



Dr Priya Rose Kochuparampil D.Clin.Psych., M.Sc., B.A.  
**Clinical Psychologist**



Health Professions Council Registration: **PYL33805**  
British Psychological Society Membership: **420319**

Dr Kochuparampil is a clinical psychologist with expertise in the assessment and treatment of young people and adults with varied psychological difficulties including depression, anxiety disorders, post-traumatic stress disorder and complex trauma. She can advise on psychological conditions, cognitive abilities and personality disorders. Over the last five years, Dr Kochuparampil has worked in several primary and secondary care NHS services, working with individuals across different age groups and diverse cultural backgrounds, addressing wide-ranging psychological difficulties that vary in complexity and chronicity.

She currently works in a specialist service for survivors of rape and sexual assault, King's College Hospital NHS Foundation Trust. She specialises in working with survivors of traumatic experiences using a range of therapeutic models including Cognitive Behavioural Therapy (CBT), EMDR, Schema Therapy, Compassion Focused Therapy (CFT), and Mindfulness. She is actively involved in training various professional groups on the psychological impact of rape and sexual assault, including the Crown Prosecution Service, multidisciplinary teams in the National Health Service and voluntary sector, and medical students. She also facilitates workshops and groups for survivors of traumatic experiences.

### **PROFESSIONAL EXPERTISE**

- Assessment and treatment of trauma and Post Traumatic Stress Disorder (PTSD)
- Assessment of professional negligence
- Psychological assessment, trauma-informed formulation and collaborative treatment planning
- Comprehensive knowledge of the evidence-base for treatment of PTSD, mood, anxiety and personality disorders
- Skilled in various therapeutic approaches including Cognitive Behavioural Therapy, Compassion Focused Therapy, Mindfulness, Integrative, Eye Movement Desensitisation and Reprocessing (EMDR) and Schema Therapy
- Psychological assessments for the Criminal, Immigration and Asylum and Civil Courts
- Psychological assessment, trauma-informed formulation and collaborative
- Treatment planning

### **WORK HISTORY**

#### **2018 – Pres Independent Clinical Psychologist**

- Developing PBS skills, knowledge and practice across NCL (Community teams, Providers and Families) through designing foundation learning for direct care staff.

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01273 381468

admin@psychologyexperts.org

www.psychologyexperts.org

- Currently registered with private health insurance providers (AVIVA, Vitality Health, AXA PPP) to offer psychological therapy to clients with a range of psychological difficulties

**2016 – Pres Clinical Psychologist, Havens Sexual Assault Referral Centre, King’s College Hospital NHS Foundation Trust**

- Provide specialist assessment and psychological therapy to survivors of traumatic experiences such as rape and sexual assault, childhood sexual abuse and domestic violence
- Provide supervision to clinical psychology trainees
- Provide psychological training to professional groups such as the Crown Prosecution Service, multidisciplinary teams in the National Health Service and voluntary sector, and medical students
- Facilitate psychoeducation workshops and therapy groups for survivors of traumatic experiences

**2017 Clinical Psychologist, Integrated Psychological Therapies Team, South London & Maudsley NHS Foundation Trust**

- Provided specialist assessment and treatment to people with severe and enduring mental health difficulties including mood and anxiety disorders, complex trauma and personality disorders.
- Provided consultation to MDT members in a community mental health setting
- Participated in fortnightly EMDR supervision group at the Maudsley Hospital, for clinicians working with complex trauma clients

**2012 – 13 Honorary Assistant Psychologist, Centre for Anxiety Disorders and Trauma, South London & Maudsley NHS Foundation Trust**

- Co-facilitator in OCD therapy group
- Co-therapist in treating clients with Body Dysmorphic Disorder, Health Anxiety and hoarding difficulties.

## **PROFESSIONAL QUALIFICATIONS AND TRAINING**

**2016** Doctorate in Clinical Psychology, Kings College London

**2012** MSc. Psychological Research, Christ Church, Oxford University

**2010** BA(Hons) Psychology, St Xavier’s College, Mumbai

## **PUBLICATIONS AND PRESENTATIONS**

Correia, R. & **Kochuparampil, P.** (2017). Evaluation of a workshop for significant others of complainants of sexual assault. Poster presentation at the BPS Division of Clinical Psychology Annual Conference, Liverpool.

**Kochuparampil, P.**, Correia, R. et al. (2016). Wait, but why? Evaluation of the impact of a psychoeducation and coping skills workshop on mood, distress and trauma related symptoms following acute sexual assault. Oral presentation at the International Conference on the Survivors of Rape (ICSoR), Stockholm.

D.Clin.Psych. thesis on 'The impact of auditory hallucinations on the caregiving relationship in psychosis', supervised by Prof. Elizabeth Kuipers et al. (2016)

Terhune, D. B., Wudarczyk, O. A., **Kochuparampil, P.**, and Kadosh, R. C. (2013). Enhanced dimension-specific visual working memory in grapheme-color synaesthesia. *Cognition* 129, 123–137.

Centre for Research on Dissemination at Oxford (CREDO-2), assisted in the development of a role-play-based therapist competence measure for Enhanced-CBT for eating disorders and rated therapist competence; project run by Prof. Christopher Fairburn, Department of Psychiatry, University of Oxford (2012)

M.Sc. thesis on the impact of self-focused attention in social anxiety, supervised by Prof. David M. Clark at the Oxford Centre for Anxiety Disorders and Trauma (2012)