

**Dr Alice Kennedy**

B.A, BSc, DClinPsychol.

**Chartered Clinical Psychologist**



Health Professions Council Registration: **PYL31768**  
British Psychological Society Membership: **282761**

Dr Alice Kennedy is a Chartered Clinical Psychologist registered with the Health and Care Professions Council. She offers tailored psychological, in-depth assessments and interventions to a range of clients. She specialises in working with survivors of both simple and complex trauma and am a fully trained EMDR therapist. As part of the British Psychological Society's (BPS) national Trauma CPD working group, I am also designing training in working with trauma. I have prepared reports for the civil courts.

Dr Kennedy has specific expertise in the assessment and formulation of mental health problems (including comorbid and complex presentations), psychological effects of physical health difficulties and injuries, attachment disorders, trauma and anxiety. She also has extensive experience working within mental health services, including primary, secondary and acute services. Her work is informed by a cognitive behavioural approach (CBT), acceptance and commitment therapy (ACT), compassionate mind approaches and eye movement and desensitisation therapy (EMDR). She has worked clinically with young people and adults since 2006 in the NHS, universities, third sector and private practice.

### **PROFESSIONAL QUALIFICATIONS**

- 2019 PGCert Learning & Teaching in Higher Education, Leeds Trinity University
- 2015 Doctorate in Clinical Psychology, University of Exeter
- 2010 Postgraduate Certificate, Psychological Therapies, University of Sheffield
- 2009 BSc Psychology, The Open University

### **WORK HISTORY**

**2020 – Present Assistant Professor, Regents University**

Placement Coordinator for the doctorate in counselling psychology. Previously, Visiting Research Supervisor.

**2018 – Present Clinical Psychologist, Private practise**

Psychological therapies with adults experiencing a range of difficulties including trauma, anxiety, depression and long-term physical health conditions.

**2018 – Present Committee, BPS DCP Yorkshire & Humberside**

Contributing to committee work and organising of training events

**2019 – 20 Tutor, University of Leeds**

Facilitating teaching for medical students about leadership, patient safety, quality improvement and personal and professional development.

**2018 Senior Lecturer in Counselling Psychology, York St John University**

Design and delivery of teaching for doctoral trainee psychologists

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- 2017 – 18**      **Lecturer in Psychology, Leeds Trinity University**  
Designing and teaching modules and research supervision
- 2014 – 16**      **Clinical Psychologist, Gloucestershire Hospitals NHS Foundation Trust**  
Clinical assessment and therapy. Project lead. Consultation and supervision
- 2011 – 14**      **Trainee Clinical Psychologist, Taunton and Somerset NHS Foundation Trust**  
Clinical therapy and assessments, supervision and consultancy for staff, research
- 2011**            **Clinical Studies Officer, Leeds Partnerships NHS**
- 2010 – 11**      **Assistant Psychologist, Leeds Partnerships NHS**
- 2009 – 10**      **Psychological Wellbeing Practitioner, Rotherham PCT NHS**

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

- 2022**            EMDR: Healing Complex Trauma and Dissociation
- 2021**            Suicide Prevention Summit
- 2021**            Expert Witness Training, Yorkshire Post Qualification Group
- 2021**            EMDR – Dolores Mosquera Workshop
- 2021**            Best Practice in Record Keeping
- 2021**            BPS Expert Witness Training
- 2020**            Compassion Focused Therapy
- 2020**            Bond Solon Excellence in Report Writing
- 2020**            Trauma Summit
- 2020**            Enhanced EMDR
- 2020**            EMDR for Mindfulness
- 2020**            EMDR for Eating Disorders
- 2019**            EMDR for Attachment
- 2019**            Acceptance & Commitment Therapy
- 2019**            Treating Trauma Master Series
- 2019**            EMDR Training Parts 1-4
- 2016**            Clinical Supervision Training SDS Seminars

#### **PUBLICATIONS AND PRESENTATIONS**

- 2020**            Sang-Ah Park, M., Goto, N., Kennedy, A., Raj, S., Park, L. & ; Sovet, L. Positive Orientation, job satisfaction and psychological well-being of Mental Health Practitioners
- 2018**            Kennedy, A., Morris, B., Grogan, H. & Park, L. (2018). From Laboratory to Layperson: Bridging the translational gap from University to healthcare provider, 7 September 2018, British Psychological Society Division of Health Psychology, Newcastle
- 2018**            Kennedy, A. & Smithson, J. (2018). Exploring online social identities for people with CFS/ME. 21 September, Qualitative Research in Mental Health, Berlin

- 2014** Kennedy, A. & Smithson, J. (2014). People with CFS/ME reconstructing a sense of self through interactions in online forums, 12 September, 2014, British Psychological Society, Division of Health Psychology Conference, York
- 2014** Kennedy, A. & Smithson, J. (2014). Reconstructing the experience of CFS/ME through interactions in online forums: A discourse analysis approach, 14 August 2014, Third Conference on Applied Qualitative Research in Psychology, Derby