

Dr Olivia Doughty B.Sc., DClInPsy, PhD, CPsychol.
Chartered Clinical Psychologist



Health Professions Council Registration: **PYL27115**
British Psychological Society Membership: **174783**

Dr Olivia Doughty is a Clinical Psychologist with extensive experience working within the NHS and social care settings with adults, young people and their families. She specialises in court cases involving looked after children, adoption and care proceedings. She also works as an independent psychologist providing various therapeutic interventions including Cognitive Behavioural Therapy (CBT), Compassion Focused Therapy, EMDR and Dialectical Behaviour Therapy (DBT).

PROFESSIONAL EXPERTISE

- Specialist in the assessment of children of all ages and families in care proceedings.
- Assessment of looked after and adopted children and their families
- Assessments of parental capacity and attachment
- Specialist assessment of Autism Spectrum Disorder (ASD) in children.
- Assessments and interventions for child abuse and trauma and developmental trauma
- Post-traumatic stress disorder (PTSD) and complex post-traumatic stress disorder (C-PTSD)
- Specialist in teenage mental health
- Assessment of personality disorders and mental health in adults

PROFESSIONAL QUALIFICATIONS AND TRAINING

2011	Doctorate in Clinical Psychology, University College London
2008	PhD Semantic Memory in Schizophrenia, University of Hertfordshire
2004	BSc (Hons) Psychology, University of Hertfordshire

WORK HISTORY

2017-Now Independent Clinical Psychologist

- Working exclusively as an independent psychologist in the private sector carrying out assessments and therapy with both adults and children. Assessment work from Social Services, Solicitors and through a social enterprise in a nursery with staff.

2014 – 17 Associate Clinical Psychologist, The Practice MK Cambridge Clinical Psychology Services

- Assessment, professional reports and structured psychological therapy with children young people and their families as well as expert witness work. I was responsible for developing a specialised Child Abuse and Trauma therapy pathway,

2013-17 Highly Specialist Clinical Psychologist, Cambridgeshire County Council, NHS

- Designated Clinician for 3 Social Work Units – two 18-25 teams and one Child in Need.
- Providing formulation, support and consultation to the social work team as well as direct assessments (e.g. parenting, attachment, general mental health) and therapy (CBT, DBT, systemic and attachment based largely) with service users.
- Contributing to child protection conferences and working closely with local safeguarding teams.
- Providing regular clinical supervision to three Clinical Psychologists.

2012-13 Lead Clinical Psychologist, Peterborough LAC Service

- Managing the Peterborough LAC Psychology Service for a year during maternity cover. This involved being solely responsible for a very large case load of children and young people under the care of the local authority and also who had been adopted.
- Sitting on the Peterborough Fostering Panel, acting as a health advisor and directly involved in service development.
- Conducting assessments and defending cases in Civil Court
- Supervising an Assistant Psychologist
- Running regular training and workshops

2011-12 Clinical Psychologist, Cambridgeshire LAC Service

- Case managing a large number of children in foster care; involving consultations, assessments and direct therapy focused on developing attachment relationships and behavioural management.
- Comprehensive and multi-modal assessments, including the “strange situation”, neuropsychological and psychometric assessments, observations and interviews.
- Providing regular training

2008-11 Trainee Clinical Psychologist, UCL/ Camden and Islington NHS Trust

- CMHT (North Paddington) – working with adults with severe mental health difficulties as part of an MDT
- Learning Disability Team (Enfield) – Systemic (narrative therapy) and CBT
- CAMHS (Edmonton) – Psychodynamic and CBT, interpreter and LAC work
- Oncology and Palliative Care Service (Hillingdon) – CBT and Health Psychology
- Specialist Placement- In patient Unit for Adolescents (Edgware) – crisis recovery model, solution-focused therapy, working within CPA and a therapeutic community

2004-08 Research Assistant, University of Hertfordshire

- Managing an ongoing research project investigating semantic memory impairments in people with a diagnosis of schizophrenia, dementia and acquired brain-injury.
- Supervising 7 BSc and MSc students through their research projects over three years
- Publishing a number of papers and successfully navigating the research ethics process

PROFESSIONAL DEVELOPMENT

2018	ACT for Depression and Anxiety
2018	Introduction to DBT (2 days)
2017-18	EMDR Practitioner Training (7 days)
2017	Complex Trauma and CBT (2 days)
2015	Video Interactive Guidance Level 1 (VIG)
2014-15	IFT Graduate Certificate in Systemic Practice
2014	Mentalisation Based Therapy (2 days)
2014	Advanced CBT – Trauma and Shame
2014	Theraplay Level 1
2011-15	Various Attachment Based CPD
2013	CBT for Anxiety Disorders in Children
2012	Assessing Prospective Foster Carers (BAAF)

PUBLICATIONS AND PRESENTATIONS

- Camino, G., Done, J.D., **Doughty, O.J.**, & Dixon, G. (2017) Paranoid ideation during a simulated social encounter in people with either psychosis with persecutory delusions or anxiety disorder. *Journal of Clinical Psychology and Psychiatry*, 1 (2), 19-31.
- Doughty, O.J.**, Done, D.J., Mason, O., & Shah, A. (2018) Changing Minds: An Interpretative Phenomenological Analysis of the experience of delusional belief change. *Journal of Clinical Psychology and Psychiatry*, 2 (1), 3-19
- Doughty, O.J.**, & Done, D.J. (2009). Is semantic memory impaired in schizophrenia? A systematic review of 91 studies. *Cognitive Neuropsychiatry*, 14, 6, 473-509.
- Doughty, O.J.**, Lawrence, V.A., Al-Mousawi, A., Ashaye, K., & Done, D.J. (2009). Overinclusive thought and loosening of associations are not unique to schizophrenia and are produced in Alzheimer's dementia. *Cognitive Neuropsychiatry*, 14, 3, 149-64
- Doughty, O.J.**, Done, D.J., Lawrence, V.A., Al-Mousawi, A., & Ashaye, K. (2008). Semantic memory impairment in schizophrenia – deficit in storage or access of knowledge? *Schizophrenia Research*, 105, 1-3, 40-8.
- Lawrence, V.A., **Doughty, O.**, Al-Mousawi, A., Clegg, F., & Done, D.J. (2007). Do overinclusion and distorted semantic category boundaries in schizophrenia arise from executive dysfunction? *Schizophrenia Research*, 94, 172-179
- Cottam, S., Paul, S.N., **Doughty, O.J.**, Carpenter, L., Al-Mousawi, A., Karvounis, S., & Done, D.J. (2011). Does religious belief enable positive interpretation of auditory hallucinations? A comparison of religious voice hearers with and without psychosis. *Cognitive Neuropsychiatry*, 9, 1-19