Dr Richard Pearson

Clinical Psychologist

BSc, ClinPsyD

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PERSONAL PROFILE

I qualified as a Clinical Psychologist in 2014. I have worked in a variety of services where I have supported people with complex difficulties with their emotional wellbeing. As a Clinical Psychologist I received training in Cognitive Behaviour Therapy (CBT). Since qualifying I have gained experience in multiple psychological therapies. I completed further practitioner level training in Eye Movement Desensitisation and Reprocessing (EMDR) therapy and Dialectical Behaviour Therapy (DBT). EMDR has become a therapy I have supported many people with since I have completed the training in 2020. I have also received additional introductory training in Cognitive Analytic Therapy (CAT) and Compassion-Focused Therapy (CFT), which I draw on in my therapeutic work. I have provided psychological therapy as a freelance therapist for numerous services since 2018. I work in both the NHS and the private healthcare sector.

EMPLOYMENT

Clinical Psychologist
Associate - Rowley Clinical Neuropsychology Services Ltd (February 2026 – Present)

Principal Clinical Psychologist
Humber Teaching NHS Foundation Trust (March 2025 – Present)

Clinical Psychologist
HelloSelf (June 2021 – Present)

CBT and EMDR Therapist
Good Day Therapy (June 2019 – December 2024)

Principal Clinical Psychologist
Humber Teaching NHS Foundation Trust (June 2017 – March 2025)

Highly Specialised Clinical Psychologist
Humber NHS Foundation Trust (March 2015 – June 2017)

Clinical Lead and Clinical Psychologist
Brain Injury Rehabilitation Trust (September 2014 – March 2015)

Trainee Clinical Psychologist
Humber NHS Foundation Trust (September 2011 – September 2014).

EDUCATION

Doctor of Clinical Psychology (ClinPsyD), University of Hull

BSc Psychology – 2:1, University of Hull

PROFESSIONAL REGISTRATIONS

Practitioner Psychologist & Clinical Psychologist of the Health and Care Professions Council (HCPC) registered (Registration number: PYL31257)

FURTHER TRAINING

Qualified EMDR and DBT Therapist

Qualified Positive Behavioural Support Coach

Introduction to Cognitive Analytic Therapy

Introduction to Compassion-Focused Therapy

Introduction to Psychoanalysis (one year course)

REFERENCES

References from brain injury case managers, solicitors, and consultant clinical neuropsychologist colleagues can be supplied on request.