



Dr Caroline Murphy

MA., PhD., D.Clin.Psych.

**Highly Specialist Clinical Psychologist**



Health Professions Council Registration: **PYL17967**

Dr Caroline Murphy is an HCPC registered Clinical Psychologist with 20 years post qualification experience working within the NHS with a broad range of mental health presentations in adults and older adults; including, but not limited to, Post Traumatic Stress Disorder (PTSD), depression, anxiety, relational issues, attachment disorder and personality disorder.

She has extensive experience of carrying out detailed neuropsychological assessments with older adults presenting with cognitive changes relating to dementia. She has experience working within the health psychology field, working with women who have experienced birth trauma and pregnancy loss.

She has worked in a range of settings (inpatient, community mental health teams as well as independent practice) to deliver detailed psychological assessments, formulation and therapeutic interventions.

She is trained to use Cognitive Behavioural Therapy, Compassion Focused Therapy, Mindfulness Based Cognitive Therapy, and is an accredited Eye Movement Desensitisation Reprocessing (EMDR) therapist. She has a particular interest in trauma and PTSD and has worked with many clients to support them to recover from different types of trauma events, including acute trauma from single incidents, chronic trauma as well as complex trauma.

#### **AREAS OF SPECIALISM**

- Traumatic injury
- PTSD
- EMDR (accredited)
- CBT (including trauma informed)
- Road Traffic Accidents

#### **PROFESSIONAL QUALIFICATIONS**

<b>2005</b>	DClinPsy, University of Newcastle
<b>1999</b>	PhD Neuropsychology, University of Liverpool
<b>1994</b>	MA (Hons), University of Dundee

#### **WORK HISTORY**

##### **2005 – 2024                      Highly Specialist Clinical Psychologist (Tees, Esk and Wear Valleys NHS Foundation)**

In secondary care mental health community team for older people. This role included assessment, formulation and therapy interventions including extensive use of CBT and EMDR. I carried out risk assessment and formulation and was centrally involved in managing risk presentations. A core part of my role was conducting and interpreting neuropsychological assessments for people presenting with cognitive changes.

##### **Jan 2019 – Present              Clinical Psychologist (Private Practice)**

In private practice since January 2019, assessing, formulating and implementing psychological interventions for clients with a range of presenting difficulties including depression, anxiety, PTSD, relational difficulties and attachment issues. More recently I have worked in a specialist service supporting women antenatally who are

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experiencing anxiety or depression, and women postnatally who have experienced birth trauma or pregnancy loss.