

# *Curriculum Vitae*

## **Dr Katy Messenger BA Hons, PgDip, DClinPsy, C Psychol**

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### **PERSONAL**

Born 16<sup>th</sup> November 1978

✉ katymessenger@rocketmail.com

☎ 07733471482

### **Clinical Psychologist**

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Dr Messenger is a Chartered Clinical Psychologist and Registered Expert Witness. She currently operates exclusively in private practice offering assessment, treatment, consultation and supervision for a wide range of psychological issues. Within her clinical work with clients, Dr Messenger provides effective, evidence-based therapies to adults with psychological and mental health problems, such as anxiety, depression and trauma. She has a special interest in Post Traumatic Stress Disorder and uses Eye Movement Desensitisation and Reprocessing (EMDR) and Cognitive Behavioural Therapy (CBT) as her main therapeutic approaches.

Dr Messenger also offers medico-legal assessment for cases involving personal injury, medical negligence and employer liability issues. She provides reports for both Claimant and Defendant lawyers and insurers. She is also able to accept medico-legal referrals from solicitors and insurance companies for therapeutic treatment for clients suffering from trauma and associated symptoms. Dr Messenger currently operates 2 clinics within Berkshire and Oxfordshire (Reading and Henley on Thames) and clients are typically seen within 2 weeks of instruction.

### **Academic and Professional Qualifications**

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- EMDR levels I, II and III (2012-13)
- Doctor in Clinical Psychology – Royal Holloway University of London, 2009
- Postgraduate Diploma in Forensic Psychology (Pass with Distinction) – London Metropolitan University, 2006
- BA Hons (2.1) in Social Psychology – University of Sussex, 2001

### **Professional Affiliations**

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- Chartered Clinical Psychologist, British Psychological Society (Membership Number 173002)
- Registered Clinical Psychologist, Health and Care Professions Council (Registration Number PYL25332)
- Member of the EMDR Association UK & Ireland and EMDR Europe
- Expert, Association of Personal Injury Lawyers (APIL)
- Registered Expert Witness with the British Psychological Society
- Member of the UK Psychological Trauma Society
- Member of the European Society for Traumatic Stress Studies

### **Professional and Academic Experience**

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- Clinical Psychologist in Independent Practice (June 2012 - present)
- Clinical Psychologist, Thames Valley Forensic Mental Health Service, OBMH, NHS (2009 – 2012)
- Clinical Psychologist in Training, Camden & Islington Trust, NHS (2006-2009)
- Research Worker, Forensic Mental Health Science, Institute of Psychiatry, King's College London (2005 – 2006)
- Research Worker, King's Centre for Military Health Research, Institute of Psychiatry, KCL (2004 – 2005)

### **Additional Information**

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- Registered provider with various healthcare companies, such as Aviva, AXA PPP and Pruhealth etc.
- Personal professional indemnity insurance
- Experienced in working with interpreters