

## Curriculum Vitae

Dr. Helen McCarthy, B.Sc. D.Phil. Dip.Clin.Psychol. AFBPsS  
Chartered Consultant Clinical Psychologist  
Accredited Practitioner, EMDR Association (UK and Ireland)  
Registered with the Health Care Professions Council

**[drhelenmccarthy@gmail.com](mailto:drhelenmccarthy@gmail.com)**

Litfield House Medical Centre  
1 Litfield Place  
Bristol BS8 3LS

Cyncoed Consulting Rooms  
277 Cyncoed Road  
Cardiff CF23 6PA

0117 973 1323

02920 764611

### Academic Record

- 1981 B.Sc. (Hons) Experimental Psychology University of Durham, Class 2.1  
Awarded University Gabbett Prize for Psychology
- 1986 D.Phil in Psychology, Lady Margaret Hall, University of Oxford  
Awarded Beatrix Warr-Goodman Studentship
- 1989 Diploma in Clinical Psychology (with Distinction), British Psychological Society

### Clinical Appointments

- 1989-98 Consultant Clinical Psychologist in Adult Mental Health  
Oxleas NHS Trust
- 1998-99 Clinical Psychologist in Adult Mental Health Gwent  
Community NHS Trust
- 1999-present Clinical Psychology Adult Mental Health private practice  
in Bristol and Cardiff

## **Medico-Legal Reports**

Preparation of Expert Witness Clinical Psychology reports for Court since 1995. My specialist areas are in psychological injury in adults aged 18 and over, resulting from

- Accidents
- Workplace disease, accidents and illness
- Road traffic accidents
- Holiday accidents
- Clinical negligence
- Harmful products
- Defective medical advices
- Physical or sexual assault
- Abuse during childhood
- Criminal injury

I have attended the Bond Solon Excellence in Report Writing Written Evidence course.

## **Clinical Experience**

I have 29 years' experience of providing individual psychological assessment, diagnosis and therapy to adults experiencing a wide range of psychological disorders including Post Traumatic Stress Disorder (PTSD), anxiety disorders, depressive disorders, eating disorders, and adjustment disorder.

I have particular expertise in the assessment and treatment of psychological trauma. I am an Accredited Practitioner with the EMDR (Eye Movement Desensitisation and Reprocessing) Association (UK and Ireland).

I am experienced in using a range of psychological tests and diagnostic instruments, for the purpose of assessing IQ, personality functioning and mental health.