



Dr Karen Halford
BA(Hons), MSc, DClInPsych, CPsychol, AFBPsS.
Clinical Psychologist



Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL15162**
British Psychological Society Membership: **140122**

Dr Halford has worked for over 24 years with adults of all ages, offering assessment and treatment for a wide variety of mental health disorders/difficulties. These include PTSD, complex trauma, adjustment disorders, depression and mood disorders, grief, OCD, BDD, eating disorders, bipolar disorder and various forms of anxiety (GAD, Health Anxiety, Social Anxiety, Phobias). She has worked in the NHS in secondary and tertiary settings; both inpatient settings and outpatient community mental health teams. 12 years ago she set up her own practice (Halford Psychology Ltd) working with adults of all ages and she continues to work to high ethical standards, engaging in high levels of CPD and undertaking regular supervision with different supervisors to cover a wide variety of difficulties and approaches. In addition to her Doctorate in Clinical Psychology from Oxford University, she also has additional training in Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Schema Therapy and Compassion-Focused Therapy (CFT), amongst others.

AREAS OF SPECIALISM

- CBT
- ACT
- PTSD & complex trauma
- Adjustment disorders
- Depression and mood disorders
- Anxiety based disorders (including OCD, panic disorder & BDD)
- Eating disorders
- Low self-esteem
- Stress

PROFESSIONAL QUALIFICATIONS

2015	Associate Fellow British Psychological Society
2008	Chartered Clinical Psychologist British Psychological Society and Health & Care Professions Council
2008	Doctorate in Clinical Psychology (DClInPsych) Oxford University
2001	MSc Applied Psychology (Class I) Cranfield University
1999	Diploma in Advanced Study in Psychology, Distinction (Class I) Oxford Brookes University
1989	BA (Hons) Management Systems (Organisational Analysis) (Class 2:1) Hull University

01273 381468

admin@psychologyexperts.org

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WORK HISTORY

- Feb 2014 - Pres. Clinical Psychologist in Private Practice (Full-time), Halford Psychology Ltd**
- 2013 – 2014 Senior Clinical Psychologist (Full-time), Community Mental Health Team and Rehab Unit**
Northamptonshire Healthcare NHS Foundation Trust
- 2008 – 2013 Chartered Clinical Psychologist (Full-time), Community Mental Health Teams**
Oxford Health NHS Foundation Trust and Tees, Esk and Wear Valleys NHS Foundation Trust
- 2005 – 2008 Trainee Clinical Psychologist (Full-time)**
Oxford Health NHS Foundation Trust)/Oxford University
- 2004 – 2005 Assistant Psychologist – Adult Eating Disorders Service (Warneford Hospital)**
Oxford Health NHS Foundation Trust
- 2003 – 2004 Research Assistant – Adult Eating Disorders Service (Warneford Hospital)**
Oxford Health NHS Foundation Trust
- 2001 – 2003 Research Psychologist**
Pearn Kandola – Occupational Psychologists
- 1999 – 2000 Executive Assistant to Clinical Director**
PPC Ltd, Oxford
- 1995 – 1997 Senior Product Manager – Kenco Singles**
Kraft Jacobs Suchard Ltd
- 1990 – 1995 Brand Manager – various brands**
Brooke Bond Foods Ltd (Unilever Plc)

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2026** Essential knowledge for the Expert Witness: full programme (BPS)
- 2025** Introduction to Compassion Focused Therapy (Balanced Minds)
- 2024** Flash Technique for treating trauma (PESI)
- 2024** Schema Therapy: Schema model and mode model (Schema Therapy online)
- 2023** ADOS-2 (AS Directions Ltd)
- 2023** ADHD Assessment and Diagnosis (UKAAN)
- 2023** Psychosocial support & skills training for adults with ADHD
- 2023** ADHD Clinical Services Provider Certification Course (Psychotherapy networker)
- 2023** Disordered drinking: a shame-free approach (PESI)
- 2022** EMDR: Treatment for trauma (Megan Boardman)
- 2022** Pregnancy & infant loss (Dr Julie Bindeman)
- 2022** CBT: Master the Core skills and competencies (Dr Charles Jacob)
- 2021** Trauma treatment with EMDR, CBT & Somatic-based interventions (PESI)
- 2021** When a Parent dies (David Kessler)

2021	Suicide Prevention Summit
2020	Advanced Master Programme for Trauma (NICAMB)
2020	Schema Therapy Foundations: Theory & Core Skills (Schema Therapy School)
2019	EMDR Refresher (EMDR Training & Consultancy)
2018	Rewiring the Anxious Brain (Catherine Pittman)
2017	Expert Business 1: Responsibilities and Business (BPS)
2017	Compassionate Approach to Self-Criticism (Prof Paul Gilbert)
2017	Introduction to ACT (Dr Russ Harris)
2017	Advanced ACT for depression and anxiety (Dr Russ Harris)
2016	Excellence in Report Writing for Expert Witnesses (Bond Solon)
2016	Teaching Clients Mindfulness Skills (Stanton Psychological Services Ltd)
2016	Professional Certificate in Coaching (Henley Business School) – Distinction
2016	Acceptance & Commitment Therapy (Mindfulness Training Ltd)
2015	Addictions (Ronnie Aaronson)
2015	Time-Limited Schema Therapy (Schema Therapy Associates Ltd)
2014	Compassion Focused Therapy (Dr Deborah Lee)
2014	Schema Therapy for Narcissism and Anxious/Avoidant PD (Schema Therapy Associates Ltd)
2014	Schema Therapy for BPD (Schema Therapy Associates Ltd)
2013/14	EMDR modules I and II (EMDR Works Ltd)
2013	Schema Therapy for Complex Cases (Schema Therapy Associates Ltd)
2012	Managing Successful Projects with PRINCE2 (SPOCE)
2011	CBT for childhood sexual abuse (Dr Helen Kennerley)
2011	DBT (Dr Fiona Kennedy)
2008/11	Various further CBT training for depression, OCD, self-esteem, making formulations work, complex cases, trauma (Oxford Cognitive Therapy Centre)
2010	Clinical Supervision: supervising others (Oxford Doctoral Course in Clinical Psychology)
2010	Mindfulness-based cognitive therapy for depression (Mark Williams) A 4-step model to uncover strengths and build resilience with CBT 2008 (Dr Christine Padesky).

PROFESSIONAL BODIES AND INDEMNITY

Associate Fellow of the British Psychological Society (Number 140122)

Registration with the Health and Care Professions Council (Registration No. PYL15162)

Full Professional Civil Liability Insurance cover to practise as a Clinical Psychologist and Expert Witness
