



Dr Katy Messenger
BA Hons, PgDip, DClinPsy, C Psychol
Clinical Psychologist



Health Professions Council Registration: **PYL25332**
British Psychological Society Membership: **173002**

Dr Messenger is a Health and Care Professions Council (HCPC) Registered Psychologist and Chartered Member of the British Psychological Society. She currently operates exclusively in private practice and offers assessment, treatment, consultation and supervision for a wide range of psychological issues. Within her clinical work with clients, Dr Messenger provides effective, evidence-based therapies to adults with psychological and mental health problems, such as stress, depression, OCD, anxiety, phobias, depression and trauma. She uses Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing (EMDR) as her main therapeutic approaches.

Dr Messenger also provides individually tailored occupational health services to public and private sectors and can provide specialist psychological reports and therapy as requested. She also offers medico-legal assessment for cases involving personal injury, medical negligence and employer liability issues. Dr Messenger currently operates clinics within Oxford, Henley on Thames and Reading.

AREAS OF SPECIALISM

- Clinical Psychology Assessment
- Personal injury
- Road Traffic Accidents - RTA, pedestrian accidents, RT accidents
- Trauma
- Post-traumatic Stress Disorder (PTSD)
- Anxiety disorders including situational anxiety and travel anxiety
- Phobias
- Adjustment Disorders
- Pain
- Depression
- Anxiety
- Psychological distress

PROFESSIONAL QUALIFICATIONS

- 2012** EMDR levels I and II
- 2009** Doctor in Clinical Psychology – Royal Holloway University of London
- 2006** Postgraduate Diploma in Forensic Psychology (Pass with Distinction) – London Metropolitan University
- 2001** BA Hons (2.1) in Social Psychology – University of Sussex

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WORK HISTORY

- 2012 – Present Clinical Psychologist in Independent Practice
- 2009 – 2012 Clinical Psychologist, Thames Valley Forensic Mental Health Service, OBMH, NHS
- 2006 – 2009 Clinical Psychologist in Training, Camden & Islington Trust, NHS
- 2005 – 2006 Research Worker, Forensic Mental Health Science, Institute of Psychiatry, King's College London
- 2004 – 2005 Research Worker, King's Centre for Military Health Research, Institute of Psychiatry, King's College London

PROFESSIONAL AFFILIATIONS

- Chartered Clinical Psychologist, British Psychological Society (Membership Number 173002)
- Registered Clinical Psychologist, Health and Care Professions Council (Registration Number PYL25332)
- Member of the EMDR Association UK & Ireland and EMDR Europe
- Expert, Association of Personal Injury Lawyers (APIL)
- Registered Expert Witness with the British Psychological Society
- Member of the UK Psychological Trauma Society
- Member of the European Society for Traumatic Stress Studies