



Dr Katharine Craib

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

Chartered Counselling Psychologist



Health Professions Council Registration: **PYL16234**
British Psychological Society Membership: **139921**

Dr Katharine Craib is a Counselling Psychologist registered with the Health Professionals Council with over 11 years of experience as a practitioner. Dr Craib 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 Craib 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
- 2016** Certificate CBT, University of the West of Scotland
- 2013** MSc Psychology, Open University
- 2011** Graduate Certificate in Professional Studies in CBT, University of the West of England
- 2007** Chartered Psychologist and Qualification in Counselling Psychology, British Psychological Society
- 2005** MSc Counselling Psychology, University East of London
- 2002** BSc (Hons) Psychology, Open University
- 1994** Registered General Nurse, Addenbrookes Hospital Cambridge

WORK HISTORY

- 2013 – Pres. Consultant Psychologist and Expert Witness – White Iris Limited**
 - 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)
 - Cognitive and psychometric testing

01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- Impact of all types of abuse: emotional, physical, sexual abuse, neglect; domestic violence, including adults and children
- Family assessments, contact, access, psychological risk assessment
- Parenting skills and capacity, evaluation of 'good enough' parenting, assessment of risk
- Impact of parental mental health on children
- Attachment and the parenting needs of children
- Attachment trauma and recovery
- Issues around placement planning, relations with foster / adoptive parents, attachment issues, contact with birth parents / siblings, residency disputes
- Assessment of systemic issues e.g. educational environment
- Risk assessment
- Addictions
- Impact of alcohol and substance abuse on individuals / family members
- Physical health problems (including chronic illness), and the impact on psychological functioning, specialised in working with critically ill patients, and the severely traumatised
- The impact of criminal injury on mental health / psychological functioning

2017 – 2019 Senior Psychologist and Area Clinical Lead, Offender Personality Disorder Pathway

- Area Clinical Lead for Staff development in the National Probation Service
- Working with personality disorders and complex trauma in high risk offender population
- Working to promote effective relationships with individuals with challenging behaviour, complex mental health difficulties, and interpersonal conflicts

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.
- Audit and benchmarking
- Supervision – clinical and management supervision for junior and senior psychologists, psychiatric nurses, occupational therapists, social workers, and psychotherapists.
- Management of clinical risk
- Assessment: Neuropsychological Testing: Intelligence and Cognitive ability; Memory; Psychometric assessment including personality disorders, neuroses, mood disorders, trauma.
- Provision of Individual Therapy: Assessment, formulation, intervention and evaluation for: mood disorders, neuroses for example including severe anxiety disorders, obsessive compulsive disorders, body dysmorphia. Personality disorders. Trauma including Type I and Type II, attachment trauma, reactive attachment disorders, child abuse, all types of abuse including rape and gender based-violence.
- Provision of Group Therapies: Cognitive Behavioural Therapy (CBT) for Depression. Dialectical Behaviour Therapy (DBT) for personality disorders.
- 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 Practitioner Psychologist, Specialist Therapies Service, Milton Keynes

- Complex mental health needs, including personality disorders and complex trauma
- Assessment, formulation, intervention, evaluation
- Lead Professional and Care Co-ordination
- CBT, DBT, Person Centred, Relational

2015 – 16 Practitioner Psychologist, St Mungos, Milton Keynes

- Clinical Lead, teaching, running reflective practice, and supervising staff across 4 hostels for 16-21-year olds (average 40 young people)
- Typical presentation of clientele: homeless, via Care System, complex mental health needs, all types of abuse, drugs and alcohol, behavioural problems)
- Assessment and Formulation and Intervention for individual clients and group work
- Risk Management

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
- All aspects of CBT assessment and intervention within a tiered IAPT service
- Supervision of junior staff

2000 – 03 Private Foster Agency

- Working therapeutically with looked after children
- Teaching, and monitoring parenting skills of mothers with babies identified as at risk

1994 – 03 Staff Nurse Positions within NHS and Private Sector

- Intensive care
- Haematology and oncology
- Medicine and Surgery

RESEARCH AREAS

- “What are the experiential and phenomenological processes involved in the recovery from gender-based violence?”
- “What elements are important for recovery in young adults who have experienced childhood sexual abuse?” (Systematic Review)
- “Secondary-traumatisation in health care professionals working with complex trauma.”
- “The construction of identities in narcissistic relationships” (Ethnography)