



Dr Katharine Bentley

DPsych, CPsychol, QCoP, MSc(psych), MSc(couns), BSc(hons), RGN, PGC

Chartered Counselling Psychologist



Chartered Psychologists



www.hpcp-uk.org

Health Professions Council Registration: **PYL05802**

British Psychological Society Membership: **139921**

Dr Katharine Bentley is a Counselling Psychologist registered with the Health Professionals Council with over 11 years of experience as a practitioner. Dr Bentley has extensive experience as a Senior Psychologist for a range of service users including working as Area Clinical Lead for staff development in the Probation Service and working with personality disorders and complex trauma in high risk offender population. She is an active Researcher into the recovery from abuse and complex trauma. Dr Bentley currently works as an Expert Witness for Family, Civil and Criminal Courts.

EXPERT WITNESS EXPERIENCE

- Assessing the impact of criminal injury on mental health and psychological functioning.
- Diagnostic assessments of trauma, PTSD and developmental trauma.
- Assessments of personal risk assessment and risk management.
- Family assessments, contact, access, risk assessment, parental alienation and estrangement.
- Parenting skills and capacity and the impact of parental mental health on children including post-natal distress.
- Adoption and fostering issues including placement planning, attachment, contact and residency disputes.
- Assessments of the impact of all types of abuse: (emotional, physical, sexual abuse, neglect) and domestic violence.
- Physical health problems (including chronic illness) and the impact on psychological functioning, specialising in working with critically ill patients and the severely traumatised.

PROFESSIONAL QUALIFICATIONS

- 2018** Doctor of Psychological Research, City University London
- 2007** Doctoral level Qualification in Counselling Psychology and Chartered Psychologist
- 2013** MSc Psychology, Open University
- 2005** MSc Counselling Psychology, University East of London
- 2002** BSc (Hons) Psychology, Open University
- 2011** Graduate Certificate in Professional Studies in CBT, University of the West of England
- 2016** Certificate CBT, University of the West of Scotland
- 1994** Registered General Nurse, Addenbrookes Hospital Cambridge

WORK HISTORY

2013 – Pres **Consultant Psychologist and Expert Witness**

- Assessment and Diagnoses according to DSM V criteria (e.g. depression, anxiety, PTSD, personality disorders, specific phobias, adjustment difficulties, attachment, all aspects of mental health).
- Post-Traumatic Stress Disorder (PTSD) including secondary PTSD.
- Parenting skills and capacity, evaluation of 'good enough' parenting, assessment of risk.

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- Attachment and the parenting needs of children.
- Eating Disorders, personality disorders, self-harm and suicidal ideation.
- Assessments of the impact of alcohol and substance abuse on individuals/family members.

2017 – Pres Senior Psychologist and Area Clinical Lead, York and Humber Personality Disorder Pathway

- Area Clinical Lead for Staff development in the Probation Service.
- Working with personality disorders and complex trauma in high risk offender population.

2016 – 17 Principal Psychologist and Clinical Lead, Specialist Therapies Service, Milton Keynes

- Clinical lead for provision of therapies (Severe Mental Health) within pathways including Anxiety Disorders, Mood Disorders, Personality Disorders in 18-25 year olds, Lead for Transition Services for Adolescents to Young Adults.
- Consultancy within the interface with partner services including Acute Services – Acute Psychiatric Wards, Psychiatric Liaison Team, Home Treatment team, Crisis Service; Tier 2-3 Mental health provision (mild to moderate presentation); Child and Adolescent Mental Health Services.
- Promoting Key Lines of Enquiry for the service determined by Care Quality Commission (CQC): Safe; Effective; Caring; Responsive to people’s needs; well-led.
- Contributing to strategic service development and cohesion between services.
- Teaching and Reflective Practice – Clinical Governance, promoting clinical excellence, use of best evidence; team development.
- Supervision – clinical and management supervision for junior and senior psychologists, psychiatric nurses, occupational therapists, social workers, and psychotherapists.
- Assessment: Neuropsychological Testing: Intelligence and Cognitive ability; Memory; Psychometric assessment including personality disorders, neuroses, mood disorders, trauma.
- Therapeutic Modalities: CBT, trauma-focused CBT, DBT, person-centred, solution-focused, motivational Interviewing, compassion-focused, transactional-analysis, relational, phenomenological, systemic and family therapy, couples counselling.

2016 – 16 Locum Practitioner Psychologist, Pulse Recruitment Agency, Specialist Therapies Service, Milton Keynes

- Complex mental health needs, including personality disorders and complex trauma.

2015 – 16 Practitioner Psychologist, St Mungos, Milton Keynes

- Clinical Lead, teaching, running reflective practice and supervising staff across 4 hostels for 16-24 years (typical presentation of clientele: homeless, care-system, complex mental health needs, all types of abuse, drugs and alcohol, behavioural problems).

2010 – 12 Chartered Counseling Psychologist, Surrey and Borders NHS Foundation Trust

- Assessment, formulation and intervention with all aspects of complex mental health needs (adults).
- DBT groups and individual intervention with personality disorders, bi-polar and eating disorders.
- Recovery from Abuse group and individual work.
- Working with Psychosis.
- Contributing to Clinical Governance.
- Providing Supervision to Psychology Students.
- Teaching and Training

2007 – 10 Chartered Psychologist, Avon and Wiltshire NHS Foundation Trust

- IAPT Service, initially at levels 2 and 3, then level 4 as a Psychologist.

RESEARCH AREAS

- 'What elements have been shown to be helpful for improving mental health in emerging adults who have experienced sexual abuse?'
- 'What are the experiential and phenomenological processes over time involved in the recovery from violence against women?'
- 'Autoethnography reflecting on working within the sadomasochistic paradigm of narcissism in the offender population'
- 'Secondary trauma in professionals working with complex trauma'