



Dr Nate Shearman

B.Sc, M.Sc, DClinPsy.

Chartered Clinical Psychologist



Health Professions Council Registration: **PYL34878**
British Psychological Society Membership: **665843**

Dr Nate Shearman is an HCPC Registered Clinical Psychologist and Chartered Member of the British Psychological Society. He has over 10 years of experience working across a range of services within the National Health Service. Dr Shearman currently works within a staff psychological support service for a large city-based Adult Critical Care Department and provides workplace wellbeing advice, support and intervention. He also has a private practice that offers psychological therapy to adults, including EMDR (Eye Movement Desensitisation and Reprocessing) Therapy. Dr Shearman is available to provide expert witness services in the areas of personal injury and occupational health and is also available to provide psychological therapies.

AREAS OF SPECIALISM

- Psychological trauma e.g. PTSD
- Anxiety and Depression
- Work Related Stress
- Occupational Health
- Psychological Reactions to Physical Injuries

PROFESSIONAL QUALIFICATIONS

- 2017** Doctor of Clinical Psychology – University of Sheffield
- 2010** Master of Science, Forensic Psychology – Teesside University
- 2009** Bachelor of Science, Forensic Psychology – Teesside University

WORK HISTORY

2021 – Present Independent Clinical Psychologist – Private Practice

Providing in-person or online psychological assessment and therapy to adults. Drawing upon acceptance and commitment, compassion-focussed, and EMDR (eye movement desensitisation and reprocessing) approaches. Interests include supporting those struggling at work (with wellbeing and performance issues), those with low self-esteem, high self-criticism or shame, & also those who have experienced persistent trauma reactions (e.g., as a result of childhood trauma, traumatic bereavement, road accidents, assaults, hate crime, or work-related injury).

2020 – Present Senior Clinical Psychologist – The Leeds Teaching Hospitals NHS Trust

Working for a staff psychological support service embedded within an Adult Critical Care department. Providing workplace wellbeing advice, support, training and interventions to individuals, teams/groups and service-wide, as well as consultation, research and evaluation, and group facilitation skills.

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2017 – 20

Clinical Psychologist – Sheffield Health & Social Care NHS Foundation Trust

Based within an Early Intervention in 'Psychosis' Service. Working collaboratively with clients, their partners and/or families, as well as colleagues, to help to make sense of emotional suffering and distressing experiences that had been labelled as 'psychosis'. Duties included providing psychological therapy, supervision, consultation, training, and coordinating service user collaboration projects.

2019

Senior Clinical Psychologist – Sheffield Health & Social Care NHS Foundation Trust

Provided cover (0.2wte) into the Home Treatment Team for North Sheffield. Duties included facilitating reflective practice groups for the staff team; offering psychological assessment to clients, which typically led to a formulation of needs, informed care plans and signposting and intervention(s).