

Dr Catherine Black

Specialist Clinical Psychologist

PhD, MSc, PGDip, BSc, HCPC PYL33377

Employment Record

Specialist Clinical Psychologist

Clinical Health Psychology (Pain), Northern Trust NHS

- Clinical lead for Pain Management Programme
- Service lead for CHP Pain team
- Triage, assessment, formulation and intervention for adults living with chronic pain. Focus on adjustment, understanding pain within context of mental health and trauma, symptom management, and report writing.
- Core therapeutic models of CBT, ACT, Schema and CFT
- Consultation to related services on supporting adults with pain conditions and comorbid needs

December
2021 –
Present

Clinical Psychologist

Clinical Health Psychology, Northern Trust NHS

- Assessment, formulation and intervention for adults living with long term health conditions (pain, diabetes, respiratory, cardiology)
- Delivery of Pain Management Programme within MDT setting
- Delivery of psychological education within rehabilitation services for cardiology and respiratory

October
2016 –
December
2021

Trainee Clinical Psychologist

Queens University Belfast

- Community Paediatrics, SE Trust
- Beechcroft adolescent inpatient unit, regional NI
- Pain and Plastic Surgery (adults), SE Trust
- Community Brain Injury Team, Belfast Trust
- Adult Mental Health Service66, SE Trust

September
2013 –
October
2016

Assistant Psychologist

Community Learning Disability Service (adult), Belfast Trust

- Diagnostic assessment for Learning Disability including report writing and recommendations for family and support systems
- Low intensity intervention for psychological difficulties with adults
- Delivery of emotional regulation skills within group context
- Development of dementia screening protocol for adults with Down's Syndrome

March 2012
– August
2013

Education

Doctorate in Clinical Psychology
Queens University Belfast

September 2013 – October 2016

Diploma in Applied Psychology
Queens University Belfast

September 2012 – August 2013

Masters in Health Psychology
University of Ulster

September 2010 – August 2011

BSc Psychology
Queens University Belfast

September 2004 - 2007

Additional training

- EMDR
- Schema (therapeutic skills)
- Acceptance and Commitment Therapy
 - ACT supervisor training
 - ACT for pain
 - ACT for trauma
- Compassion Focused Therapy

Publications

Turkington C, Dempster M, Maguire J. Adjustment to hand injury: Cross-sectional survey exploring adjustment in relation to illness perceptions and coping strategies. J Hand Ther. 2018 Oct-Dec;31(4):502-510. doi: 10.1016/j.jht.2017.05.021. Epub 2017 Jul 3. PMID: 28684197

Professional Registration

- Health Care Professionals Council: PYL333776
- British Psychological Society:
 - Division of Clinical Psychology
 - Health Psychology Faculty