

# Dr Kate FitzGerald

Clinical Psychologist  
DClinPsy, PgDip (Psychology), BSc

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## Clinical Registration:

Health and Care Professionals Council: PYL38162  
Association of Clinical Psychologists UK Member  
BPS Chartered Membership: 352864



## Academic History:

<b>Doctor of Psychology (Clinical Psychology)</b> Swinburne University of Technology, Australia	2010-2018
<b>Postgraduate Diploma of Psychology</b> Swinburne University of Technology, Australia	2008-2009
<b>Bachelor of Science</b> University of Melbourne, Australia	2005-2007

## Areas of Expertise:

Neuropsychological Rehabilitation	Family Support & Education
Clinical Assessment & Report Writing	Staff Teaching & Training
Mental Capacity Assessment	Multi-Disciplinary Teamwork
Individual & Group Therapy (CBT, ACT, & systemic approaches)	Mental Health
	Research and Audit

## Employment History:

### **Jul 2018 - Present** *NPsych Ltd.*

Providing specialist neuropsychological assessment and intervention for mood, behaviour, and cognition to individuals, their families and support teams, with a range of neurological conditions.

### **Jul 2018 – June 2021** *NHS Royal Free Trust, Neurological Rehabilitation Centre*

Providing specialist neuropsychological assessment and intervention to patients with acute neurological conditions and chronic/progressive neurological conditions in inpatient and community settings. Providing support and advice to staff and non-professional caregivers on managing challenging behaviours, mood, and cognitive changes.

### **Nov 2014 - Jul 2018** *Re:Cognition Health*

As an Assistant Clinical Psychologist, I provided neuropsychological assessments to individuals on clinical trials for a range of conditions including Alzheimer's Disease, Dementia with Lewy Bodies, Psychosis, and Insomnia. I also provided group and individual therapy to individuals, and their caregivers, for a range of neurological conditions including acquired brain injury, post-stroke, autism, epilepsy, Alzheimer's Disease, and more.

### **Feb 2013 - Jul 2014** *OCD STOP! Research and Treatment Team*

As a project officer and eTherapist, I managed a randomised control trial comparing online cognitive-behavioural therapy with online progressive muscle relaxation for individual's diagnosed with OCD. I provided therapeutic input to patients as they worked through the program, re-engaged patients, co-supervised other online therapists, referred patients to other services, and collected outcome measures.

***Jan 2014 - Jul 2014 Austin Health, Psychological Trauma Recovery Team***

As a Trainee Clinical Psychologist, I provided group and individual therapy to patients with work-related trauma, including war veterans and emergency service personnel. Group programs included; creative expression, communication skills, mindfulness, depression, anxiety management, anger management, PTSD symptoms and treatment, associated problems, and addictive behaviours.

***Feb 2013 - Dec 2013 Monash Health, Early in Life Mental Health Services***

As a Trainee Clinical Psychologist, I provided psychological services including assessment and treatment, to young people (aged 4-18) and their families. The psychological frameworks I used in this service included family-based therapy (FBT), play therapy, dyadic therapy, child-focused parent therapy, and cognitive-behavioural therapy.

***Jul 2012 - Feb 2013 Royal Melbourne Hospital, Psychology Department***

As a Trainee Clinical Psychologist, I provided psychological assessment and counselling services to a range of departments within the Royal Melbourne Hospital including the stroke, chronic pain, older adults, and oncology wards.

***Jan 2011- Jun 2012 Swinburne University, Psychology Clinic***

As a Trainee Clinical Psychologist, I provided group and individual intervention for a range of psychological concerns including anxiety, depression, binge eating and purging, sleep difficulties, perfectionism, low self-confidence, and social anxiety.

**Additional Training:**

- 2020 Approaching Complex Mental Capacity Assessments, Maudsley Learning
- 2020 Rehabilitation for Disorders of Executive Functioning, ABI Solutions
- 2019 Acceptance and Commitment Therapy Intensive Skills Workshop, Psychflex
- 2017 Early Start Denver Model Advanced Workshop
- 2016 Managing Behaviours that Challenge in Brain Injured Individuals Workshop
- 2014 Process-Experiential Emotion-Focused Therapy Workshop
- 2009 Applied Suicide Intervention Skills Training

**Published articles:**

FitzGerald, K., Nedeljkovic, M., Moulding, R., & Kyrios, M. (2009). The relationship between neuropsychological performance, cognitive confidence and obsessive-compulsive phenomena. *International Journal of Cognitive Therapy, 4*, 51-65.