



The
British
Psychological
Society

Chartered Psychologist

Dr Siobhan McCarthy (Clin.Psy.D, MSc, BSc, Dip)

Qualifications:

- 2006-2010 Institute of Family Therapy MSc in couple and family therapy.
- 2005 Institute of Psychiatry. CBT for Psychosis.
- 2005 Padesky Cognitive Workshops. CBT for Personality disorders
- 2004-2005 Institute of Family Therapy Diploma in Systemic Family and Couple Therapy – Postgraduate qualification in family and couple therapies. Graded “Distinction”.
- 2002-2003 The Maudsley Institute of Group Analysis – Year 1 – Postgraduate qualification in group therapies.
- 2002 EMDR Therapy Level 2 (fully qualified) Therapy developed for use around trauma and flashbacks.
- 2001 EMDR Therapy Level 1
- 1997-2000 Birmingham University, School of Psychology, Edgbaston, Birmingham.
Clinical Psychology Doctorate (Clin.Psy.D) – Three year doctorate consisted of clinical, academic and research work. Main interests Cognitive Behavioural Therapy (CBT), psychodynamic and systemic therapies. Areas covered included adult mental health, child, older adult mental health and learning disabilities. Specialist placements in physical health psychology, eating disorders & couple therapy. Thesis explored the impact of psychological factor on health.
- 1994-1995 University College London & United Medical and Dental School.
MSc Health Psychology – Postgraduate course which included health promotion, psychological factors in the maintenance of health and health/illness cognitions and coping with illness, depression, pain management, disability and death.
- 1-1993 Goldsmiths college, University of London, New Cross, London SE14 6NW
BSc (Hons) Psychology - All major fields in psychology covered. First class classification for thesis investigated the use of humour as a coping strategy against stress and depression.

Employment:

- 2002-present Private practice (self-referral and insurance claims). Area covered are varied but include depression, trauma/flashbacks, occupational rehabilitation, anxiety/phobias/panic, sleep issues, pain management, low self esteem/confidence building, sexual issues. I use primarily CBT, solution focus work and EMDR but have a range of other approaches depending upon client need and/or stage of rehabilitation.
- 9/00-present Oxleas NHS Trust, Adult Mental Health Services (Foundation Trust. Trust awarded 3 stars rating from the Commission of Health Improvements, indicating national excellence and outstanding best practice standards).
Highly Specialist Team Clinical Psychologist. Work includes community outpatients, inpatients and residential settings. Sole Psychologist working in a multidisciplinary team. Work includes depression, phobias, anxiety, stress, sleep problems, trauma, childhood sexual abuse, disfigurement, relationship problems, loss/bereavement, personality disorders, anger management, eating disorders, sexuality, fatigue, schizophrenia, bi-polar and pain management. Work with individuals, couples, families and groups. I also provide staff supervision and consultation.
- 09/97-9/00 Birmingham University & North Warwickshire and South Birmingham NHS Trusts
Clinical Psychology Doctorate (see above).
- 10/96- 7/97 Assessment and Treatment Unit, Watford, Herts.
Assistant Psychologist: Assessment and interventions with individuals with mental health problems.
- 9/95-10/96 The Psychology Depts of Royal Holloway (University of London) & Royal Marsden Hospital, Fulham & Sutton.
Research Psychologist: Involved in published research on depression and trauma in cancer patients.

Publications:

1. Do expectations influence recovery from oral surgery? An illness representation approach. **McCarthy, Siobhan C**, Lyons, Antonia C, Weinman, John, Talbot, Rosalind, Purnell, Derek. Psychology & Health, Feb 2003, vol./is. 18/1(109-126)
2. Intrusive memories and depression in cancer patients. Brewin CR, Watson M, **McCarthy Siobhan**, Hyman P, Dayson D. Citation: Behaviour Research & Therapy, Dec 1998, vol./is. 36/12(1131-42).
3. Memory processes and the course of anxiety and depression in cancer patients. Brewin CR, Watson M, **McCarthy Siobhan**, Hyman P, Dayson D, Citation: Psychological Medicine, Jan 1998, vol./is. 28/1(219-24)