



Catherine Tighe, B.A (Hons), D. Clin. Psy.

Curriculum Vitae

I hold a Bachelor's degree in Psychology from the University of Keele and a Doctorate in Clinical Psychology from the University of Leeds. I am a registered Chartered Clinical Psychologist and a member of the British Psychological Society.

I have been working within the NHS since 1991. Since 2000, I have worked in particular with adults who are parents, and focussed work on parenting, parent mental health and the early parent child relationship. I am a trained facilitator for the Triple P Parenting Program and have experience of both group and individual delivery. I use a cognitive analytic approach to clinical work with adults, and provide cognitive behavioural therapy where appropriate.

I have practised as a qualified clinical psychologist since 1996. I worked in both adult and child mental health services in Yorkshire and subsequently (2000- 2008) in child psychological services in North Staffordshire. Whilst undertaking assessments and therapy with a range of referrals, I had a particular remit to address parent mental health and its associations with parenting style, in order to promote healthy child development within the government's Every Child Matters Agenda delivered as part of the Sure Start programme. I have had experience of writing reports for court and appearing in court as a witness.

I have been a Consultant Clinical Psychologist since 2003 with Lead Clinician responsibilities for Parent Mental Health. I undertook post qualification training in Cognitive Analytic Therapy and this meant working with clients from adult psychological services, in addition to my continued work within child psychological services. I have acted as honorary lecturer for Birmingham and Staffordshire Universities delivering clinical lectures and workshops as well as examining trainee clinical viva presentations. As clinical training supervisor I have offered core and specialist clinical training placements for Leeds, Birmingham, Staffordshire and Manchester Universities.

Education

- Cognitive Analytic Therapy Practitioner Training 2002-2004
- University of Leeds, D. Clin. Psy, 1993-1996
- University of Keele, B.A. (Hons), 1986-1990

Appointments

- Consultant Clinical Psychologist (2003- present) North Staffordshire Combined Healthcare Trust, Child Psychological Services –Early Intervention
- Clinical Supervisor (2002- 2008) Universities of Birmingham, Manchester and Staffordshire
- Clinical Psychologist (2000-2003) North Staffordshire Combined Healthcare Trust, Sure Start Program, Child Psychological Services
- Clinical Supervisor (1998-2000) University of Leeds
- Clinical Psychologist (1996-2000) Airedale NHS Trust, Child /Family Team and Adult Psychology Department

Professional and Academic

- Chartered Psychologist with the British Psychological Society
- Member of the British Psychological Society Division of Clinical Psychology
- Member of the British Psychological Society Faculty for Children and Young People
- Member of the Association for Cognitive Analytic Therapy