



Dr Anna Caffrey

B.Sc., DClin.Psy., CPsychol.

Chartered Clinical Psychologist



Chartered Psychologists



www.hcpc-uk.org

Health Professions Council Registration: **PYL03301**
British Psychological Society Membership: **092434**

Dr Caffrey is an experienced Chartered Clinical Psychologist. Qualifying in 2006 (with the Head of School Award) she has over 15 years of post-doctoral experience and over 19 years of experience working in mental health services. Dr Caffrey currently works as the Clinical Lead for a primary care recovery service in the NHS. Here she undertakes specialist assessment and treatment of adult patients with complex and severe mood, anxiety and personality disorders. Dr. Caffrey has a specialist interest and further post-graduate training in working with PTSD and dissociation. She is an accredited CBT therapist and an accredited EMDR therapist. She provides clinical and managerial supervision to other psychological therapists. Dr Caffrey offers private therapy to adults.

ASSESSMENT AND THERAPEUTIC EXPERTISE

- Fifteen years post-qualification experience working as a Clinical Psychologist in adult mental health services
- Broad experience working with adults with the full range of mental health difficulties and adjustment reactions (from commonly experienced depressive and anxiety disorders to severe and enduring difficulties, including personality disorder)
- Specialist post-graduate training and skills in psychological assessment & intervention for adults with post-traumatic stress disorder (PTSD)
- CBT, behavioural, cognitive-analytic, EMDR and systemic therapeutic approaches
- Specialist experience working with families of children with acquired brain injury
- Many years of experience in supervising other psychological therapists (training and qualified)
- Experience of line management, performance development and appraisal from within senior-level positions in the National Health Service

PROFESSIONAL QUALIFICATIONS

2006	Doctorate in Clinical Psychology, University of East London
2002	MSc by Research, University of Hertfordshire
1999	BSc, Psychology, University of Hertfordshire

RECENT WORK HISTORY

2020 – Present **Psychology Lead: Merton Primary Care Recovery Service, South West London & St George's NHS Trust**

Functioning as the Clinical Lead for the team. Additionally, providing highly specialist psychological assessments, formulations and interventions for clients with severe and/or complex anxiety and mood disorders, and multiple comorbidity (mental health clusters 4-

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7). Team consisting of Psychologists, Psychotherapists, Consultant Psychiatrist, CPNs, Recovery Support Workers. Reporting on key performance indicators. Managing waiting times.

- 2017 – 20** **Principal Clinical Psychologist: Lewisham Integrated Psychological Therapies Team, South London & Maudsley NHS Trust**
Providing highly specialist psychological assessments, formulations and interventions for clients with severe and/or complex anxiety and mood disorders, personality disorders, and multiple comorbidity (mental health clusters 4-8). Functioning as a lead specialist in CBT and providing consultation to other team members. Using EMDR to work with patients who are complexly traumatised. Supervision and line management of Band 8a & 7 psychologists, trainee clinical and counselling psychologists. Line managing administrative staff. Undertaking service evaluation, audit, research and policy development.
- 2012 – 17** **Highly Specialised Clinical Psychologist: Step 4 Primary Care, South Kensington & Chelsea, Central & North West London NHS Trust**
A 'Step 4' integrated primary care mental health team meeting the needs of adults with complex mental health problems, often with substantial impairment of social and occupational functioning and reduced quality of life. Consisting of Psychological Wellbeing Practitioners, Counsellors, CBT therapists, Primary Care Liaison Nurses, Psychologists, and Consultant Psychiatrists. Providing specialist psychological assessment and therapy (CBT, CAT and EMDR) for clients with complex common mental health problems that have either not responded to simpler first line treatments at Steps 2 and 3 in the stepped-care IAPT service or are identified at assessment as requiring more specialist and intensive psychological treatment.
- 2011 – 17** **Associate Psychologist: Recolo, Harley Street, London**
Working as an independent clinical psychologist within an organisation that specialise in providing community-based rehabilitation for children and young people with acquired brain injury and their families. My work was typically with adult family members addressing PTSD and other psychological effects of the trauma (including living with an acquired disability and coping with the loss of the hoped-for future)
- 2009 – 12** **Highly Specialist Clinical Psychologist: Highgate Mental Health Centre, Camden & Islington NHS Trust**
Working across acute inpatient wards. Severe and enduring mental health (psychosis, bipolar, personality disorders). Individual and group work. Complex assessment and consultation. Neuropsychological assessment. Providing a psychological perspective to MDT colleagues.

SPECIALIST TRAINING AND PROFESSIONAL DEVELOPMENT

- 2016 EMDR (Parts 1, 2 & 3; EMDR Europe Accredited)
- 2014 Post-Graduate Certificate in Traumatic Stress Studies (Charlie Waller Institute, University of Reading)
- 2013 Post-Graduate Certificate in Cognitive Analytic Therapy (Association of CAT)
- 2012 CBT supervision training (Institute of Psychiatry; 5 days)
- 2009 IAPT top-up training programme in CBT (Institute of Psychiatry; 10 days)

2008 Foundation Course in Systemic Psychotherapy (Accredited with the Association of Family Therapy and Systemic Practice, AFT)

PUBLICATIONS

Bledin, K., Loat, M., Caffrey, A. et al (2016) 'Most Important Events' and Therapeutic Factors: An Evaluation of Inpatient Groups for People with Severe and Enduring Mental Health Difficulties Group Analysis 49(4), 398-413.

Caffrey, A. & Todd, M. (2002) Community Learning Disability Teams: The need for objective methods of prioritisation and discharge planning. Health Services Management Research 15, 1-12.

Todd, M. & Caffrey, A (2002) Caseload management in learning disabilities. Nursing Times April 2nd 98 (14), 38-39.