



SPECIALISMS

ASD (Diagnosis)
Anxiety
Attachment
Bereavement
Bipolar
Capacity
Chronic Pain
Cognitive Behavioural Therapy
Cultural Diversity
Custody
Depression
Domestic Violence
Eating Disorder
Fabricated Illness
Historic Sex Abuse
Mentalization Based Therapy
Mood Disorder
Munchausen
Neglect
Non-Accidental Injury
OCD
Old Age
Pain Management
Perinatal
Postnatal Depression
Psychosexual
PTSD
Risk
Sexual Harassment
Self Harm
Sex Change
Sexual Abuse Victims
Trauma
Suicidal Ideation

CASE TYPES

Clinical Negligence
Criminal
Employment Tribunal
Family
Housing
Occupational Health
Personal Injury
Risk Assessments
Road Traffic Accident
Second Opinion

HCPC and BPS Registered

EXPERIENCE

Dr Whiteley is a Chartered Counselling Psychologist specialising in adult mental health having worked in the NHS for 10+ years and in addition have worked in domestic violence charities, as well as the private sector. She has experience working with children and families, domestic violence and looked after and adopted children. She specialises in mindfulness and compassion based practices for a range of difficulties. Dr Whiteley has experience in the Expert Witness assessment/report writing in the areas of:

- General mental health
- Physical health
- Personal injury
- Autism
- Eating disorders
- Gender identity
- Anxiety
- Depression and panic
- Trauma
- Long term health conditions
- Pain management
- Domestic violence

Dr Whiteley has recently completed the **Bond Solon Excellence in Report Writing training.**

QUALIFICATIONS

Qualification	Place of study	Grade/Result	Year obtained
Post graduate diploma in couple and family therapy	Tavistock and Portman NHS Trust	Distinction	2020
Graduate diploma in couple and family therapy	Tavistock and Portman NHS Trust	Distinction	2018
Counselling Psychology Doctorate	Surrey University	Pass without corrections	2016
Psychology BSc	City University London	1st Class	2013





EMPLOYMENT HISTORY

09/2021—present

Expert witness assessment and reports (personal injury, clinical negligence, family and child, mental health assessments, gender, physical health, autism assessments)

09/2020 – present

Lecturer on counselling psychology doctorate at City University (see details below)

06/2024—present

Senior Psychologist at NHS Gender Identity Service

01/2017—present

Private Practice as a counselling psychologist

01/2020—06/2022

Lead psychologist in pain management, Whittington Hospital, Camden and Islington NHS Trust, Band 8a
Counselling Psychologist

11/2017—01/2020

Gender Identity Clinic, Tavistock and Portman NHS Trust, Band 7 Counselling Psychologist

09/2015—10/2017

St Ann's Eating Disorder Service, Barnet, Enfield and Haringey Mental Health Trust, Band 7 Counselling Psychologist

06/2012—06/2015

Maytree, Sanctuary for the suicidal, operations assistant

09/2015—08/2015

Stephens Place Domestic Violence Intervention Project, trainee psychologist

09/2013—08/2014

iCOPE IAPT Service, Camden and Islington NHS Trust, trainee psychologist

09/2010—07/2013

Full time BSc degree in Psychology

01/2008—07/2010

Deputy Head mistress of Montessori school

09/2006—09/2007

Trained as Montessori teacher





PUBLICATIONS

Whiteley, C. (2021) A Plea to hear each other, *The Psychologist*, 43,6

Whiteley, C. (2019) Supporting Invisible Parents, *The Psychologist*, 32,5.

Whiteley, C. (2017) The impact of in-session weighing in eating disorder services on the therapeutic relationship: A flexible, transparent and reflective approach, *Counselling Psychology Review*, 22, 2.

Whiteley, C., Coyle, A. and Gleeson, K. (2017) An idiographic analysis of women's accounts of living with mental health conditions in Haredi Jewish communities. *Mental Health, Religion & Culture*, 1367-4676.

CONFERENCES AND PRESENTATIONS

Whiteley, C. (2017) An idiographic analysis of women's accounts of living with mental health conditions in Haredi Jewish communities, *Counselling Psychology Annual Conference*, Stratford-Upon-Avon, United Kingdom. July 6-7 2017.

Whiteley, C. (2018) Gender Identity and Eating Disorders. St Anns Eating Disorder Service, Barnet, Enfield and Haringey Mental Health Trust, United Kingdom. December 2018.

TEACHING

Part-time lecturer on counselling psychology doctorate at City University (Group Theory; CBT specialist supervision; Integrative specialist supervision; specialist supervision; Gender and Sexuality, Systemic Module lead, research supervisor, personal tutor to year three trainees (2020—present).

Visiting lecturer in Play Therapy on doctorate in counselling psychology at University of Surrey (2017).

Visiting lecturer in Eating Disorders on Masters Programme in mental health at University College London (2017).

