

**Dr Karina Woldt**  
Doctorate in Clinical Psychology  
**Clinical Psychologist**



Health Professions Council Registration: **PYL22887**

Dr Karina Woldt is an enthusiastic, compassionate, highly experienced Clinical Psychologist, with 18 years' experience in the field of adult mental health, addictions and health psychology. She tends to apply various treatment models such as CBT, ACT, Compassionate Mind Therapy in her work. Teaching and supervising other Psychologists or members of a team and thus bringing them along in their skill set through reflective learning is also something she feels passionate about.

Since 2016 she has built up a highly successful part-time private psychology praxis, thus has experience in working with clients referred in from insurance brokers.

Dr Woldt has been invited to present some of the service outcome studies at national conferences such as the yearly Compassionate Mind Conference.

#### **AREAS OF SPECIALISM**

Dr Woldt has in depth expertise in the following areas for an expert witness assessment:

- Asylum seeking cases
- Personal injury claims involving:
  - Diagnosis and prognosis for trauma and PTSD following accidents
  - Anxiety disorders including travel phobia
  - Depression diagnosis, treatment and prognosis
  - The interaction of health conditions such as pain etc and mental health issues following an incident or chronic history.
  - Chronic fatigue after trauma

She has worked specialising with adults with mental health issues such as: PTSD, trauma, complex Trauma, Depression and anxiety disorders for 2 decades both within the NHS and privately. She has also worked for 3 years as a senior Clinical Psychologist working with clients with substance abuse and mood issues. Further she is an expert working with clients with chronic health conditions and pain issues.

Dr Woldt undertook specific CPD in court report writing in 2000 and regularly updates this skill set. She has written various court reports especially for personal injury claims cases. She has also appeared in court on one occasion as an expert witness.

#### **PROFESSIONAL QUALIFICATIONS**

**Sep 2002 – Jul 2005      Doctorate in Clinical Psychology, University of Glasgow**

In depth training in various areas of clinical psychology

- Specialist placements: Addiction service
- Doctorate on traumatic brain injuries

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**Sep 1995 – Jul 1999      Masters in Psychology, University Regensburg, Germany**

Graduated with 1.4 GRADE A.

## **WORK HISTORY**

**Jul 2016 – Present      Clinical Psychologist grade 8B, NHS Dumfries and Galloway, Adult Mental Health team, Dumfries**

- Applying highly specialised assessments of adult mental health issues and their formulation and communicating these back to referring agent and clients
- Provision of evidence-based treatments to adults with various mental health issues
- Working as part of a multidisciplinary team
- Making decisions and allocating incoming referrals and communicating with various agencies
- Line management and supervision and teaching of other psychologists
- Keeping clinical skill set up to date with own training and professional development
- Designing and evaluating new group treatments as part of increasing our access to psychological treatments approach

**Aug 2010 – Jul 2016      Clinical Psychologist 8B, Diabetes Team, NHS Dumfries and Galloway, Dumfries**

- Setting up a new Psychology specialty service for clients with Diabetes who are experiencing adult mental health issues
- Training multidisciplinary team members in screening for psychosocial issues such as anxiety, depression, eating disorders etc
- Training multidisciplinary team members of the diabetes team enhancing healthy lifestyles of clients by teaching motivational interviewing techniques
- Applying highly skilled psychological assessments, and treatments based on formulations to clients referred into the specialist service
- Co-ordinating the service across the area of Dumfries and Galloway
- Evaluating service provision

**Sep 2006 – Jul 2010      Clinical psychologist 8A, Addiction Team, NHS Dumfries and Galloway, Dumfries**

- Setting up a specialist psychology service for adult mental health issues for clients suffering from addictions
- Applying highly skilled psychological assessments, risk assessments and clinical treatments for clients within the service
- Providing training in psychological techniques and supervision to members of the multidisciplinary addictions team
- Audit and service evaluation to feedback whether targets were achieved

**Oct 2005 – Sep 2007      Clinical Psychologist Grade 7, Stobhill Hospital Glasgow, Adult Team, Glasgow**

- Psychological assessments and treatment applying evidence-based approaches
- Designing and leading on social phobia group treatment
- Feeding into the team meetings

## **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

**Jan 2006 – Mar 2006      Supervision skills Course, NES**

**Jul 2006      Compassionate Mind Therapy training, Compassionate Mind Foundation**

**Oct 2011 – Feb 2012      Mindfulness Based Teacher training Course, Mindfulness Association**

Various other mostly CBT based courses on Trauma skills work, working with addictions, EUPD, ACT courses etc throughout the years.