

DR CATHERINE FROGLEY



Dr Catherine Frogley is a Clinical Psychologist who has worked with children and families for over 10 years.

Catherine believes that being a clinical Psychologist enables her to develop connections with people from all walks of life; to hear their stories, identify their strengths and work on the parts of their life they want to improve. Catherine's contribution to this conference, therefore, is to explore ways in which all professionals, whatever their role can more easily identify trauma damage and then work more productively with someone with complex needs, frequently provoked by a background of trauma damage.

Dr Catherine's expertise includes parenting and attachment, childhood emotional and behavioural difficulties and developmental trauma. Her doctorate research project focused on the clinical assessment of mental health needs in looked after children. She currently works with families and/or individually with children, adolescents and adults. Dr Catherine believes that family relationships form a key part of psychological well-being and resilience, and therefore is passionate about nurturing these within her work.

Dr Catherine has been trained in a range of specialist therapeutic models including Cognitive Behavioural Therapy, Narrative therapy, Family-based therapy, Mindfulness, Acceptance and Commitment Therapy and Dialectical Behavioural Therapy and is able to draw on a range of therapeutic models to tailor treatment to the individual.

Born and educated in the UK, Dr Catherine completed her first psychology degree at the University of Leeds. Following this, she worked in community NHS and private settings in both therapeutic and research roles before embarking on a Clinical Psychology doctoral training at the University of Surrey.

Subsequently, she has worked at Great Ormond Street Hospital, the Evelina London Children's Hospital and a Post Adoption Support Service. Alongside this, she has worked privately with adults and children presenting with a variety of different mental health conditions.

In addition to Dr Catherine's twelve years of clinical experience, she has a strong interest in research and has written a number of publications and presented at conferences mainly in the field of developmental trauma and/or feeding and eating disorders. Dr Catherine also enjoys writing about psychological topics in the media as she is passionate about reducing the stigma around mental health difficulties and creating a more open and understanding society.