

Dr Christly Palacio
Counselling Psychologist



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Health Professions Council Registration: **PYL040596**

Dr Christly Palacio is an HCPC-registered Counselling Psychologist with approximately 5 years of post-qualification experience supporting children, adolescents, and adults with PTSD, personality disorders, anxiety, depression, and other mental health difficulties. She is trained in a variety of therapeutic approaches such as EMDR, Cognitive Behavioural Therapy, Narrative Exposure Therapy, Compassion-Focused Therapy, Mentalisation-based Therapy, Acceptance and Commitment Therapy, and Dialectical Behavioural Therapy.

Dr Palacio has conducted comprehensive psychological assessments for clients experiencing mild to moderate mental health difficulties, including low mood, anxiety, OCD, panic disorders, and low self-esteem. Dr Palacio has extensive experience working with clients across the lifespan from diverse backgrounds who present with moderate to complex mental health presentation. Her speciality is working with individuals who have experienced trauma. This can be a single event, developmental trauma or complex trauma.

AREAS OF SPECIALISM

- Psychological Assessment and Treatment
- CBT, DBT, EMDR
- Psychodynamic Therapy
- Complex Mental Health
- Personality Disorder
- Trauma and Post Traumatic Stress Disorder
- Substance Misuse
- Medico-Legal Reports
- Family Court Reports

PROFESSIONAL QUALIFICATIONS

- 2021** Professional Doctorate in Counselling Psychology, University of East London.
- 2011** Master of Arts, Psychology, Osmania University Hyderabad, India.
- 2008** BA Hons. Psychology, University of the Philippines – Diliman.

WORK HISTORY

- 2022 – 2026** Queen's Park Paddington (QPP) Mental Health Hub, Counselling Psychologist
- Conduct psychological assessments of clients. Provide individual and group therapy sessions, helping adults with moderate to complex mental health difficulties manage their conditions and improve their overall well-being. Offer clinical supervision to psychology support workers and trainee psychologists. Deliver integrative therapy primarily using NET, MBT, DBT, ACT, and CFT.

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- 2022 - 2024** Luton CAMHS, Highly Specialist Psychologist
Coordinate care for Young Persons, conducting assessments. Provide psychological therapy to service users aged 12 and above.
- 2021 - 2022** Wokingham Community Mental Health Team, Counselling Psychologist
Conduct psychological assessments for clients, offer individual and group therapy sessions, helping clients with moderate to complex mental health difficulties manage their conditions.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2026** Narrative Exposure Therapy for Children, NET Institute.
- 2026** EMDR Training Part 2, EMDR Consultancy.
- 2026** EMDR Training Part 1, EMDR Consultancy.
- 2026** Dissociation Masterclass using Narrative Exposure Therapy, NET Institute.
- 2025** CFT for Hearing Voices, Compassionate Mind.
- 2025** Introduction to Compassion-Focused Therapy, Compassionate Mind.
- 2024** Supervisor Workshop, University College London.
- 2024** Basic Mentalisation-Based Training, Anna Freud.
- 2023** Adapting DBT Programmes for Dysregulated and Suicidal Teens, DBT British Isles.
- 2023** Introduction to DBT Training, DBT British Isles.
- 2023** DBT for Adolescents, APT.
- 2022** Narrative Exposure Therapy, NET Institute.
- 2022** TF-CBT for Children, BABCP.