



Dr Charlotte Whiteley
BS, CPsychol, Dpsych.
Chartered Counselling Psychologist



Health Professions Council Registration: **PYL33867**

Dr Charlotte Whiteley is a chartered counselling psychologist specialising in adult mental health, physical health conditions, eating disorders, gender identity, anxiety and depression. She has worked within the NHS for ten years and in addition has worked in domestic violence charities and the private sector. Charlotte specialises in mindfulness and compassion-based practices for a range of difficulties. She runs groups and also provides couple/family therapy.

AREAS OF SPECIALISM

- Long term health conditions
- Pain management
- Eating disorders
- Gender identity
- Anxiety
- Depression and panic
- Mindfulness and compassion-based practice

PROFESSIONAL QUALIFICATIONS

- 2020** Post graduate diploma in couple and family therapy – Tavistock and Portman NHS Trust
- 2018** Graduate diploma in couple and family therapy – Tavistock and Portman NHS Trust
- 2016** Counselling Psychology Doctorate – Surrey University
- 2013** Psychology BSc – City University London

WORK HISTORY

- 2020 – Present** Lecturer on counselling psychology doctorate at City University
- 2020 – Present** Lead psychologist in pain management, Whittington Hospital, Camden and Islington NHS Trust, Band 8a Counselling Psychologist
- 2017 – 20** Gender Identity Clinic, Tavistock and Portman NHS Trust, Band 7 Counselling Psychologist
- 2015 – 17** St Ann's Eating Disorder Service, Barnet, Enfield and Haringey Mental Health Trust, Band 7 Counselling Psychologist
- 2012 – 15** Maytree, Sanctuary for the suicidal, operations assistant
- 2015** Stephens Place Domestic Violence Intervention Project, trainee psychologist
- 2013 – 2014** iCOPE IAPT Service, Camden and Islington NHS Trust, trainee psychologist

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SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- Mindfulness teacher training
- Acceptance and commitment therapy for anxiety and depression
- Compassion focused therapy

PUBLICATIONS AND PRESENTATIONS

Publications

- Whiteley, C. (2021) A Plea to hear each other, *The Psychologist*, 43,6
- Whiteley, C. (2019) Supporting Invisible Parents, *The Psychologist*, 32,5.
- Whiteley, C. (2017) The impact of in-session weighing in eating disorder services on the therapeutic relationship: A flexible, transparent and reflective approach, *Counselling Psychology Review*, 22, 2.
- Whiteley, C., Coyle, A. and Gleeson, K. (2017) An idiographic analysis of women's accounts of living with mental health conditions in Haredi Jewish communities. *Mental Health, Religion & Culture*, 1367-4676.

Conferences and presentations

- Whiteley, C. (2017) An idiographic analysis of women's accounts of living with mental health conditions in Haredi Jewish communities, *Counselling Psychology Annual Conference*, Stratford-Upon-Avon, United Kingdom. July 6-7 2017.
- Whiteley, C. (2018) Gender Identity and Eating Disorders. St Anns Eating Disorder Service, Barnet, Enfield and Haringey Mental Health Trust, United Kingdom. December 2018.

Teaching

- Part-time lecturer on counselling psychology doctorate at City University (Group Theory; CBT specialist supervision; Integrative specialist supervision; personal tutor to year three trainees (2020-2021).
- Visiting lecturer in Play Therapy on doctorate in counselling psychology at University of Surrey (2017).
- Visiting lecturer in Eating Disorders on Masters Programme in mental health at University College London (2017).