for Family and Civil Courts 10 years
- Senior Psychologist Offender Personality Disorder Pathway
- Principal Psychologist and Clinical Lead Specialist Therapies Team
- CBT and DBT Therapist accredited with BABCP for 14 years
- Family and Systemic Therapy
- Couples Counselling
- Active Researcher
- BPS Test User Certificate
- Cognitive and Emotional Intelligence testing
- Psychometric Testing
- Personality profiling
- Bond Solon Expert Witness training.

PROFESSIONAL REGISTRATIONS

- HCPC Practitioner Psychologist, Counselling Psychologist PYL05802
- British Psychological Society, Chartered Psychologist 139921
- BABCP Cognitive and Behavioural Psychotherapist 080550

PROFESSIONAL QUALIFICATIONS

- 2018** Doctor of Psychology, City University London
Thesis: Recovery from abuse: adults and adolescents
- 2018** Diploma CBT, University West of Scotland
- 2013** MSc Psychology (developmental & forensic), Open University
- 2011** Graduate Certificate in Professional Studies, University West of England
- 2007** Chartered Psychologist, British Psychological Society
- 2007** Qualification in Counselling Psychology, British Psychological Society
- 2005** MSc Counselling Psychology, University East of London

Thesis: secondary trauma in health care professionals working with complex trauma

2002 BSc (hons) Psychology, Open University

1994 Registered General Nurse, Addenbrookes Hospital Cambridge.

RESEARCH

- “What are the experiential and phenomenological processes involved in the recovery from gender-based violence?”
- “What elements are important for recovery in young adults who have experienced childhood sexual abuse?” (Systematic Review)
- “Secondary-traumatisation in health care professionals working with complex trauma.”
- “The construction of identities in narcissistic relationships” (Ethnography)

RELEVANT EXPERIENCE

2013 – Present **Consultant Psychologist and Expert Witness, White Iris Ltd**

- Children and adolescents (including those within and leaving the Care System)
- Families
- Adults

Expert Witness – Areas of Expertise

- Assessment and Diagnoses according to DSM V criteria (e.g. depression, anxiety, PTSD, personality disorders, specific phobias, adjustment difficulties, attachment, all aspects of mental health)
- Cognitive and psychometric testing
- Personality profiling
- Impact of all types of abuse: emotional, physical, sexual abuse, neglect; domestic violence, including adults and children
- Family assessments, contact, access, psychological risk assessment
- Parenting skills and capacity, evaluation of ‘good enough’ parenting, assessment of risk
- Impact of parental mental health on children
- Attachment and the parenting needs of children
- Attachment trauma and recovery
- Alienating behaviours and the impact on children
- Issues around placement planning, relations with foster / adoptive parents, attachment issues, contact with birth parents / siblings, residency disputes
- Assessment of systemic issues e.g. educational environment
- Risk assessment
- Addictions
- Impact of alcohol and substance abuse on individuals / family members
- Physical health problems (including chronic illness), and the impact on psychological functioning, specialised in working with critically ill patients, and the severely traumatised
- The impact of criminal injury on mental health / psychological functioning

2017 – 2019 Senior Psychologist and Area Clinical Lead, Offender Personality Disorder PathwayResponsibilities

- Area Clinical Lead for Staff development in the National Probation Service
- Working with personality disorders and complex trauma in high risk offender population
- Working to promote effective relationships with individuals with challenging behaviour, complex mental health difficulties, and interpersonal conflicts

2016 – 2017 Principal Psychologist and Clinical Lead Specialist Therapies Team, Specialist Therapies Service, Queensway, Bletchley, Milton Keynes, MK2 2RUResponsibilities

- Clinical lead for provision of therapies (Severe Mental Health) within pathways including Anxiety Disorders, Mood Disorders, Personality Disorders in 18-25-year olds, Lead for Transition Services for Adolescents to Young Adults.
- Consultancy within the interface with partner services including Acute Services – Acute Psychiatric Wards, Psychiatric Liaison Team, Home Treatment team, Crisis Service; Tier 2-3 Mental health provision (mild to moderate presentation); Child and Adolescent Mental Health Services.
- Promoting Key Lines of Enquiry for the service determined by Care Quality Commission (CQC): Safe; Effective; Caring; Responsive to people's needs; well-led.
- Contributing to strategic service development and cohesion between services
- Teaching and Reflective Practice – Clinical Governance, promoting clinical excellence, use of best evidence; team development.
- Audit and benchmarking
- Supervision – clinical and management supervision for junior and senior psychologists, psychiatric nurses, occupational therapists, social workers, and psychotherapists.
- Management of clinical risk
- Assessment: Neuropsychological Testing: Intelligence and Cognitive ability; Memory; Psychometric assessment including personality disorders, neuroses, mood disorders, trauma.
- Provision of Individual Therapy: Assessment, formulation, intervention and evaluation for: mood disorders, neuroses for example including severe anxiety disorders, obsessive compulsive disorders, body dysmorphia. Personality disorders. Trauma including Type I and Type II, attachment trauma, reactive attachment disorders, child abuse, all types of abuse including rape and gender based-violence.
- Provision of Group Therapies: Cognitive Behavioural Therapy (CBT) for Depression. Dialectical Behaviour Therapy (DBT) for personality disorders.
- Therapeutic Modalities: CBT, Trauma-focussed CBT, DBT, Person Centred, Solution-Focussed, Motivational Interviewing, Compassion Focussed, Transactional-analysis, Relational, Phenomenological, systemic and family therapy, couples counselling

2016 Practitioner Psychologist, Specialist Therapies Service, Queensway, Bletchley, Milton Keynes, MK2 2RUResponsibilities

- Complex mental health needs, including personality disorders and complex trauma
- Assessment, formulation, intervention, evaluation
- Lead Professional and Care Co-ordination
- CBT, DBT, Person Centred, Relational

2015 – 2016 Practitioner Psychologist, St Mungo's, Milton Keynes**Responsibilities**

- Clinical Lead, teaching, running reflective practice, and supervising staff across 4 hostels for 16-21-year olds (average 40 young people)
- Typical presentation of clientele: homeless, via Care System, complex mental health needs, all types of abuse, drugs and alcohol, behavioural problems)
- Assessment and Formulation and Intervention for individual clients and group work
- Risk Management

2013 – 2015 Psychology Locum work**2011 – 2013 Maternity leave and completion of MSc Psychology (Developmental and Forensic)****2010 – 2012 Chartered Counselling Psychologist, Surrey and Borders NHS Foundation Trust****Responsibilities**

- Assessment, formulation and intervention with all aspects of complex mental health needs (adults)
- DBT groups and individual intervention with personality disorders, bi-polar and eating disorders
- Recovery from Abuse group and individual work
- Working with Psychosis
- Contributing to Clinical Governance
- Providing Supervision to Psychology Students
- Teaching and Training

2007 – 2010 Chartered Psychologist, Avon and Wiltshire NHS Foundation Trust**Responsibilities**

- IAPT Service, initially at levels 2 and 3, then level 4 as a Psychologist
- All aspects of CBT assessment and intervention within a tiered IAPT service
- Supervision of junior staff

2002 – 2007 Qualification in Counselling Psychology, MSc Counselling Psychology

This included clinical practice.

I also worked as a nurse during this time in Mental Health

2000 – 2003 Private Foster Agency

- Working therapeutically with looked after children
- Teaching, and monitoring parenting skills of mothers with babies identified as at risk

1994 – 2003 Staff Nurse Positions within NHS and Private Sector

- Intensive care
- Haematology and oncology
- Medicine and Surgery