



Dr Karen Barton D. Clin.Psych, CPsychol  
**Consultant Clinical Psychologist**



Health Professions Council Registration: **PYL02336**  
British Psychological Society Membership: **094657**

Dr Karen Barton is a Chartered Clinical Psychologist. She has more than 20 years' experience working with people with significant mental health difficulties and specialises in the assessment of single event and complex (developmental) trauma. She has extensive experience working within secondary care NHS settings with all ages to manage the assessment and treatment of complex mental health difficulties (e.g. psychosis, bipolar disorder, PTSD) and including the neuropsychological assessment of degenerative disorders e.g. dementia. Dr Barton undertakes instructions which require the assessment of mental health difficulties and their impact on parenting and/or daily functioning. Her therapeutic work is informed by attachment theory and she has undertaken additional training in understanding psychological trauma and the impact on mental health - including occupational functioning. Dr Barton is an accredited Eye Movement Desensitisation and Reprocessing (EMDR) therapist and is accredited by the British Association of Behavioural and Cognitive Psychotherapists (BABCP).

#### **FAMILY LAW EXPERTISE**

- Undertaking instructions where severe adult mental health issues are present.
- Working with clients with all mental health problems the majority experience PTSD, depression and anxiety. A significant proportion have experienced significant early trauma which underlies subsequent psychological and social difficulties.
- EMDR therapist specialising in acute adult trauma, developmental trauma and abuse in adults and is accredited by the British Association of Behavioural and Cognitive Psychotherapists.
- More than 12 years' experience as a Senior/Specialist Clinical Psychologist in specialist in Adult and Older People's mental health service.
- Providing 30+ reports for family and immigration courts each year.
- Undertaking risk assessment and management, nature and management of personality disorder and implementation of the "Recovery Model"

#### **CIVIL LAW EXPERTISE**

- Providing Clinical Psychological support and medico-legal report work to specialist legal professionals, Criminal Injury Compensation Authority, GPs and members of the public.
- Undertaking medico-legal reports including the assessment of psychological trauma, assessment of relationships and mental health, occupational stress and criminal injuries compensation.

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### **THERAPEUTIC EXPERTISE**

- Dr Barton has considerable neuropsychological experience assessing and alleviating the distress associated with dementia and stroke using both individual and group therapy.
- Experience providing Psychological therapy in an NHS secondary care service, including CBT, CFT, EMDR for a full range of psychiatric difficulties.
- She has undertaken post-doctoral training across a broad range of psychological models including Systemic (family) therapy, cognitive-behavioural therapy, and EMDR.

### **WORK HISTORY**

- 2015 Principle Clinical Psychologist, Karen Barton Psychology
- 2008 Guest Lecturer, Birmingham University
- 2016 – 16 Interim Psychologist Therapies Project Lead; Forward Thinking, Birmingham
- 2006 – 16 Principle Clinical Psychologist and Clinical Lead, Birmingham and Solihull Mental Health Trust
- 2007 – 15 Director, New Day Clinical Psychology and Cognitive Behavioural Therapy
- 2008 – 11 Clinical Psychologist, Psychosis Command Hallucinations, (MRC) Trial, Birmingham and Solihull Mental Health Trust
- 2006 – 07 Clinical Psychologist, Primary Care and Families Team, Birmingham and Solihull Mental Health Trust

### **PROFESSIONAL QUALIFICATIONS**

- 2006 Doctorate in Clinical Psychology, University of Birmingham
- 1998 First Class Hons Psychology, University of Hull

### **SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT**

- 2020 Expert Witness Training: Differential Diagnosis (Expert Witness Institute)
- 2020 Bond Solon: Excellence in Report Writing
- 2016 Expert Witness Training, British Psychological Society
- 2015 NHS Leadership Management Development Programme
- 2014 – 15 EMDR Level 1, 2, 3 UK EMDR Association
- 2012 Compassion Focussed Therapy Level 1 and 2, BABCP
- 2010 Cognitive Behavioural Therapy for Trauma (Module 1, 2, 3 and 4), Oxford Centre for Cognitive Behavioural Therapy
- 2009 Advanced Supervision Skills, Birmingham University
- 2006 Consultation within Mental Health Teams, Salomons University
- 2006 Solution Focussed Therapy, West Midlands Solution Focussed Therapy Network